so you got naked online...

A resource for children, young people, their families & whānau

So you got naked online...

OK... so I guess if you have picked this up and started to read, it's likely that you have done something online that you are now regretting. Or perhaps you are trying to help someone else who has? And if that "something" involved getting naked or doing something sexual, then everything may be feeling a lot more serious right now than most other things you see happening online.

But don't freak out just yet... you are obviously keen to find out more about how you can help yourself or your friend and perhaps get some advice and a plan for how to improve things. Well, you're in the right place.

Read on and you will discover:

- **Why** these things happen and what different people **think** about it.
- When it has happened to **others** and what they have done.
- How the **technology** works and what the **possible** risks are.
- What the **first** things are you can do to take **control.**
- Whether your **fears** of getting into **trouble** are realistic.
- The **impact** on you for the **future** and what you can **do** about it.
- How to get **support** and **advice** from organisations who are there to **help** you for just this sort of issue.

Contents:

However, this isn't helping yet, so let's crack on. You don't have to read this whole thing through but it does help to browse each section to get a really good understanding of how and why this stuff causes problems. The more clued-up you are, the better decisions you are going to make for yourself (or with a friend).

"Knowledge is power"

I see sexting mentioned in the media. What does it mean?

"Teen sexting is a very rational act with very irrational consequences." danah.boyd

"Sexting" is a term used to describe the sharing of intimate images or video with another person.

This content can be anything from texts, partial nudity right up to sexual images or video. Very often it is between partners, but can be between groups using a whole range of devices, technologies and online spaces. The most common ones are sent by text, private message on social networks or apps such as Snapchat, Kik, Instagram or Skype.

How does sexting happen? Who decides?

Most sexting is intentional. Usually sexting occurs because a choice has been made to send an image or video. The person creating and sending the content actively decided to do so. They pose or act in a sexual way and send it directly to the person they want to see it.

It is possible to share personal pictures by mistake, for example, by sending them to the wrong number or address, but that doesn't seem to happen very often. There have been cases where images are shared after mobile phones have been stolen or an online account is hacked, but again, this is rare.

Sexting is more likely to happen **accidentaly** or **unitentionally** if your judgement is clouded e.g. if you have had alcohol, or taken drugs or are under pressure from those around you. This could result in you:

- getting confused and pressing the wrong send button
- feeling brave about risking sending a naughty photograph
- feeling more sexually confident
- feeling less inhibited, less aware of risk and the consequences
- being encouraged by mates to do it as a dare
- thinking that it is a good laugh and there is no harm in it

Controlling your images

Its not all about selfies. You may not be the one that takes an image or video of you. If you appear naked online someone else can record what happens on the screen. What if you are fooling around with a trusted partner and they take a picture of **you** on **their** phone?

It is all about controlling your image. Once an image has been shared you lose control of it. No matter how much you may trust the person you send it to at the time, it makes it hard to control what happens next.

LOL or OMG?!

People sharing naked pictures as part of a safe relationship is not a new thing.

What has changed though is the speed with which you can share. Using webcams or sending mobile pictures can be a spontaneous decision, made without thinking about what could happen and what people might think. Once the picture leaves your control it can easily and quickly be shared with many people.

A study by the Internet Watch Foundation in the UK showed that up to 88% of self-generated images reported to them have been collected from their original location and put onto other sites!
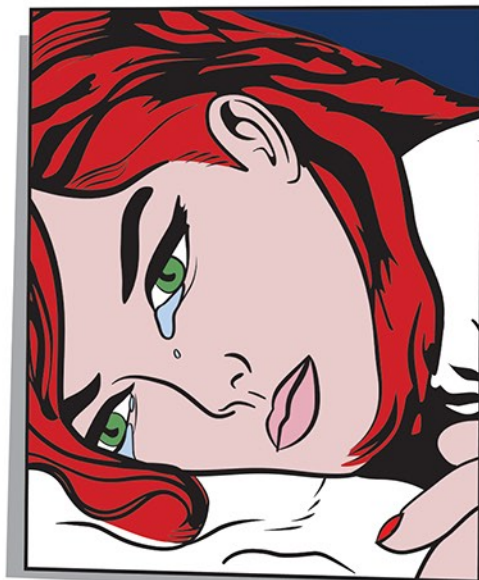
In your parents' younger years, the embarrassing stuff they did was rarely seen by anyone else. Today with mobile phones and the web that has changed. The Internet means the potential of a huge audience and of course, once it's posted you can very quickly lose the ability to control it. It can be copied, shared, redistributed and kept.

