

The image was shared: what now?

Name: _____

Class: _____

1. Warm up

When someone makes a mistake, words that make it worse are...

Words that help are...

2. Helpful move, makes it worse, or get help now?

Tell. Document. Report. Limit the spread. Stay supported. It is never the fault of the person in the image.

Helpful move

It reduces the harm or brings support.

- Telling a trusted adult
- Saving usernames, links, dates
- Reporting the post
- Using Take It Down
- "It's not your fault"
- Checking on the person

Makes it worse

It spreads the image or the shame.

- Forwarding it to anyone
- Asking to see it
- "Why did you send it?"
- Screenshotting the image
- Reposting it to prove it's fake
- Turning it into gossip

Get help now

Tell, document, report.

- Your image was shared
- It's spreading in groups
- A fake or AI image of you
- Threats to share more
- Someone else's image sent to you
- A friend tells you it happened

Quick check: tick the zone for each situation

Situation	Helpful	Worse	Get help
Forwarding it "just to one friend"	☐	☐	☐
Saving the username, link and date, but not the image	☐	☐	☐
A private image of a classmate is going round every group chat	☐	☐	☐
Asking, "Why did you send it?"	☐	☐	☐
Using Take It Down for an image taken before 18 that is on your device	☐	☐	☐
A fake, AI-made nude of you is being shared	☐	☐	☐

Scenario discussion

Answer these with your group for each card you receive.

Card number: _____ ☐ Helpful move ☐ Makes it worse ☐ Get help now

How might the person in the image feel?

What would make the harm worse here?

What is the most helpful next move?

Who could help?

Card number: _____ ☐ Helpful move ☐ Makes it worse ☐ Get help now

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Make an action plan

Card number: _____

The first thing they should do

How they would report and limit the spread

I know that... (tick what you feel sure about)

- ☐ If my image is shared without consent, it is not my fault.
- ☐ I would tell a trusted adult before trying to fix it alone.
- ☐ I would save the context, never the image.
- ☐ I would never forward someone else's image.
- ☐ If a friend tells me, I would support them, not ask to see it.
- ☐ I know how Take It Down works.

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.

Exit ticket

One thing I would save as evidence is...

If someone sent me someone else's image, I would...

If this happened to me or a friend, I would tell...

Need to talk? Your school counselor, the National Lifeline 1564 (24/7), LARA: laraa@laraa.org, or 112 to report. Take It Down (takeitdown.ncmec.org) helps stop the spread of images taken before 18.