

WHAT TO DO IF MY NUDES END UP ONLINE?

Sharing nude images online without permission can have serious consequences. Did you know that possessing or distributing explicit images of minors (under 17) is illegal and can lead to criminal prosecution?

If you find yourself in a situation where nude photos have been shared without your permission, there are a number of steps you can take.

- **Firstly, don't panic**, tell someone you trust about what has happened. You may find it embarrassing, but talking to your parent, teacher or another adult you trust can offer a great deal of support and advice.
 - If you can't speak to someone you know or trust call Childline. They have lots of experience in dealing with these types of instances.
 - Do you know who has shared the image? If so contact them or ask someone you trust to contact them. **Ask them to remove and delete the image(s)**. You should also check if they have shared the image(s) with anyone else or on any other sites/services.
 - If you are under 17 and a nude image of you has been shared online, **it is illegal** and you should report it with the Gardaí.
- Has the image appeared on social networks? If the image is a nude and you are under 17, you should report the image directly with the social network. You can normally do this through the settings.
 - Not sure where your image may have ended up? **Do a search online** for your name.
 - This can be a stressful, upsetting time when images are shared online without consent. **It may be helpful to talk to a professional or school guidance counsellor** about what has happened.
 - You might also consider contacting a legal professional if you are having difficulty removing images or contacting the website host.

For more information go to:
watchyourspace.ie/forever or
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