

# SEXUAL IMAGES AND VIDEOS:

## WHAT YOU SHOULD DO WHEN YOU FIND OR RECEIVE THEM

If you're like most teenagers, you spend a lot of time online — it's how you learn, have fun and connect with people. You have likely come across pictures, videos and other content online that is not meant for youth or was meant to be private. This includes pornography or sexually suggestive material.

### WHERE MIGHT YOU SEE THEM?

You might come across unwanted sexual images and videos anytime you use an internet enabled device. They can show up when you're doing searches, visiting websites, using apps and social media, watching videos or playing games. Someone may even send them to you by text, chat or email.

### WHAT DO YOU DO IF THEY ARE SENT TO YOU?

No one should be sending you sexual images and videos if you don't want them to. If someone does:

- Do not reply to this person
- Tell a parent or another safe adult what they sent you
- Don't keep this a secret, even if they ask you to
- Tell them to stop and consider breaking off contact — your relationship may not be healthy and they may be trying to control or harm you in some way
- If they are making you feel unsafe or trying to get you to do things you don't want to, report them on [Cybertip.ca](https://www.cybertip.ca) or contact the police

### WHAT DO YOU DO IF YOU COME ACROSS THEM?

- Don't share sexual images or videos with your friends or others — it may hurt someone and they may not want to see them
- If they appear where others can see them, like in your social media or comment sections, delete them if you can
- If you are upset, confused, or feel uncomfortable or in danger, talk to a parent or another safe adult

Learn more at [Canada.ca/childexploitation](https://Canada.ca/childexploitation)

**IT'S OK TO BE CURIOUS ABOUT SEX AND SEXUALITY, BUT SOME THINGS WERE NEVER MEANT TO BE SHARED.**

