

So you got **naked** online...

OK... so I guess if you have picked this up and started to read, it's likely that you have done something online that you are now regretting. Or perhaps you are trying to help someone who has done something? And if that something involved nakedness or something sexual, then that may look more serious than other things you see happening online.

But don't freak out just yet... you are obviously keen to find out more about how you can help yourself or your friend and perhaps get some advice and a plan for how to improve things. Well, you're in the right place.

Read on and you will discover:

- **Why** these things happen and what different people **think** about it.
- When it has happened to **others** and what they have done.
- How the **technology** works and what the **possible** risks are.
- What the **first** things are you can do to begin to take **control**.
- Whether your **fears** of getting into **trouble** are realistic.
- The **impact** on you for the **future** and what you can **do** about it.
- How to get **support** and **advice** from organisations who are there to **help** you for just this sort of issue.

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However, this isn't helping yet, so let's crack on. You don't have to read this whole thing through but it does help to browse each section to get a really good understanding of how and why this stuff causes problems. The more clued-up you are, the better decisions you are going to make for yourself (or friend).

“Knowledge is power”

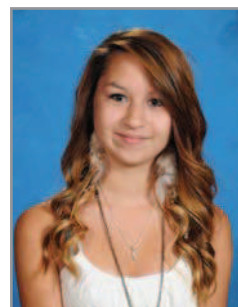
Amanda's story... Amanda Todd committed suicide at the age of 15 at her home in British Columbia, Canada. Prior to her death, Amanda posted a video on YouTube in which she used a series of flash cards to tell her experience of being blackmailed into exposing her breasts via webcam, being bullied and physically assaulted. The video went viral after her death resulting in international media attention. As of April 2014, the video has had more than 17 million views... Her mother Carol Todd has since dedicated her time to awareness raising on the issues which affected Amanda, and supports the work of the Safer Internet Centre.

Below Carol has some advice for any young people affected by sexting.

Amanda Michelle Todd

(November 27th 1996 - October 10th, 2012)

My daughter, Amanda Michelle Todd, took her life at the age of 15. It all started with a topless photo. She didn't know the person at the other end of her computer was taking a picture. She didn't know that he was showing it to other men. Then she started to get blackmailed into showing more of herself via her webcam. And if she didn't, then her image would be sent throughout the internet. What Amanda didn't do was tell an adult that this was happening to her. She kept it to herself. This image and what happened thereafter was the start to the emotional breakdown of Amanda. The loss of her confidence, her spirit and her friends. The embarrassment that followed was unbearable as was the name-calling, the slutshaming and the bullying online and offline that occurred. Eventually Amanda retreated into a shell, not being able to re-emerge as the girl she once was.



As a parent and Amanda's mother, it is important to me that young people understand what can happen online and also how to protect themselves online. 'So you got naked online' is a resource guide that was developed in the U.K. but will still have impact with its clear messages anywhere in the world, even in Canada where Amanda lived. The issues and concerns related to technology use among young people remain the same everywhere. It doesn't really matter where in the world we live.

As an educator and a parent, this guide is written in 'youth friendly language' that both encourages and acknowledges a young person to be responsible if they have done something regrettable online (eg – sexting, sending images out). It also reiterates how challenging the internet can be these days by how quickly images, words and files can be shared and where items are stored with and without our knowledge. Our young people need to know that and this is a perfect platform to share it.

