

Help! Someone shared a photo of me without my consent.



Don't panic.

There's a lot that you can do to fix things.

1. You can start by asking the person who shared it to take it down or stop sharing it. Kids report that this works more often than not!
2. Ask the service or platform where it was shared to take it down. If you're under 18, they may be required by law to take it down, and most also have a policy of taking down any photos that were shared without the subject's permission.
3. Do a reverse image search with a service like TinEye (tinEye.com) or Google (support.google.com/websearch/answer/1325808) to see if the photo has been posted anywhere else. If it has, repeat step 2.
4. In Canada, it's a criminal offence "to share intimate images without the consent of the person in the image." If that describes what's happened to you, you may want to talk to a lawyer, report it to CyberTip (cybertip.ca/app/en/report) or contact the police. The police have the power to force someone to take down and stop spreading the image. Don't worry! No youth in Canada has ever been charged for sending consensual sexts, so it's very unlikely that you'll be charged unless you shared the photo and it included someone other than you who did not give their consent.
5. No matter what, talk to somebody! If you can't talk to your parents, talk to a friend or a helpline like Kids Help Phone (call 1-800-668-6868 or visit kidshelpphone.ca). Having a photo shared without your consent – even if it's just an embarrassing one – is really stressful, and you shouldn't have to deal with it alone.



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