Quick guide to sharing nudes images

Sharing nude images?

'Nude image sharing' is a term used to describe naked or semi-naked pictures or videos taken on an electronic device and shared online. Young people often refer to nude pictures as either 'nudes' or simply 'pics'.

Young people may share naked or semi-naked pictures of themselves for a variety of reasons, including within a trusted relationship, for fun within a peer group or because they have been pressured into doing so.

What are the risks?

- **Others may see it.** Once an image has been shared, you can never be sure who has seen it, saved it or shared it.

- **Used by others.** Sometimes, people can be hurtful, and an image someone has shared, could be used against them. For example, other children could people could laugh at it, or it could lead to bullying. This can cause stress and anxiety – which could affect a child's self-esteem.

- **Inappropriate contact.** Sharing nude images, can increase the likelihood of a young person receiving inappropriate sexual contact from strangers online.

Keeping your child safe – talk to them

Talking to your child about relationships, sex and nude images is the best thing that you can do to help keep them safe.

Explain that even when nude images are shared with trusted friends and partners, there's a chance that more people could end up seeing them

Discuss what a healthy relationship looks like, including the importance of trust and consent.

Remind them that no one should be pressured into sharing a nude image if they don't want to. If someone says no to sending one, this decision should be respected.

What if your child has shared a nude image?

1. **Ask them to delete it.** If they have shared a nude image of themselves with a friend or a partner, advise your child to have an honest conversation with them and ask them to delete it.

2. **Report the picture. N**aked images of those under 18 are illegal, so if the image has been posted online, a report can be made and the image should be taken down. You can also report the picture to the Internet Watch Foundation, who will help to remove any online sexual pictures which have been shared. If your child shared a picture or video because they were threatened, pressured, or forced to, report to CEOP.

For more information visit

www.thinkuknow.co.uk/parents/articles/nude-selfies-a-parents-guide

Parents and carers