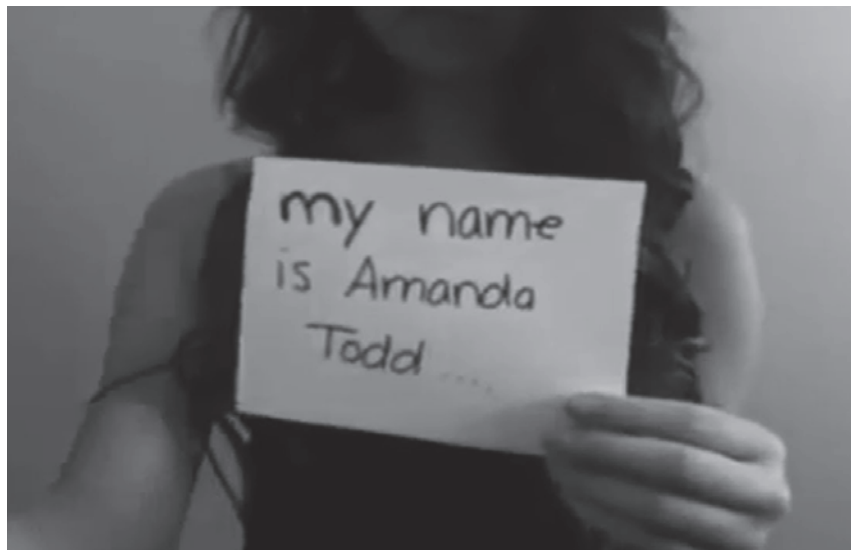
We need to always tell our young people that it is okay to admit to making a mistake and then also to support them in talking to an adult. This action is so very important before things escalate. We all need to remember that making mistakes is normal and a part of growing up. The teen years is when a lot of these happen. Also that these experiences becoming learning experiences for the future years.

I applaud those that participated in the writing and development of this guide. It conveys the right messages in a way that is easily read and understood. I hope that it is read by all young people and their parents and goes beyond the school into the communities and cities we live in.

Sincerely, Carol Todd (Amanda's Mom)

For more information on Amanda's story, please visit:

<http://amandatoddlegacy.org>



I see sexting mentioned in the newspapers. **What does it mean?**

“Teen sexting is a very rational act with very irrational consequences.” danah boyd

“Sexting” is a term used to describe the sharing of intimate images or video with another person.

This content can be anything from texts, partial nudity right up to sexual images or video. Very often it is between partners, but can be between groups and can use a whole range of devices, technologies and online spaces. The most common ones are by **text**, **private message** on social networks or **apps** such as **Kik**, **Oovoo**, **Instagram** or **Skype**.



Deliberate and Accidental

Most sexting is deliberate; the person sending the content means it to happen. They will pose or act in a sexual way and will make a direct effort to send it to the person they want to see it, usually a boyfriend or a girlfriend.

Occasionally, if you have personal pictures of yourself on your phone it might be possible to accidentally “share” it via email, text or Bluetooth with the wrong person but this is unusual. There have also been cases where pictures have been spread after mobile phones have been stolen. Accidental sexting is more likely to happen if your judgement is clouded e.g. if you have had alcohol or taken drugs or are under pressure from those around you. This could result in you:



- getting confused and pressing the wrong send button
- feeling brave about risking a naughty photograph
- feeling more sexually confident
- feeling less inhibited, less aware of risk and the consequences
- being encouraged by mates to do it as a dare
- thinking that it is a good laugh and there is no harm in it

The accidental stuff happens once it has left your control, but more about this later.

Both Deliberate and Accidental?

Some people think it's cool to copy what they see in the media but celebrities also get caught out! **Despite the concerns, sexting has become a part of modern life. We see references in popular culture such as the 2014 “comedy” film Sex Tape starring Cameron Diaz, or the song “Dirty Picture” by Taio Cruz and Kesha which reached no.6 in the UK charts.**

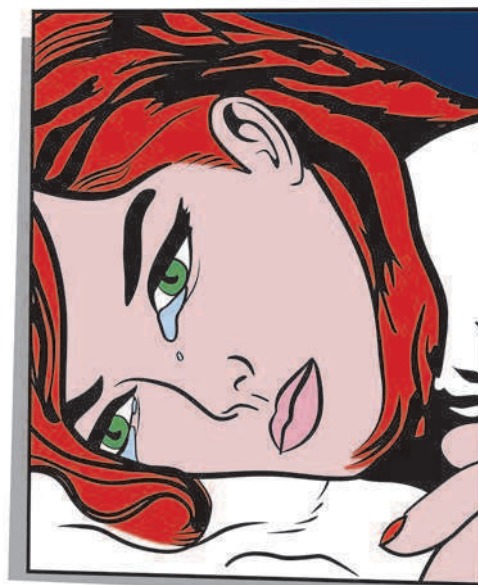
The media has been full of stories of leaked personal photos of celebrities such as the iCloud incident where actresses including Jennifer Lawrence and Kirsten Dunst had their images hacked and posted onto 4chan, or the “Snapping”, where a third party app was hacked which was hosting thousands of Snapchat images. **Many of these were then re-posted onto sites such as Facebook and Tumblr and were of teenagers, technically indecent images of a minor.**



LOL or OMG?!

