

If a Private Image Is Shared: A Guide for Families

Your teen took part in a lesson on what to do if an intimate image has been shared without consent. Here is what to know, and how to help if it ever happens.

What your teen learned

If a private image is shared without consent, it is never the fault of the person in it, even if they sent it in the first place. Your teen learned the action map: **Tell. Document. Report. Limit the spread. Stay supported.** They also learned never to forward someone else's image, and how to support a friend.

If your teen comes to you

- **Stay calm, and don't blame.** Say: "I'm glad you told me. This isn't your fault. Let's deal with this together." Blame makes young people hide.
- **Don't ask to see the image, and don't copy or forward it.**
- **Save the context, not the image.** Screenshot usernames, links, the app or site, the date and time, and messages around the post.
- **Report.** Report the post on the app or site, tell the school so it can use its safeguarding route, and contact the Internal Security Forces (112) where needed.
- **Limit the spread.** If the image was taken before 18 and is on your teen's device, Take It Down (takeitdown.ncmec.org) creates a digital fingerprint so platforms can block copies. The image never leaves the device.
- **Look after their wellbeing.** Stay close in the following days. The National Lifeline 1564 offers support 24/7.

Conversation starter

- "If anything private of yours was ever shared, even if you'd made a mistake, I would help you, not punish you. What would make it easier to tell me?"

The action map

1 Tell someone

"Something private was shared. I need help getting it taken down."

2 Document

Username, link, app, date, time, messages. Not the image.

3 Report

On the app or site, through the school, and 112 if needed.

4 Limit the spread

Take It Down if under 18. Never forward or repost. Stay supported.

Where to get help

1564

National Lifeline for emotional support, open 24/7

LARA

Email for support and guidance: laraa@laraa.org

112

Internal Security Forces: report image abuse and threats

Take It Down (takeitdown.ncmec.org): Free help to remove private images taken before you turned 18. The image never leaves your device.