childline

ONLINE, ON THE PHONE, ANYTIME

Visit www.childline and from there select Online and mobile safety from the option.

Home / Info and advice / Bullying, abuse, safety and the law / **Online and mobile safety**

Call 0800 11 11 www.childline.org.uk

What If…

I am sent an inappropriate image?
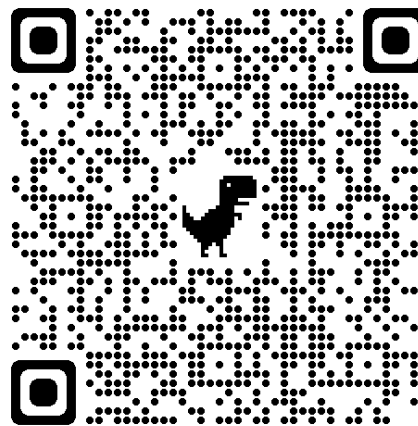
Carshalton High School for Girls

Excellence: everywhere, every day.

part of the Girls' Learning Trust

West Street, Carshalton,
Surrey SM5 2QX

t: 020 8647 8294 - f: 020 8773 8931

office@chsg.org.uk
www.chsg.org.uk

What if
I am sent inappropriate images?

Do report the incident to a trusted adult at home or school as soon as possible. They can support you to make the right decisions.

**Do not** forward, share or copy the image as it is an offence.

Do not comment on the image or discuss it with friends.

Do delete the image as it may be an offence to possess it.

Do block the person who sent the image to you.

Do follow the reporting procedures on social media websites to report any inappropriate images.

Do report or ask an adult to report to CEOP (Child Exploitation Online Protection) if you are concerned the image is of a young person who may be at risk www.ceop.police.uk/safety-centre or contact The Police on 101.
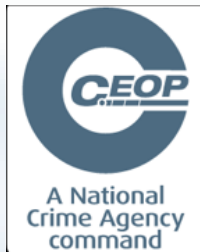
Further information can be found on these websites

Thinkuknow.org.uk

What if the image is of me?

If you've sent a nude and you're worried about what might happen, there are things you can do:

- **Ask for the message to be deleted** Explain that you're not comfortable with them keeping the picture and ask them to delete it.
- **Don't reply to threats** Don't reply to someone trying to threaten or blackmail you, and don't send more photos. It can be scary, but it can help you to keep in control

Talk to someone you trust Talking can be scary, especially if you're being threatened. But it can also help you get support and stay in control. Contact Childline to find out more about asking an adult for help.

Use Report Remove to get it removed from the internet If you're under 18 and a nude image or video has been shared online, we can help you get it removed from the internet. Contact Childline to find out how to remove a nude image shared online.

Report what's happened If you're under 18 and you're worried or being threatened you can make a report to CEOP. Making a report isn't confidential but it does mean that they can help to stop what's happening.

Get help with how you're feeling Having a nude shared by other people or being threatened isn't your fault. If you're struggling to cope or you don't know what to do, talk to us.

Call free 0800 11 11—www.childline.org.uk

CALL, CHAT ONLINE OR EMAIL US

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Childline website has lots of tips you can do to keep yourself safe online.

- **Think before you post** Don't upload or share anything you wouldn't want your parents, carers, teachers or future employers seeing. Once you post something, you lose control of it, especially if someone else screenshots or shares it.
- **Don't share personal details** Keep things like your address, phone number, full name, school and date of birth private, and check what people can see in your privacy settings. Remember that people can use small clues like a school logo in a photo to find out a lot about you.
- **Watch out for phishing and scams** Phishing is when someone tries to trick you into giving them information, like your password. Someone might also try to trick you by saying they can make you famous or that they're from a talent agency. Never click links from emails or messages that ask you to log in or share your details, even if you think they might be genuine. If you're asked to log into a website, go to the app or site directly instead.
- **Think about who you're talking to** There are lots of ways that people try to trick you into trusting them online. Even if you like and trust someone you've met online, never share personal information with them like your address, full name, or where you go to school. Find out more about grooming.
- **Keep your device secure** Make sure that you're keeping your information and device secure.
- **Never give out your password** You should never give out your password or log-in information. Make sure you pick strong, easy to remember passwords.
- **Cover your webcam** Some viruses will let someone access your webcam without you knowing, so make sure you cover your webcam whenever you're not using it.