What are the warning signs of sexual extortion and how can I protect myself from being targeted?

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Sexual extortion is never the victim's fault, but knowing how to keep yourself protected is really important.

If you're not sure about a new account that's started following you, look into it. Ask yourself:

- **Has their account only been created recently?**
- **Are they tagged in any one else's photos?**
- **Does anyone else that I know offline follow them?**

If you feel that an account is suspicious, you can ignore the follow request or block them.

There are also signs to look out for if you already know the person/have accepted their follow request:

- **Have they sent you sexual content without you asking about it?**
- **Do they seem to be 'love bombing' you or moving really fast to develop a relationship with you?**
- **Do they keep asking you to send them sexually explicit content of yourself?**

If you feel like you might be at risk of sexual extortion, there are ways to stop it from escalating.

Make sure that you **know your own boundaries**. You don't have to share messages, contact information or photos with anyone if you don't feel comfortable doing so.

If you do feel comfortable sharing sexual content with someone, **make sure that you understand the risks involved**. You can't always know what someone will do with this content and there is a risk that they could use it to extort you.

Remember that **no one has the right to a reply from you**. If the contact you have with someone ever feels wrong, you have every right to stop replying.

If you have experienced sexual extortion, remember: you are not to blame and help is available.