This is not the end of the world. It just needs some thought on how you can minimise the effect should it all get out of control.

Was I right to have trusted the person I sent it to? Was I being naive?

Most of the time, these intimate pictures are shared between people who are in some sort of sexual relationship, and let's be honest, you wouldn't send them if you didn't trust the other person would you? There are probably many images shared which never leave the intended recipient, even when the relationship ends. So ask yourself, if we break up, will this person respect me enough not to share my pictures? How well do you really know them? Sadly, when people split up they can react in impulsive and angry ways. They may not appear to be the great person that you first met.

Sometimes, yes, you can trust the person you text.

But, and this is a BIG but, do you really need to send them pictures of your body? If the person asking for this acts up when you refuse is this someone you can trust? If they accept your refusal without question they sound like a good partner.

Others letting you down...

Problems often arise around people you thought you could trust, sharing the image or joining in the negative comments. This might be the person who you sent the image to in the first place, or mates or others who then circulate it. People get caught up in gossip, banter or bitching sessions, often without meaning harm to the victim, either to impress other people, to "belong", or because it starts as a joke which escalates. Sometimes people do it to bully someone.

What if other people see it?

There is a big difference between worrying about what could happen, and actually understanding how far beyond your control an image may have gone. It depends how the image was published. If you sent it directly to someone's mobile and then had second thoughts, you need to have an honest conversation with them as soon as possible to get them to delete it.

Posting directly to social networks makes it harder to regain control. Modern social networks and apps are designed to make publishing and sharing quick; the software makes those connections for you... and that's the trouble. **It's hard to know where the image has gone and who has got it. It can very quickly leave your social circle and spread to others.**

There are ways in which you can challenge content that includes you and has been published by someone else, using a site's "report abuse" option. It's important to draw attention to it and explain why you think it should be removed. It's not enough to say "I don't like it"; your request needs to show that it breaks a site's terms and conditions of use. **Sites like Facebook and Instagram don't allow nudity so it should be easier to report. We've included some links to these reporting routes at the end of this booklet.**

It is also important to understand how to change or remove content that you have posted about which you have changed your mind. That profile pic of you in your underwear was funny at the time but ...

It's important in life to have friends around you that you can trust and on whom you can rely, this is no different online. It's less likely that your close friends would want to do anything serious to hurt you; very often they're the first ones you might turn to for help. Posting directly to social networks makes it harder to regain control. Modern social networks and apps are designed to make publishing and sharing quick; the software makes those connections for you... and that's the trouble. It's hard to know where the image has gone and who has got it. It can very quickly leave your social circle and spread to others.

Use those friends you can trust to help put out positive messages and recover the situation where they can.

That's why it is important to think carefully about your social network friends lists and ask yourself "Who would stand beside me when things go wrong?"

What is your definition of a "friend" or a "friend of a friend"? We often add friends because our other friends know them. In reality the person may have been passed on through lots of other people's lists. If they have, then this makes it more difficult to track who has seen a naked picture you may have posted, as it has spread across groups you don't belong to. It may even be public which could mean literally anyone on the internet could see it.

There are ways in which you can choose who sees what on your profile (privacy settings) and this might be something you would want to get up. Here's a link to a "plain and simple" guide to how you can take control of your privacy on Facebook...
https://www.netsafe.org.nz/staying-safe-on-facebook/

...and for information about other networks, go to www.netsafe.org.nz
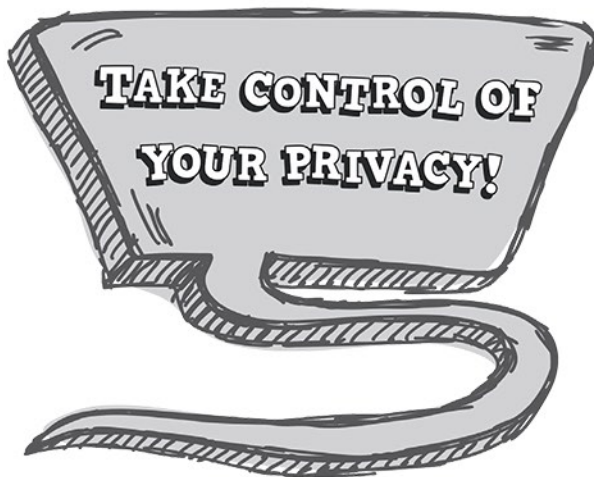
Usually, it is possible to do a great job of clearing up unwanted images from the net. But not always...

