

# SEXUAL IMAGES AND VIDEOS: WHAT YOU SHOULD DO IF YOU SEE OR GET THEM

As you spend more time online, you might come across pictures, videos and other content online that is not good for youth to see or was meant to be private. This includes pornography or other sexual videos and images.

## WHERE MIGHT YOU SEE THEM?

You might come across 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 or videos. If someone does:

- **Tell a parent or another safe adult:** It's ok, you won't get in trouble — don't keep this a secret, even if they ask you to
- **Break off contact with this person:** They are not your friend and may even try to control or harm you — never agree to meet them in person or do what they ask

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

- Don't share sexual images or videos with your friends or others — it may hurt your friends or the people shown, 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 your parents 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.**