People sharing naked pictures as part of a safe relationship is not a new thing.

What has changed though is the speed with which you can share. Using webcams or sending mobile pictures can be a spontaneous decision, made without thinking about what could happen and what people might think. Once the picture leaves your control it can easily and quickly be shared with many people.



A study by the Internet Watch Foundation showed that up to 88% of self-generated images have been collected and put onto other sites!

In your parents' younger years, the embarrassing stuff they did was rarely seen by anyone else. Today with mobile phones and the web that has changed. The World Wide Web means the potential of a huge audience and of course, if a photo is uploaded and shared, it can be on there forever. Pretty scary thought that something stupid you do at 14 can still potentially affect your adult life.

This is not the end of the world. It just needs some thought on how you can minimise the effect of your mistake.

Was I right to have trusted the person I sent it to? Was I being naïve?

Most of the time, these intimate pictures are shared between boyfriend and girlfriend, and let's be honest, you wouldn't send them if you didn't trust the other person would you? There are probably many images shared which never leave the intended recipient, even when the relationship ends. **So ask yourself, if we break up, will this person respect me enough not to share my pictures?** How well do you really know them? Sadly, it is often only when we split up with someone that we see their true colours.

Sometimes yes you can trust the person you text.

But, and this is a big but, do you really need to send them pictures of your body? If the person asking for this acts up when you refuse, is this someone you can trust? If they accept your refusal without question they sound like a good partner.

Others letting you down...

Some of the problem will be around people you thought you could trust, sharing the image or joining in the negative comments. This might be the person who you sent the image to in the first place, or mates or others who then circulate it. People get caught up in gossip, banter or bitching sessions, often without meaning harm to the victim, either to impress other people, to "belong", or because it starts as a joke which escalates. Sometimes people do it to bully someone.

What if other people see it?

There is a big difference between worrying and understanding how far the image may have gone beyond your control.

It depends how the image was published; if you sent it directly to someone's mobile and then had second thoughts, you need to have an honest conversation with them as soon as possible to get them to delete it.





Posting directly to social networks makes it harder to regain that control. Modern social networks and apps are designed to make publishing and sharing quick; the software makes those connections for you... and that's the trouble. **It's hard to know where the image has gone and who has got it. It can very quickly leave your social circle and spread to others.**

But there are ways in which you can challenge content about you that has been published by others using the site's **"report abuse"** option. It's important to draw their attention to it and why you think it should be removed. It's not enough to say "I don't like it"; your request needs to show that it breaks their terms and conditions of use. **Sites like Facebook and Instagram don't allow nudity so it should be easier to report. We've included some links to these reporting routes at the end of this booklet.**

It is also important to understand how you yourself can change or remove content that you have posted about which you have changed your mind. That profile pic of you in your underwear was funny at the time but ...

It's important in life to have friends around you that you can trust and on whom you can rely; this is no different online. It's less likely your close friends would want to do anything serious to hurt you; very often they're the first ones you might turn to for help.

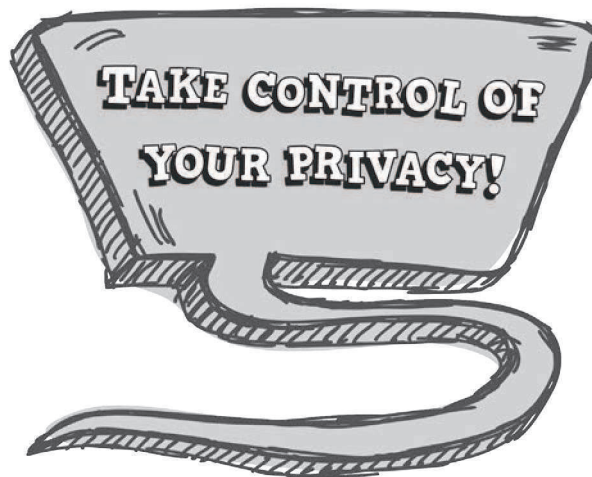
I REALLY NEED A FRIEND RIGHT NOW!

