

RECOVER ARRIVE BECOME

CLINICAL THERAPY PRACTICE

TEEN SOCIAL MEDIA EXTORTION

PAUSE • PROTECT • TELL • REPORT

Sextortion can move fast. You can stop, get support, and take practical steps to protect yourself.

WHAT IS SEXTORTION?

- Someone threatens to share real or fake intimate images, private information, or lies unless you pay, send more, or do what they say.
- Some offenders work in organized groups. This is a crime. The teen being targeted is not the one in trouble.

RED FLAGS

- A new or copycat account follows classmates to look real.
- They flirt fast, ask for face or body pictures, or push a private video call.
- They show screenshots of friends, family, school, or followers.
- They demand gift cards, payment apps, wire transfers, crypto, or more images.
- They say: act now, keep this secret, or everyone will see.

LOCK DOWN ACCOUNTS

- Go private and review followers. Remove people you do not know or trust.
- Hide school, team, location, routine, family list, and friend list when possible.
- Use a unique password or passkey and two-factor authentication.
- Photos, voice, and video can be stolen or AI-generated. Verify new contacts another way.
- Assume disappearing messages and live video can still be captured.

IF SOMEONE THREATENS YOU

- Stop responding. Do not pay, send more, bargain, or hire a company promising a quick fix.
- Tell a trusted adult now. If the first person does not help, tell someone else.
- Save the username, profile link, messages, threats, and payment details.
- Do not download, forward, or reshare intimate images.
- Report the account, then block after useful evidence is saved.

REPORT & REMOVE

- NCMEC CyberTipline: report.cybertip.org or 1-800-843-5678.
- FBI: tips.fbi.gov or 1-800-CALL-FBI; local police can also take a report.
- Take It Down can help limit sharing of images taken before age 18: TakeItDown.NCMEC.org.
- Do not download an image just to submit it to Take It Down.

SUPPORT RIGHT NOW

- You are not at fault, and you are not alone.
- If you feel panicked, hopeless, or unsafe, call or text 988.
- If you are in immediate danger, call 911.
- A parent, caregiver, counselor, teacher, coach, or another safe adult can help you take the next steps.

You are not at fault. You are not alone. Tell a safe adult.

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