Has someone shared a nude of you without your consent?

a roadmap



It is never okay for someone to share or threaten to share a nude of you without your consent.

An estimated **1 in 5** people have experienced image-based abuse in some form. You don't have to cope with image-based abuse on your own. Help is available. First...

Capture it

It's important to get proof of what's happened so the nude can be removed. Take screenshots:
Where was it shared? When was it shared? Who shared it?

Report it

Image-based abuse is against the guidelines of most social media services. You can report it to the platform to have the image removed. You can also report to local police.

Remove it

Report to eSafety's Report Abuse Portal

eSafety has legislative powers to help with the removal of nudes that have been shared without consent.
They have a 98% removal rate.

Block it

You can block your nude from being uploaded to some social media and other platforms. Use ***takeitdown.ncmec.org***: a free online tool that prevents your nude being shared on Instagram, TikTok, Facebook, Yubo, OnlyFans and Pornhub. You need to have a copy of the nude, but you don't need to send it to the platform – they will create a digital 'fingerprint' (or 'hash') instead.

Finding out your nude has been shared without your consent can feel incredibly distressing.

It is not your fault. You deserve support. Help is available.

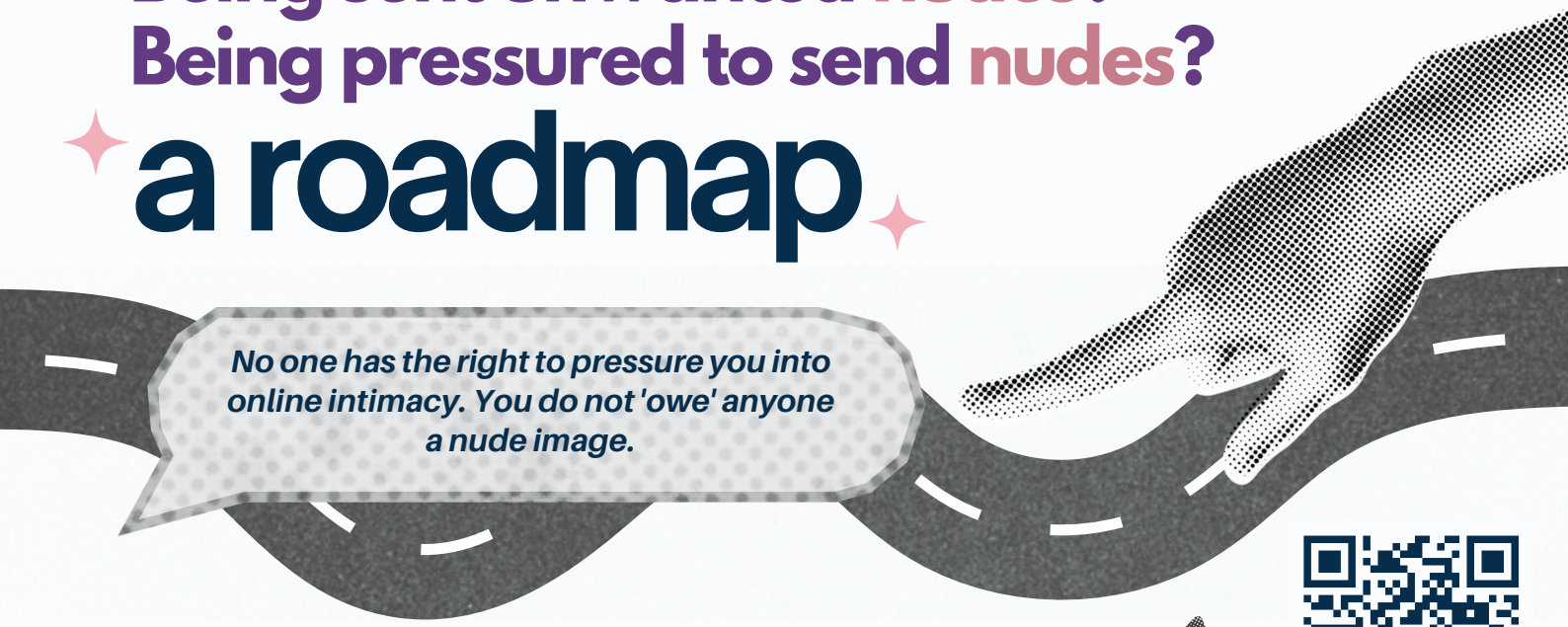
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Being sent unwanted nudes? Being pressured to send nudes?

