



Sexual abuse, exploitation and harassment can occur online and in real life. But no matter when or how it happens, it is never okay. It's important to learn about these behaviours, so that you can tell if it's happening to you or someone you know.

Remember that if you ever experience sexual abuse, exploitation or harassment, it's not your fault and it's okay to seek support.

**Sexual abuse** – forced sexual contact, including rape and attempted rape, and sexual and non-consensual touching. If you are a child, no-one may show you images or videos of a sexual nature, or share these with you online.

**Sexual exploitation** – when someone abuses your trust or their position of power for their sexual benefit. Someone like a teacher or someone in authority might buy you gifts in exchange for sexual favours or ask you for secret photos and then use those photos for a bad reason. People who ask you to give them things or do things that make you uncomfortable or scared are not nice people and their intentions are bad.

**Sexual harassment** – when someone makes an unwelcome sexual advance or request for sexual favours, bullies you in a sexual way, or engages in other unwelcome conduct of a sexual nature.

### You Should Always Remember:

1. It's NOT OK for anyone to send nudes or sexual images or videos to someone who didn't ask for them.
2. It's also NOT OK for anyone to pressure another person to send them nudes, or sexual images or videos.
3. It IS OK to say 'no' and only do things you want to do, and that you feel good about doing.
4. Sometimes the intention is harmless, but to you and others these images could be very disturbing.

### What Should I Do?

1. **Trust your instincts.** If someone makes you feel uncomfortable, listen to yourself and believe in yourself.
2. **Take action and seek help.** If you experience sexual abuse, exploitation or harassment online or in real life, tell someone you trust who will support you in managing the situation.
3. **Report bad, threatening or abusive behaviour** online and block them on social media so they can no longer contact you in that way.

