

What To Do

If this is happening to you, remember sextortion is a crime, and you don't have to go through this alone. We want you to get the support you need. **Reach out to a trusted adult, report it to the [CyberTipline.org](https://www.cybertipline.org), call 1-800-the-lost, or call 911 to report sextortion.**

Remember it is not your fault.

Some people are so good at pretending to be someone they are not that victims don't realize they've been tricked. Then they might be afraid to say anything about it because:

They've been threatened.

You think no one will believe you.

They feel alone and do not know who they can reach out to for help.

You feel guilty and think people will blame you.

You feel confused and do not know what to do.

You feel embarrassed that this happened.

It

might seem like you would be able to tell if someone online was not who they say they are but reports to law enforcement show that predators are really skilled at pretending to be someone they are not.

Use these tips to help stop sextortion before it begins.

For Children:

- Don't take images of yourself that you wouldn't want everyone to see.
- Don't forward anyone else's picture or video. Imagine how betrayed you'd feel if this happened to you.
- Don't ask or pressure anyone to share an image. Many teens send sexts because they've been asked to by a boyfriend or girlfriend. But you shouldn't ask anyone to take this kind of risk.
- Talk to a trusted adult or a friend if you receive a revealing image, are being pressured into sending one, or have sent one.
- Talk to your friends about being active bystanders by not resharing and saying something if someone does.
- Do not comply with blackmailing demands such as money or more images.

For Parents:

- You should start talking about online manners, or "netiquette," with your youngest children so they have a good foundation for later lessons.
- You can talk to young children about not trusting everyone they meet online. By the time they're teens, they'll be ready to discuss these risks.
- Ask questions about their online world and be involved.
- Tell them that you are always here to help them and if something happens, you will be there for them because they should not go through something like that on their own.
- Help them identify two or three other trusted adults they can talk to if they do not feel comfortable talking to you.
- Establish electronic rules: time allowed, free electronics zones (bedroom), free electronic times (dinner, family activities).
- Learn how to set up privacy settings and how to report inappropriate content.

- Most importantly have open, respectful, and meaningful communication with your child.