

SEXTING, NUDES & SEXTORTION

Supporting Young People to Stay Safe Online

01.



SEXTING VS. IMAGE-BASED ABUSE

Sexting: Sharing intimate or sexual messages or images, often voluntarily, as part of a relationship or connection.

Image-Based Abuse: When someone shares or threatens to share sexual images of another person without their consent (also known as non-consensual image sharing).

Note: Sexting isn't always harmful - it can be about intimacy and trust - but it can become abuse if shared or used without consent.

02.



SEXTORTION

When someone threatens to share your sexual images or messages unless you send more, pay money, or do something they want.

Note: Often starts through gaming or social media, with people pretending to be someone else.

03.



CONSENT VS COERCION

Consent: Freely given, informed, enthusiastic yes to anything involving your body or personal information.

Coercion: When someone pressures, tricks, threatens, or manipulates you into doing something you don't want to do.

Reminder: Consent can be taken back at any time - even if you said yes before.

04.



RED FLAGS

Watch for:

- Sudden secrecy or hiding devices
- Social withdrawal or anxiety
- Requests for money or gifts
- Changes after being online

05.



WHAT HELPS

Guidance for adults:

- Stay calm and non-judgmental
- Don't take their device right away (unless for safety)
- Let them know you believe them
- Help them access help (Netsafe, school lead, trusted adult)