Where have my images and video gone to?

Peer to peer sites allow file sharing to happen easily. Images are exchanged in bulk and can become part of collections in folders that sit on other people's computers. It is very hard to track who has a particular file. This means adults and others you don't know can view your naked pictures using torrent sites like Piratebay and Demonoid.

Photo sharing sites like Flickr or Instagram allow open and unrestricted (as well as private) sharing of pictures. Your data could be on a company's servers or copied to users' personal devices.

Live Webcam sites can also cause problems when people record your actions. Sites like Omegle and Chat Roulette often attract criminal elements.
Sometimes these "anonymous" services encourage people to be more adventurous and risky, but being online is never completely anonymous. Screen or webcam capture software can be easily used to capture video of you naked or performing a sexual act.

Online Groups and Communities may contain sex offenders who form close knit groups and share indecent images (many of which they will obtain from the web).

Cloud storage sites like iCloud, OneDrive, GoogleDrive, or Dropbox allow server space for people to store material such as images. You can share your content by giving other users permission to access it. If you use a weak password, or the same password for several sites, a hacker could gain access to your content.
It is difficult to know where your content actually sits and where the cloud servers are based. Those based outside of New Zealand may not have the same strict laws about personal data that we have. Your content could be sold and shared with other networks across the world.

What are the **first things I should do?**

So you got naked online? It might seem like the end of the world but try not to panic! Take a deep breath and give yourself a chance to think about how this might affect you.

First, are you OK? Do you need support? If you do, find the best person to support you right now... friends, family, school? You choose. **There is also a list of organisations at the end of this booklet that can help.**

Sometimes that first step of asking for help is the most difficult one. But you have to be honest with yourself. Real friends and professionals can only help when they know all the facts and how you feel about the situation. If you know of a friend who is trying to deal with this maybe you could show them this advice!

If you decide you need to do something, don't wait. The quicker you deal with it the better chance there is of managing the spread of the images.

Will I get into **trouble?**

The law is on your side and was not designed to punish young people for making mistakes when experimenting with their sexuality. It is aimed firmly at stopping the behaviour of others trying to harm you

It is unlikely that you will be prosecuted for taking a sexually explicit image of yourself and sending it to someone, even though strictly speaking it could be a crime. However, if you receive a sexually explicit image of another young person and choose to send it on, you are more likely to end up on the wrong side of the law. The law can carry a heavy penalty.

Who can help me?

Parents

It may be your worst nightmare thinking of telling your parents you shared intimate pictures. Yes, they may kick off at first but they need to know. How are they going to support you if they don't know? We often think that we can manage things ourselves. Sometimes this is true, other times not. Too often young people tell their parents only when something has gotten way out of control. So, it's your call, but give serious thought to telling your parents what is happening. Or call NetSafe or another youth organisation for support with that conversation.

School

You might want to consider telling someone at school. It might seem like a hard thing to do but your welfare is their number one concern. Trained staff will have access to a whole range of help that will be much more effective than dealing with it on your own. NetSafe provides a service for schools to support them to support you through these kind of situations. Schools can find out more by visiting www.netsafe.org.nz or calling 0508 NETSAFE.

NetSafe

NetSafe is an independent organisation. We provide confidential advice on a range of online issues including what to do if images or video of you end up online. You can reach us at:-

our website www.netsafe.org.nz   call us on 0508 NETSAFE

Facebook https://www.facebook.com/netsafe   DM us on Twitter @NetSafeNZ

NetSafe works with all the other organisations listed in this resource. If you don't know which one to turn to, turn to us first and we can advise you.

NZ Police - Online Child Exploitation Across New Zealand (OCEANZ)

OCEANZ is a specialist Police unit that works to protect children from online sexual abuse. They work with NZ and international law enforcement agencies to keep children and young people safe from online predators. You can contact them either through their contact form (http://bit.ly/contact-OCEANZ) or the ORB www.theorb.org.nz

Department of Internal Affairs - Censorship Compliance Unit

The Censorship Compliance Unit makes sure that "objectionable" publications (those that include sexual pictures of children and young people) are not able to be found or downloaded by the public. You can contact them through http://www.dia.govt.nz/Censorship or the ORB www.theorb.org.nz

I NEED HELP!
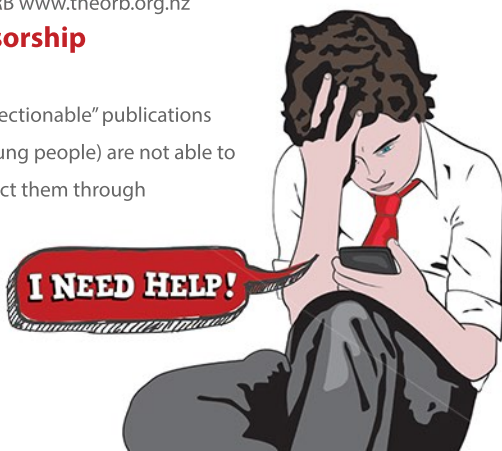
Is this going to affect things for me in the future?