a roadmap



No one has the right to pressure you into online intimacy. You do not 'owe' anyone a nude image.

Help is available.
Consider taking these steps...

1. If safe, ask them to stop

If you feel safe to do so, ask them to **stop**. ***"Stop asking me for nudes. I don't want to send them."*** If they do not listen to this, you could say something like: ***"I already said no. You are trying to pressure me, which means that I can't consensually share nudes now anyway."*** If you're receiving unwanted nudes, you could say: ***"Stop sending me nudes. It's not cool. I didn't consent to receiving them."***

2. Tell someone you trust

Have a chat to a trusted adult about the issue. They can help give you a fresh perspective and can provide you with support while handling the situation. You can show them ***eSafety's*** page or Body Safety Australia's ***'I CARE'*** resource to help them understand it a bit more.

3. Collect evidence

If you're being pressured, take screen shots of the messages so that you have proof of the requests. If you've been sent an unwanted nude, take a screenshot or recording of any message sent with the image or video, including the sender's profile name, the date and the time. **Don't take a shot of the nude itself**, as this can be a crime. If you received the nude via message, keep the message as evidence but don't download/save the image or video.

4. Report the person

You can report the person to the platform they used to contact you (social media, game, app etc). The ***eSafety Guide*** has links that you can use to report on some of the common platforms. You can also report unwanted nudes to the police. You won't get into trouble: laws around image-based abuse are there to keep you safe.

5. Reach out to a support service

It is completely normal to still feel like you need some additional support at this stage. Consider contacting ***Kids Helpline*** (5 to 25 yr olds): 1800 55 1800 or any of the services found on ***eSafety's 'Counselling and support services' web page.*** **You have a right to support free from shame.**

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Has someone created a deepfake nude of you?

a roadmap



It is never okay for someone to create a deepfake nude of you. Even if the image isn't real, the harm it can cause is real.

A deepfake is an image or video that has been digitally altered to make it look like you are in it, often created using artificial intelligence (AI).

You deserve support.
You can...

Capture it

It's important to get proof of what's happened so the deepfake can be removed. Take screenshots:
Where was it shared? When was it shared? Who shared it?

Report it

Deepfake nudes are against the guidelines of most social media services. You can report it to the platform to have the image removed. It is also against the law. You can also report to local police.

Remove it

Report to eSafety's Report Abuse Portal

eSafety has legislative powers to help with the removal of deepfake nudes that have been shared without consent.
They have a 98% removal rate.

Block it

You can block the deepfake from being uploaded to some social media and other platforms. Use *takeitdown.ncmec.org*: a free online tool that prevents your nude being shared on Instagram, TikTok, Facebook, Yubo, OnlyFans and Pornhub. You need to have a copy of the deepfake, but you don't need to send it to the platform – they will create a digital 'fingerprint' (or 'hash') instead.

Finding out a nude has been created of you without your consent can feel incredibly distressing.

It is not your fault. You deserve support. Help is available.

