

FOR TEENS, AGES 13 TO 16

Sextortion: What to Do

Someone, often posing as a peer your age, builds trust fast, sometimes in a single conversation, and gets you to send an image, or fakes one with AI using a photo you already posted. Then they threaten to send it to your friends, family, or followers unless you pay or send more. It can go from a normal conversation to active threats within an hour, and the pressure is designed to make you panic and act alone.

What actually helps, in order

1**Stop talking to them**

Don't pay, don't send more images, and don't negotiate. Paying almost never makes the threats stop, it usually signals you'll pay again.

2**Don't delete anything**

Screenshot the messages, the profile, and the payment request before blocking. Investigators need this.

3**Block and report the account**

Use the platform's report tool, then block. Don't post about it publicly while it's active.

4**Tell a trusted adult**

This is the hardest step and the most important one. Nobody is in trouble for being targeted.

5**Report to the right place**

NCMEC's CyberTipline (report.cybertip.org) takes reports directly from teens, no parent required to start.

A few things worth knowing

- This happened to you, not because of anything you did. That's true even if the original photo was something you posted yourself.
- You don't need a parent to start a report. NCMEC's CyberTipline and Take It Down (takeitdown.ncmec.org) both take reports directly from teens.
- Telling one trusted adult, a parent, school counselor, coach, or a friend's parent, is the step most likely to actually end it faster.

If you're also feeling overwhelmed

If you're panicked, overwhelmed, or thinking about hurting yourself over this, find the crisis line for your country at familyshieldonline.com/contact-list.html and call or text it. That's separate from, and just as important as, reporting the account.

Full guide: familyshieldonline.com/threats/sextortion.html · Teen Zone (written for you, not your parents): familyshieldonline.com/teen-zone.html