



CARD 1 · GROUP CHAT

"Is this you??"

Nour sees a private image of her being passed around her class group chat. Someone writes: "is this you?? 🤔". She sent it to her ex months ago.

TALK ABOUT IT

- Helpful move, makes it worse, or get help now?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Helpful ☐ Worse ☐ Get help



CARD 2 · FRIENDS

Just to one friend

Someone sends Karim a classmate's private image with "send this to Jad, he'll die 😄". Karim thinks: it's only one friend.

TALK ABOUT IT

- Helpful move, makes it worse, or get help now?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Helpful ☐ Worse ☐ Get help



CARD 3 · FRIENDS

"Show me"

Maya's friend tells her an image of her was shared. Maya's first words are: "Wait, show me. Why did you even send it?"

TALK ABOUT IT

- Helpful move, makes it worse, or get help now?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Helpful ☐ Worse ☐ Get help



CARD 4 · GETTING HELP

Taken down together

Jad tells the school counselor: "Something private was shared. I need help getting it taken down." Together they save usernames, links and dates, and report the posts.

TALK ABOUT IT

- Helpful move, makes it worse, or get help now?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Helpful ☐ Worse ☐ Get help



CARD 5 · ONLINE

It's fake anyway

An AI-edited nude image of Jad is shared on a fake account. He wants to repost it with "THIS IS FAKE" so everyone knows.

TALK ABOUT IT

- Helpful move, makes it worse, or get help now?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Helpful ☐ Worse ☐ Get help



CARD 6 · EVIDENCE

Screenshot everything

Maya wants to collect proof that her image was shared, so she plans to screenshot the image itself and save it in her gallery.

TALK ABOUT IT

- Helpful move, makes it worse, or get help now?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Helpful ☐ Worse ☐ Get help



CARD 7 · GETTING HELP

Take It Down

Nour is 16. The image is still on her own phone. With her mum, she uses Take It Down. The image never leaves her device.

TALK ABOUT IT

- Helpful move, makes it worse, or get help now?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Helpful ☐ Worse ☐ Get help



CARD 8 · SCHOOL

Hallway gossip

Classmates are whispering about Karim after an image was shared. Jad says, "Not cool. Leave it," then checks on Karim privately.

TALK ABOUT IT

- Helpful move, makes it worse, or get help now?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Helpful ☐ Worse ☐ Get help