Use those friends you can trust to help put out the messages we want and recover the situation where they can.

That's why it is important to think carefully about your social network friends lists and ask yourself "Who would stand beside me when things go wrong?"

What is your definition of a "friend" or a "friend of a friend"? We often add friends because our other friends know them. In reality the person may have been passed on through lots of lists like this. If they have, then this makes it more difficult to track who has seen a naked picture you may have posted, as it has spread across groups you don't belong to. It may even be public which could mean literally anyone on the internet could see it.

There are ways in which you can choose who sees what on your profile (privacy settings) and this might be something you would want to get up Here's a link to a "down and dirty" guide to how you can take control of your privacy on Facebook www.swgfl.org.uk/FacebookChecklist



Where **your picture** might be:

Peer to peer sites - sharing files is a worldwide system used by all kinds of people. Images are exchanged in bulk and can become part of collections in folders that very often sit on other people's computers. This means adults and others you don't know viewing your personal naked pictures on the likes of Piratebay and Demonoid sites.



Photo sharing sites like Flickr or Instagram allow open and unrestricted (as well as private) sharing of pictures.

Your data could be on company's servers or copied to users' personal devices.



Webcam sharing sites can also cause problems when people record your actions. Sites like Omegle and Chat Roulette often attract criminal elements.

Sometimes these "anonymous" services encourage people to be more adventurous and risky, but being online is never completely anonymous. It only takes screen or webcam capture software to end up with a video clip.



Online Groups and Communities also often contain sex offenders who will form close knit groups and share indecent images (many of which they will obtain from the web).



Cloud storage sites like iCloud, OneDrive, GoogleDrive, or Dropbox allow server space for people to store material such as images. Other users with permission can then access the files.

Once again it is difficult to know where your content actually sits and where the cloud servers are based. Those that are based outside of the UK or European Union often don't have the same strict laws about personal data that we have and your content could be sold and shared with other networks across the world.

What are the **first things** I should do?

It might seem like the end of the world but try not to panic! Take a deep breath and give yourself a chance to think about how this might affect you.

First off, are you OK? Do you need support? If you do, find the best person to support you right now... friends, family, school? You choose. **There is also a list of organisations at the end of this booklet that can help.**

Sometimes that first step of asking for help is a difficult one. But you have to be honest with yourself. Real friends and professionals trying to help are only able to do so when they know all the facts and how you feel about it. If you know of a friend who is trying to deal with this maybe you could show them this!



If you decide you need to do something, don't wait. The quicker you deal with it the better chance there is of managing the spread.

Will I get into **trouble?**

The Law is on your side and was not designed to punish young people for making mistakes whilst experimenting with their sexuality.

The law is aimed firmly at those who choose to trade or profit from sexual pictures of children.

Even though (if you are under 18) the image(s) you have sent may constitute an indecent image of a child, the Association of Chief Police Officers have clearly stated that young people will be treated as victims in the first instance and only extreme cases may be reviewed or looked at differently. They clearly state "First time offenders should not usually face prosecution for such activities, instead an investigation to ensure that the young person is not at any risk and the use of established education programmes should be utilised".

The advice can be found at <http://bit.ly/IX1pvk>

Who can help me?

Parents

It may be your worst nightmare thinking of telling your parents you shared intimate pictures, and yes, they may kick off at first but they need to know; how are they going to support you if they don't know?

Use your discretion, if you don't think the pictures will go viral, then don't upset them for no reason. If you feel there is a risk, or if your picture has already been shared, then you need them on board. Yes, they will probably be very upset and disappointed, but they'll get over it! **And will probably respect you more for being upfront about it...**

School

You might want to consider telling someone at school. It might seem like a hard thing to do but your welfare is their number one concern.

