

ITS HAPPENED, WHAT DO I DO NOW?

This worksheet is designed to give you a clear, step-by-step guide to follow if your teen or a young person you know is sexually extorted. Print it out. Keep it handy. Pass it on.

STEP 1: ANCHOR YOURSELF & YOUR TEEN

Stop all contact with the offender. Do **not pay**.

Stay calm. Speak gently and reassure your teen:

- "This is not your fault."
- "I'm so glad you told me - we'll figure this out together."

Switch off notifications on the app to reduce panic.

STEP 2: COLLECT EVIDENCE

Do not delete messages, images, or accounts.

Take screenshots (or screen recordings with another device) of:

- The profile/account used to contact your teen
- All threatening messages or demands
- Any payment requests

Record usernames, links, phone numbers, or email addresses.

Remember **do not send** these images anywhere just yet

STEP 3: REPORT

IF YOU ARE UNDER 18

Report to The Australian Centre to Counter Child Exploitation (ACCCE) - [here](#)

IF YOU ARE OVER 18

Report to platform or the service where the blackmailer contacted you (eg Snapchat, Instagram) or [eSafety](#).

ADDITIONAL REPORTING OPTIONS

- **Report to the platform:** TikTok, Instagram, Snapchat, Meta and others have tools to report extortion, nudity, and threats.
- **Police are an option:** You don't need a formal statement from your teen to speak to police or a cybercrime unit.
- If you have sent money **contact your bank**

**EVERY REPORT CREATES A DIGITAL TRAIL
THIS HELPS STOP THE OFFENDER FROM TARGETING OTHERS.**

STEP 4: STOP FURTHER CONTACT

Block blackmailer & ask friends to block

Temporarily deactivate accounts (don't delete accounts)

Review privacy and security **settings**

Change passwords if you've been hacked/scammed

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STEP 5: PREVENT IMAGE SHARING

IF YOU ARE UNDER 18 - Report to **TAKE IT DOWN**

Take It Down works by assigning a unique digital fingerprint, called a hash value, to nude, partially nude, or sexually explicit images or videos. Online platforms can use hash values to detect these images or videos on their services and remove this content. This all happens without the image or video ever leaving your device or anyone viewing it. **Only the hash value will be provided.**

IF YOU ARE OVER 18 - Report to Stop Non Consensual Intimate Image Abuse - **StopNCII.org**

A similar process as above will be followed.

QUICK DO'S & DON'TS

Do:

Stay calm and supportive.

Follow the 4 steps: Stop Contact → Collect Evidence → Report → Prevent Sharing.

Remind your teen: Sextortion is a crime, not their fault.

Don't:

Pay the offender.

Delete accounts or messages before evidence is saved.

Blame or shame your child.

HELPFUL RESOURCES

24/7 helplines - free and confidential

- **If you're 25 or younger**, you can call or chat online with Kids Helpline (1800 55 1800).
- **If you're 18 or older**, you can call, text or chat with Lifeline (13 11 14).

ACCCE - <https://www.accce.gov.au/sextortionhelp>
eSafety Commissioner

Lifeline: 13 11 14 or lifeline.org.au

Beyond Blue: 1300 22 4636 or beyondblue.org.au

Kids Helpline: 1800 55 1800 or kidshelpline.com.au

Headspace: 1800 650 890 or headspace.org.au

13YARN: Speak to Aboriginal and Torres Strait Islander crisis supporter on 13 92 76 or visit 13yarn.org.au