

so you got
naked
online...



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 who has done something? And if that something involved nakedness or something sexual, then that may look more serious than other stuff 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 **real** risks are.
- What the **first** things are you can do to begin 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.

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However, this isn't helping yet, so let's move 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 friend).

“Knowledge is power”

I see sexting mentioned in the newspapers.

What does it mean?

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

“Sexting” is a term created a few years ago and describes the use of technology to share personal sexual content. It’s a word-mix of **“sex”** and **“texting”**. Other nicknames you may hear might be **“cybersexing”** or **“selfie”**.

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 and can use a whole range of devices, technologies and online spaces. However, the most common ones are **mobile phone MMS, Skype and social network sites** where images can be posted and shared (**Facebook, Twitter, Tumblr, Flickr, YouTube, Instagram, Snapchat** etc).



Deliberate and Accidental

Most sexting is deliberate; the person sending the content means it to happen. They will pose or act in a sexual way and will make a direct effort to send it to the person they want to see it, usually a boyfriend or a girlfriend.

Occasionally, if you have personal pictures of yourself on your phone it might be possible to accidentally “share” it via email, MMS or Bluetooth



with the wrong person but this is unusual. There have also been cases where pictures have been spread after mobile phones have been stolen! Accidental sexting is more likely to happen 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 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

The accidental stuff happens once it has left your control, but more about this later.

Both Deliberate and Accidental?

Some people think putting naked or sexual photos and videos online will help make them more popular. Be careful with this – there are some unpleasant people out there who enjoy manipulating photos and videos to humiliate people. Think through the worst case scenario before you share your naked or sexual image. You might choose to hold off sharing.

Some people think putting naked or sexual photos and videos online will help them become rich and famous. Remember if you want to become a celebrity you need to protect your image. TV and music executives need people that understand the importance of managing their image. If you put too much online for everyone to see you decrease your value – there is nothing more to know about you. **Keep your private self a valued asset.**

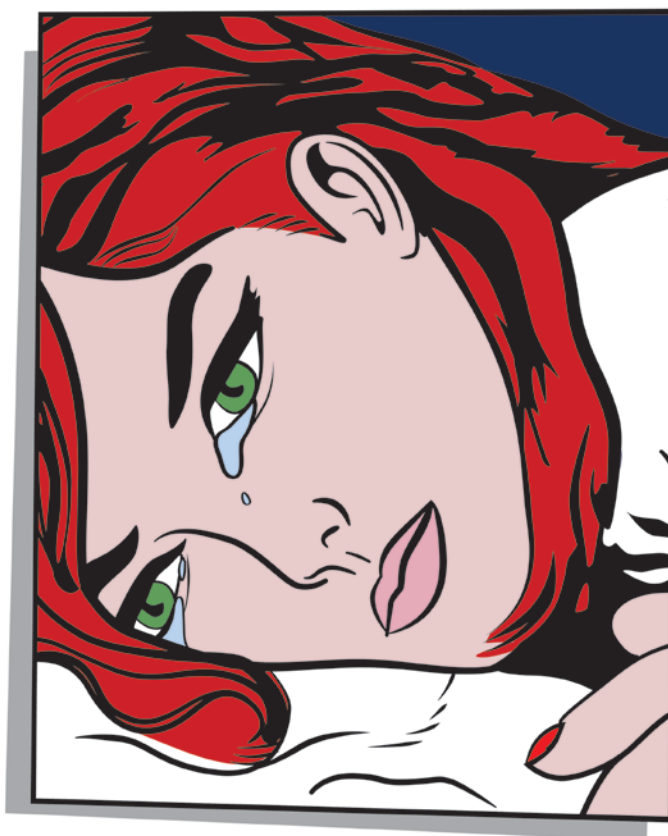


LOL or OMG?!

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 recent study by the UK Internet Watch Foundation showed that up to 88% of self-generated images have been collected 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 World Wide Web means the potential of a huge audience and of course, if a photo is uploaded and shared, it can be on there forever. Pretty scary thought that something you do at 14 can still potentially affect your adult life.

This is not the end of the world. It just needs some thought on how you can minimise the effect of your mistake.

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

Most of the time, these intimate pictures are shared between boyfriend and girlfriend, 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, it is often only when we split up with someone that we see their true colours.

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 show you respect.

Others letting you down...

Part of the problem will be 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 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. Other times people do it to bully someone.

Will other people see it?

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 that control. Networks like Facebook, Twitter, YouTube or Instagram 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. And you can be tagged in a photo, often without you even knowing about it.**

It's important to understand the different ways in which you can contact and report to social network sites to request removal of content. It's not enough just to say "I don't like it." **Your request needs to show that it breaks the site's terms and conditions.**

It is also important to understand how you can 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 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.

I REALLY NEED A FRIEND RIGHT NOW!

Let's use them to help put out the messages we want 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 lists like this. 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 to speed with after the incident to reduce the chances of it happening again.

