I've been a victim of sexual extortion – what do I do?

Resources by young people, for young people

Supported by
GSMA
Mobile Alliance to Combat Digital Child Sexual Exploitation

I've been a victim of sexual extortion – what do I do?

If you have experienced sexual extortion, it's normal to feel scared and overwhelmed. That's why we've come up with some simple steps to help keep you safe and grounded:

1. The person extorting you will use your panic against you. Getting yourself to a calmer place is an important first step. Box breathing is a simple way to calm your nervous system:

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

   Do this as many times as you need.

2. Collect evidence if you can. Take screenshots of the chat, pictures, videos and webpages.

3. Do not do what the person extorting you says, as this will only continue the extortion. Block them and report what happened to the site you were using. For more information about how to do this, go to the **Revenge Porn Helpline.** It's also a good idea to change your password and update your privacy settings.

4. Tell someone you trust what happened. This could be a friend or an adult that you trust and feel will be there to help you.

5. Report any images to the site where you were extorted and to the **CyberTipline**.

   If you are under 18, report it to NCMEC's **Take It Down Tool**.

   If you are over 18, report it to **StopNCII**.

   If you feel able to, you can also report what happened to your local law enforcement.

6. Remember: **it's not your fault and help is available!**

Remember these steps are a guideline; it's OK if you don't feel able to follow them.

Just remember that being sexually extorted is never your fault and that help is available, whenever you feel ready.

For more support, you can visit:

- Revenge Porn Helpline
- CyberTipline
- Take It Down Tool
- StopNCII
- Child Helpline International

Resources by young people, for young people

Supported by
GSMA
Mobile Alliance to Combat Digital Child Sexual Exploitation