In most cases your continuing digital life will 'bury' your mistakes as time goes on. However, there is no guarantee that images will not be seen by future employers, education providers or school friends later. Your reputation could be affected by this. Being honest, open and admitting a mistake is the best approach in any relationship. Remember, you're unlikely to be the only person you know who did this.

Knowing about reputation

Do you know what's online about you?

Check what others can see about you.
Search for your name to see what information is online about you. Although you may not have added anything new, your friends and family might have.

If you find anything about you that is offensive, report it to the hosting site immediately.
Remember for it to be removed it will need to break the site's terms and conditions. A naked or sexually explicit image it is likely to do this. Legal implications of this content also mean the site's owner is likely to remove it quickly when they are made aware.

New Zealand is in the process of implementing the Harmful Digital Communications Act. This will allow you to take action when online communication causes you harm. If someone posts pictures of you that are likely to cause distress if other people see them, then you may be able to have action taken under this law.

An agency will be set up to help you deal with harmful online communications. Once this agency has been established, you will be able to ask them to negotiate with the person that posted the images, or the company hosting them. If an agreement can't be reached with the person who has posted them a court can decide if other actions need to be taken. These include the removal of content or a published apology.

To check on the progress of this law, visit the Ministry of Justice website at;
http://www.justice.govt.nz/policy/criminal-justice/harmful-digital-communications

Show me organisations that might be able to help:

There are lots of places you can go to for help and advice. Consider who the best person is to support you. It could be a school guidance counselor, youth club, employment advisor, faith leader, or sports coach. Anyone who is trained to support young people should have an idea what to do to help you.

There are also many national organisations who can help including:

Lifeline: 0800 543 354 – Provides 24 hour telephone counselling. **www.lifeline.co.nz**

Youthline: 0800 376 633 or free text 234 – Provides 24 hour telephone and text counselling services for young people. **www.youthline.co.nz**

Samaritans: 0800 726 666 – Provides 24 hour telephone counselling. **www.samaritans.org.nz**

Tautoko: 0508 828 865 – Provides support, information and resources to people at risk of suicide, and their family, whānau and friends.

Whatsup: 0800 942 8787 (noon to midnight). **www.whatsup.co.nz**

Kidsline: 0800 543 754 (4pm – 6pm weekdays). **www.kidsline.org.nz**

Be prepared to explain:

As a final note, you should be prepared to explain the following things...

What if they ask questions?

- I've made a mistake **OR** I've been let down
- Something I've done is now causing me harm
- I have learnt from it
- I have moved on

About this resource:

This is a resource for children, young people their families & whānau that offers advice and explores strategies to support the issues resulting from sexting incidents.

The original version of this resource was written by members of the **UK Safer Internet Centre** and co-funded by the **European Union**. It has been adapted for use in New Zealand by **NetSafe.**

South West Grid for Learning

The South West Grid for Learning (SWGfL) provides schools and other education providers with resources, services, help, support and advice in using the internet safely. Find more about SWGfL at www.swgfl.org.uk.

UK Safer Internet Centre

The UK Safer Internet Centre (UKSIC) is a partnership of three organisations; Childnet International, the South West Grid for Learning and the Internet Watch Foundation. You can find out more about the UKSIC at www.saferinternet.org.uk/about

NetSafe

NetSafe is an independent non-profit organisation whose sole purpose is to promote confident, safe, and responsible use of online technologies. They are a 'tech positive' organisation that emphasises the benefits of online participation to New Zealand's internet users.

The NetSafe team are at the forefront of online safety practice. Their knowledge across all areas of digital challenge is unique in New Zealand. They have an unrelenting focus on supporting all New Zealanders to reduce their chances of coming to harm online and supporting them if things do go wrong. NetSafe provides educational, incident response and advisory services directly to individual internet users, government, commercial and civil society organisations.

You can find out more about the NetSafe at www.netsafe.org.nz/about-netsafe