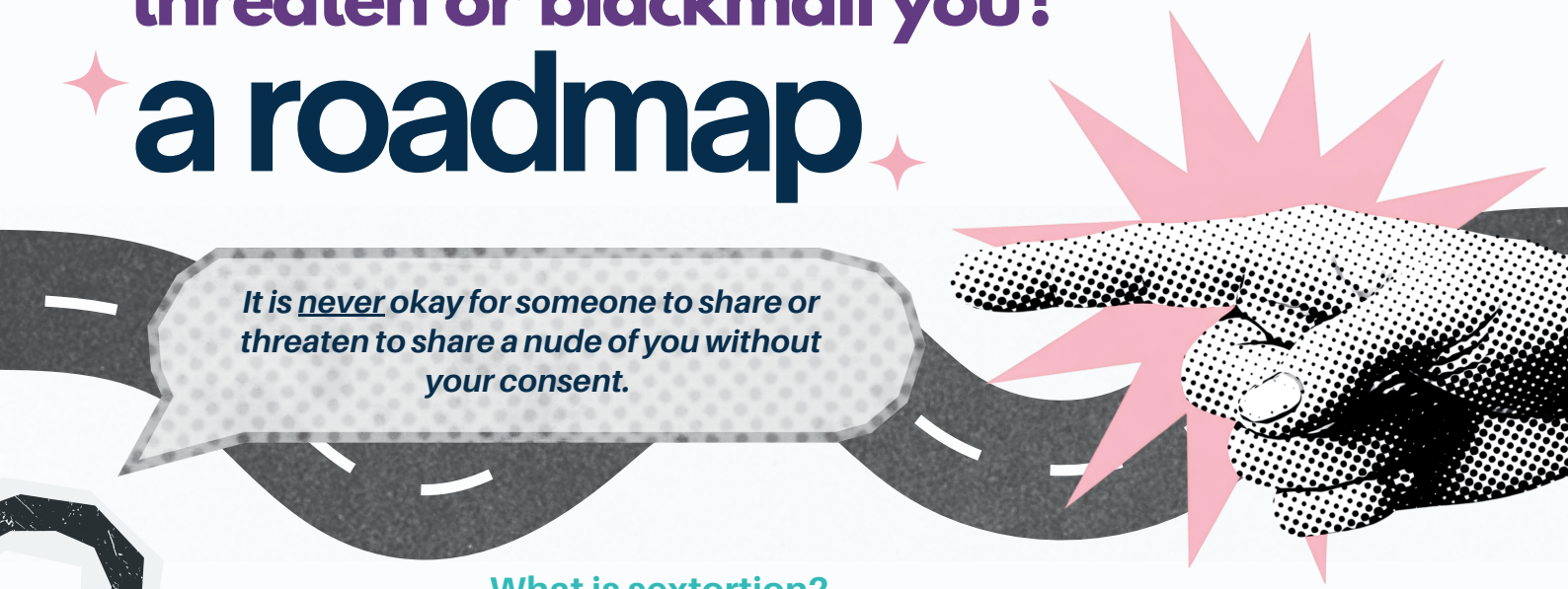
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Is someone using your nudes to threaten or blackmail you?

a roadmap



It is never okay for someone to share or threaten to share a nude of you without your consent.

What is sextortion?

Sexual extortion, or 'sextortion', is a form of blackmail where someone threatens to share a nude or sexual image or video of you unless you give in to their demands, like requests for money or to send more intimate content.

***Over 1 in 10** young people report experiencing sexual extortion in their lifetime.*
***1 in 3** of those young people experience it more than once.*
***Over half** experienced sexual extortion before the age of 16.*
***2 in 5** were extorted using digitally manipulated material.*

1. Stop contact

Stop all contact with the person threatening or blackmailing you.

2. Do not meet their demands

Do not pay the blackmailer with money or intimate content.

3. Collect evidence

Take screen shots of the messages so that you have proof of the requests, including the sender's profile name, the platform, the date and the time.

4. Report it

You can report the person to the platform they used to contact you. You can also report to local police. Then, report to eSafety's Report Abuse Portal. If a nude has been shared, eSafety has legislative powers to help with the removal of nudes that have been shared without consent. They have a 98% removal rate. You can also use Take It Down to block the nude from being uploaded to some social media and other platforms, too.

You are not alone.

It is never your fault, even if you initially shared the content with the blackmailer.

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