



Sextortion

Sextortion is a form of intimate image abuse where someone is pressured/manipulated into sending an intimate photo or video. This is then used to blackmail them into sending more sexual content or money.

Increasing reports have been made of sextortion targeting young people, which led to the National Crime Agency recently issuing a [warning alert](#) to all UK schools about the rise.

Given this heightened risk, this month's newsletter looks at sextortion, how it impacts children and young people, and how we can support them.

The scale of the problem

Sextortion is on the rise:

[The Revenge Porn Helpline](#) has reported that sextortion cases have **increased by 54%** compared to 2022, making up a third of all intimate image abuse reports.

In the first 6 months of 2023, [reports to the IWF of sextortion rose by 257%](#) compared with the whole of 2022. Older teens are most at risk with boys targeted most often.



Impacts of sextortion

Common responses to being a victim of sextortion include:

- High levels of stress
- Depression
- Anxiety
- Low self-esteem
- Paranoia
- Guilt
- Shame and embarrassment
- Feeling unsafe
- In some cases, children and young people have tragically died by suicide.

How to support

- Reassure them they are not alone and that people are there to help them
- Avoid victim-blaming – they are not responsible for their abuse and have been manipulated into sharing an image or video
- Support them to remove or prevent images from being shared online by using the report/remove tools listed below
- Ensure they know the local and national mental health supports, including Samaritans on 116 123, text 'SHOUT' to 85258, [Stay Alive App](#), Childline on 0800 1111, and Breathing Space on 0800 83 85 87.

Helpful Resources

- [“So You Got Naked Online”](#) – A resource sharing advice for young people who have lost control over intimate images or videos.
- [Sextortion Resources](#) – A range of resources from the UK Safer Internet Centre for professionals, parents/carers, on online sexual abuse.
- [ThinkUKnow](#) – A website on keeping children and young people safe online.
- [UK Safer Internet Centre](#) - Promoting the safe use of technology for young people, including guides on coerced online child sexual abuse.
- [The Revenge Porn Helpline](#) – For victims (18+) of intimate image abuse who live in the UK. Call 0345 6000 459 from 10.00 am – 4.00 pm, Monday to Friday. or email help@revengepornhelpline.org.uk



Reporting

- [Report to the police](#): Call 999 or 101 in non-emergency cases.
- [Report Remove](#) – A reporting tool for young people (under 18) to confidentially report sexual images and videos of themselves and get help to remove them from the internet.
- [Stop NCII \(Non-Consensual Intimate Image Abuse\)](#) - A free tool to help those aged 18+ remove images from being shared online.
- [ThinkUKnow](#) - guidance around reporting to a range of social media platforms. If you don't get a good response from the platform, [Report Harmful Content](#) can support you.