How can I reclaim my power after experiencing sexual extortion?

Sexual extortion can leave you feeling like you've lost control – but you can take your power back.

When someone sexually extorts you, they're using 'power over' to control you. This is the power an abuser tries to hold over you, through fear, threats or shame.

Resources by young people, for young people

Supported by
GSMA
Mobile Alliance to Combat Digital Child Sexual Exploitation

How can I reclaim my power after experiencing sexual extortion?

If you have experienced sexual extortion, remember: **You have more power than it feels like right now.**

- You have the strength to positively influence your life.
- You have the power to come together with other victims to fight injustice.
- You have the power to create positive change.

How to reclaim your power

Protect yourself first

- Block the person. Do not do what they are asking you to.
- Keep your social accounts private and be cautious about who you meet online – especially anyone who moves too fast, 'love bombs' you or pressures you for intimate images.
- When you stop responding the way an extorter wants you to, you've already taken power back.
- It's natural to feel panicked when someone starts sexually extorting you. Try box breathing to help you feel calmer:

  Breathe in for four seconds,
  hold for four seconds,
  breathe out for four seconds.

Get support

- Talk to a friend or trusted adult if you feel you can.
- Reach out to a local helpline.
- Hear from other young people who've experienced sexual extortion. You're not the only one: **nofiltr.org/youth-advice**

Take action

- Report the content and the account to the platform it happened on.
- Use the **Take It Down Tool** to help get the content removed.

Remember: being sexually extorted is not your fault and you have more power than you think.

Reclaiming that power helps us all fight back against sexual extortion.

For more support, you can visit:

Child Helpline International

NoFiltr

Take It Down Tool

Resources by young people, for young people

Supported by
GSMA
Mobile Alliance to Combat Digital Child Sexual Exploitation