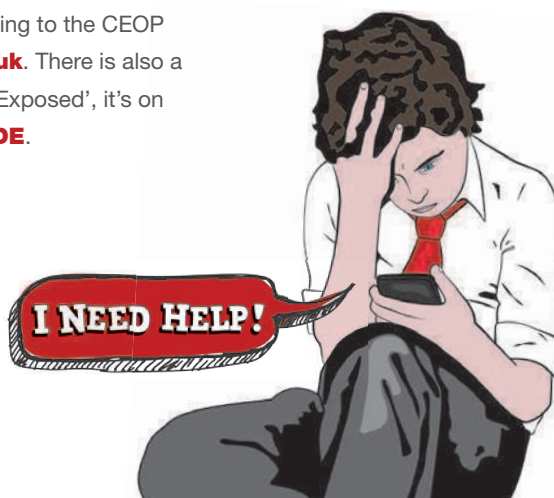
Trained staff will have access to a whole range of help that will be much more effective than dealing with it on your own. One service they can use is the Professionals Online Safety Helpline www.saferinternet.org.uk/helpline

CEOP

CEOP is the Child Exploitation Online Protection centre and was set up by the Government in 2006 to help protect children online across the UK from online predators. As well as helping UK police forces to bring these people to justice, CEOP can help provide advice to you and your parents when something like this happens. You can report at <http://bit.ly/p8kAKF> or by going to the CEOP website at www.ceop.police.uk. There is also a great film about Sexting called 'Exposed', it's on Youtube at <http://bit.ly/hePkDE>.

Local Police

Police could possibly be involved if it involves the well-being of other pupils, and could also offer effective support.



Is this going to affect things for me **in the future?**

Hopefully in most cases your continuing digital life will 'bury' your mistakes as time goes on. There is however no guarantee that the pictures will not be seen by others later. Your reputation could be affected if future employers, college, or sixth-form friends see this. Being honest and open and admitting a mistake is the best approach, as it will be with any future relationships.

Knowing about **reputation**

Do you know what's online about you?

You should first check what others can see about you. Search for your name using Google or other search engines and see what information already exists about you. Although you may not have added anything new, your friends and family might have.

If you find anything offensive or require anything removed, report it to the hosting site immediately. Remember it will need to break the site's terms and conditions. If it is a naked or semi-naked image of you it is highly likely to breach these conditions and the legal implications mean the site host is likely to remove it quickly when made aware.

Bury the bad stuff! Increasing your positive online presence... Sadly there are some occasions where online content can't be removed, for example if your image is shared via an adult site hosted outside the UK we advise that you try and bury the content you don't want people to see. The best ways to do this are to set up social networking accounts, (you don't have to use them, just set them up and leave your name publicly searchable), to regularly comment on news articles and forums, and also to run a small blog. The more you add the further down the search lists this unwanted content will be.

Show me organisations that might be able to help me:

There are lots of places you can go to for help and advice, consider who is the best person to support you. It could be a Youth Club, Employment Advisor, Faith Leader, or Sports Coach. Anyone who is trained to support young people should have an idea what to do to help you.

Our partners at the Internet Watch Foundation and Childline are working together to help you remove sexting images. They won't judge you: they'll just help you. Get in touch at www.iwf.org.uk

There are also many national organisations who can help such as:

Childline www.childline.org.uk

Get Connected www.getconnected.org.uk

ThinkUknow www.thinkuknow.co.uk

Or download the Zipit app from the Childline website (Supported by IWF)

Be prepared to explain:

As a final note, you should be prepared to explain the following things..



- I've made a mistake
- I've been really stupid
- I have learnt by it
- I have moved on

About this resource:

This is a resource for children, young people and parents that offers advice and explores strategies to support the issues resulting from sexting incidents.

The resource will be available shortly in the following alternative formats:

- A printed resource
- A comic book style summary of key advice for young people
- Interactive web resource from the UK Safer Internet Centre

Visit www.swgfl.org.uk/sextinghelp for more information.

It is produced by the South West Grid for Learning and UK Safer Internet Centre and co-funded by the European Union.



The South West Grid for Learning Trust is a not for profit, charitable trust company, providing schools and many other educational establishments throughout the region with safe, secure and reliable broadband internet connectivity; broadband-enabled learning resources and services and help, support and advice in using the internet safely. Find more resources at www.swgfl.org.uk.