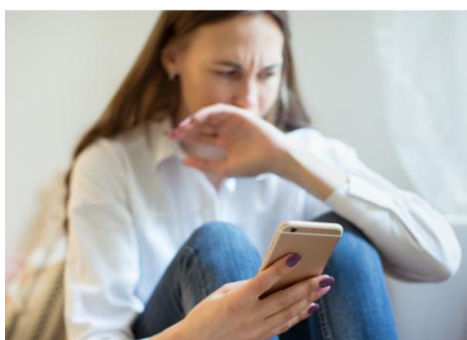




# Advice and support if you are a victim of sextortion



## Easy Read



## What is sextortion?



**Blackmail** is when someone threatens to do something that you do not want them to do.

They say they will do this unless you give them money or do something else for them.



**Sextortion** is a type of online blackmail that can happen to anyone.

It is when someone threatens to share nude or partly undressed pictures or videos of you to other people.



They say they will do this unless you:

- give them money
- or do something for them that you do not want to do like:
  - tell them your bank account details
  - give them more images



You might have shared these pictures with the person because you thought they liked you.



They might have stolen these pictures from you.



The pictures might not be of you.

The criminal might have faked them but they are saying the picture is you.



This is a crime.

If this has happened to you it is not your fault.



It does not matter:

- if you agreed to share the image
- if someone made you share the image by threatening you



Nobody is allowed to use your image in the wrong way.

You are a **victim** - a person who has been harmed by a crime.

## Advice and support if you are a victim of sextortion



Police Scotland will take your case very seriously.

We will deal with it in **confidence** – keep it private.

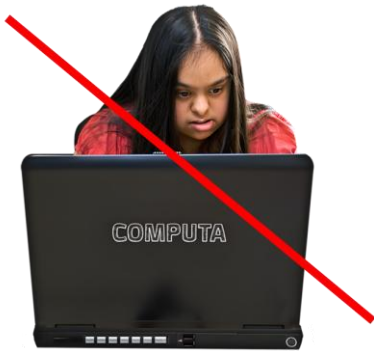
You have already taken the first step by:

- realising you are a victim of sextortion
- contacting the police



Information about support to help you through this is on page 7 of this document.

## What do I do if I am the victim of sextortion?



- stop all communication with the criminal straightaway



- do not pay them any money

If you pay, they may ask for more and the blackmail could continue.

The threats may not stop.



- keep evidence if you can:
  - take screenshots of the criminal's profile information if you can
  - save messages and images
  - make a note of usernames, email addresses, phone numbers or bank account numbers



- if images have been shared online, collect **URLs** and links if you can

A **URL** is the online address of the website, for example: [www.pix.com](http://www.pix.com)



- check any other accounts you are linked to in case the criminals try to contact you using one of those



- check your privacy settings across your profiles

Limit them so that you cannot be contacted by people you do not know.

Make friend lists and followers private so offenders cannot see them.



- change your passwords



Make a strong password using three random words – like 'TreeSkyCake'

This makes it harder to guess.

Do not use personal information like the name of your pet or your birthday.

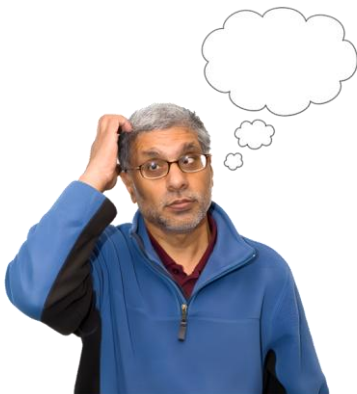


- Set up **Two Step Verification** on your accounts for extra security

This is sometimes called 2SV for short.

It sends you a number or code in a text or email.

You type in the code to show it is really you.



- try using a password manager to help you remember different passwords

## More information and advice



If you are very upset and thinking about harming yourself, please call 999 immediately.

- **Police Scotland**



[www.scotland.police.uk/advice-and-information/internet-safety/sextortion](http://www.scotland.police.uk/advice-and-information/internet-safety/sextortion)

- **CEOP Safety Centre**

How to keep yourself or a child you know, safer from online child sexual abuse.



[www.ceop.police.uk/Safety-Centre/](http://www.ceop.police.uk/Safety-Centre/)  
[www.ceopeducation.co.uk](http://www.ceopeducation.co.uk)

- **Stop Non-Consensual Intimate Image Abuse (NCII)**

A free way to find images and stop them being shared online

[www.stopncii.org](http://www.stopncii.org)







- **Revenge Porn Helpline**

Supports adults (aged 18+) experiencing intimate image abuse

Call: 0345 6000 459

[www.revengepornhelpline.org.uk](http://www.revengepornhelpline.org.uk)



- **Childline – Report Remove**

Online image removal tool for under 18 years of age

[www.childline.org.uk/report-remove/](http://www.childline.org.uk/report-remove/)



- **Internet Watch Foundation**

Help and support for victims of sextortion

[www.iwf.org.uk/resources/sextortion](http://www.iwf.org.uk/resources/sextortion)



- **National Cyber Security Centre**

Advice about sextortion scams.

[www.ncsc.gov.uk/guidance/sextortion-scams-how-to-protect-yourself](http://www.ncsc.gov.uk/guidance/sextortion-scams-how-to-protect-yourself)



- **Get Safe Online**

The UK's leading online safety advice resource.

[www.getsafeonline.org](http://www.getsafeonline.org)



- **NHS 24**

Call 111, or your local GP surgery.

[www.nhs24.scot](http://www.nhs24.scot)





- **PAPYRUS**

**Confidential** advice and support and works to prevent young suicide in the UK.

**Confidential** means your information will be kept private.

Hopeline 247: 0800 068 4141

[www.papyrus-uk.org](http://www.papyrus-uk.org)



- **Samaritans**

To talk any time you like in your own way.

Call: 116 123

[www.samaritans.org](http://www.samaritans.org)



- **Kooth**

An online mental wellbeing community.

It is free, safe and **anonymous** - we do not need to know your name or any information that tells us who you are.

[www.kooth.com](http://www.kooth.com)



- **Togetherall**

Share experiences in a safe, anonymous space available all day, every day

Get wellbeing tools and resources.

[www.togetherall.com](http://www.togetherall.com)



- **Victim Support Scotland**

Help and support for victims of crime.

Call 0800 160 1985 or go online to:

[www.victimsupport.scot/self-referral](http://www.victimsupport.scot/self-referral)



Additional images from Canva