

Young people's guide to dealing with online sexual harassment and image-based abuse



What is online sexual harassment?

Online sexual harassment means sexual contact or comments online that are unwanted or unwelcome. Online sexual harassment can be things like:

- Repeated requests for nude images or to participate in sexual activity.
- Online bullying that targets a person's sexual behaviour or identity.
- Sending sexual content or pornography to another person without their consent.

Young people are sometimes made to feel that online sexual harassment is just part of growing up, or only meant as a joke, or that some people deserve it. If you experience online sexual harassment, it's not your fault and it's never OK to treat people this way.

eSafety's resources for [young people](#) can help you deal with issues like pressure to send nudes or receiving unwanted nudes.

What is image-based abuse?

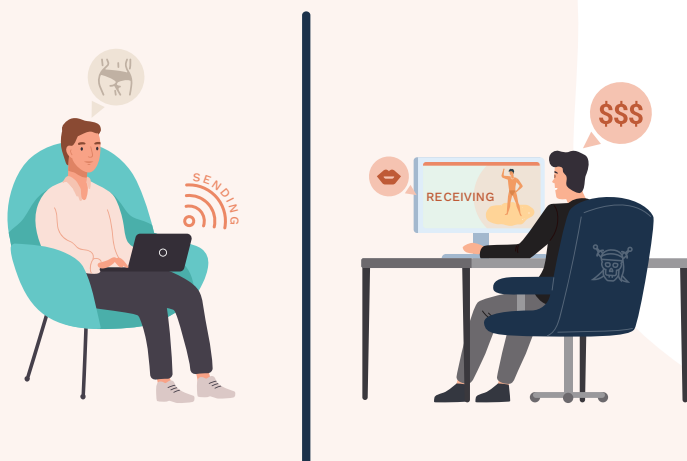
Image-based abuse is when a person shares, or threatens to share, an intimate image or video of a person without their consent.

The intimate image or video can show, or appear to show:

- A person's genital area or anal area (whether bare or covered by underwear).
- A person's breasts (if the person identifies as female, transgender or intersex).
- Private activity (for example getting undressed or engaging in sexual activity).
- A person without attire of religious or cultural significance that they would normally wear in public (such as a niqab or turban).

The images or videos can be real or altered or faked to look like you.

[Report image-based abuse](#) to eSafety. We can help to get the intimate images or video removed and, in some cases, take action against the person who shared it.



How can you help keep your community safe?

- **Respect others online.** Everyone deserves to feel safe to be themselves online. Think about how you can include others online in ways that make them feel safe and respected.
- **Speak up, if you feel safe to do so.** If you see someone being harassed because of their gender, sexuality or other reasons you can use an eye roll emoji 🙄 or say something like 'That's not OK'. You should also reach out to see if they need help connecting with support services.
- **If it's happening to you, or you are doing it, ask for help.** It can seem scary, embarrassing, or pointless to try to get help. But we know that when young people get support, it can make a big difference. Counselling can help you to feel more confident to cope with a difficult situation. It can also help you feel like you have more options for dealing with an issue.

How to report harassment or abuse that is happening on a game, app or social media service

You can report sexual harassment and image-based abuse on most games, apps and social media sites. The [eSafety Guide](#) gives you the reporting links for many of the services and platforms, as well as tips for managing the settings on games, apps and social media to help keep you safe.

Learn how to report abuse on some of the most popular platforms:

- Snapchat [Support](#)
- Instagram [Help Centre](#)
- Facebook [Report something](#)
- TikTok [Report a problem](#)
- Kik [Safety Centre](#)
- WhatsApp [About blocking or reporting contacts](#)
- Google hangout [Block, report or ignore someone](#)
- Discord [How to properly report issues to Trust and Safety](#)
- YouTube [Community guidelines](#)

Facebook and Instagram has information to help you deal with image-based abuse on their [Not without my consent](#) pages.

Other resources and support services

If you are in danger now, call the police on Triple Zero (000).

Kids Helpline

Provides free, 24/7 confidential webchat and phone counselling for children and young people aged 5 to 25 years.

Phone: 1800 55 1800

Web: kidshelpline.com.au

eheadspace

A confidential, free and secure space where young people aged 12 to 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.

Phone: 1800 650 890 or

Web: eheadspace.org.au

QLife

Phone and online counselling for LGBTIQ+ people and their family and friends (all ages).

Phone: 1800 184 527

Web: qlife.org.au

1800 RESPECT

Free 24 hour support for people impacted by sexual assault and domestic or family violence and abuse.

Telephone: 1800 737 732

Web: 1800RESPECT.org.au

Australian Centre to Counter Child Exploitation

Report online sexual exploitation of anyone under 18, including grooming and abuse.

Web: accce.gov.au/report

Youth Law Australia

Confidential legal information and help for young people under 25.

Web: yla.org.au

