

Is someone trying to pressure, threaten or blackmail you online?

This could be financially motivated sexual extortion, or 'sextortion'.
It's not your fault and there is help and support available.



What to do

Don't pay, stop contact and block. Sending the offender money does not guarantee that they will stop their threats. It could lead to them asking for more money and the blackmail continuing.

If you have sent them money already, stay calm but don't pay anything more.

Stop all communication with the offender and block them on any accounts they have used to contact you.

Avoid deleting anything that could be used as evidence such as messages, images, offender profile details and bank account details.

Report it to the police by phoning 101 or calling 999 if you or anyone else is in immediate risk of harm.

If your image has been shared

If your intimate image has been shared online without consent, help is available:

1. The Revenge Porn Helpline can help adults report intimate images for removal.



Scan or go to
revengepornhelpline.org.uk
for support.

2. StopNCII.org, a global tool from SWGfL, can protect the intimate images from being shared on participating platforms.



Scan or visit
stopncii.org
for support.

Need to talk?

Samaritans offer a free, confidential listening service for any issue, with no pressure or judgement, 24 hours a day, 365 days a year.

Phone **116 123**



Scan to find more ways to contact Samaritans or visit
www.samaritans.org