**Sharing nude pictures on-line: advice**

Young people might send nude images to:

* A boyfriend/girlfriend
* A best friend (as a joke)
* Someone they like or think is good looking

Whoever the picture was originally sent to, the sender probably assumed that it would be kept private, particularly if it was sent to someone they really like and trust. Even if it was sent to someone they don’t know that well, it can still be hard to believe that someone would share such a personal image. Unfortunately, sometimes nudes get shared around schools and amongst friendship groups online, or even more widely than that.

**Why does this happen?**

Sometimes, someone might feel so shocked by a pic that they share it with more people without stopping to think about the harm that could cause, both to the person in the pic and to others who see it.

Other times, someone might share someone else’s nude pic because they think it’s funny, or just because it seems like everyone else is doing it.

In some cases, a person might share someone else’s nude pic with the intention to harm them, for example, after a relationship break up, or if they are bullying them.

Whatever the reason, it’s always wrong to share nude images of another young person. And it’s illegal - sharing a nude image of someone under 18 is a criminal offence under the Sexual Offenses Act 2003.

**How does it feel to have a nude image shared?**

It can be devastating to have a nude image or video shared with people who weren’t meant to see it.

Many young people who have experienced this say it was extremely distressing. It can cause serious long-term harm to confidence, self-esteem, friendships and relationships. If they find it hard to keep coming to school or concentrate on their studies, they might miss out on the education opportunities and results they deserve.

Even if a young person who finds out their nudes have been shared seems to laugh, or shrug it off and move on, it’s probably still hurting them inside.

**What advice can we give to our young people?**

Direct them to the thinkuknow website to read an article entitled [Selfies: The Naked Truth](https://www.thinkuknow.co.uk/14_plus/Need-advice/Selfies-and-sexting/) - the link is <https://www.thinkuknow.co.uk/14_plus/Need-advice/Selfies-and-sexting/>

The main point is to never share a nude of someone else - and if they find out others are doing this, tell a trusted adult.

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