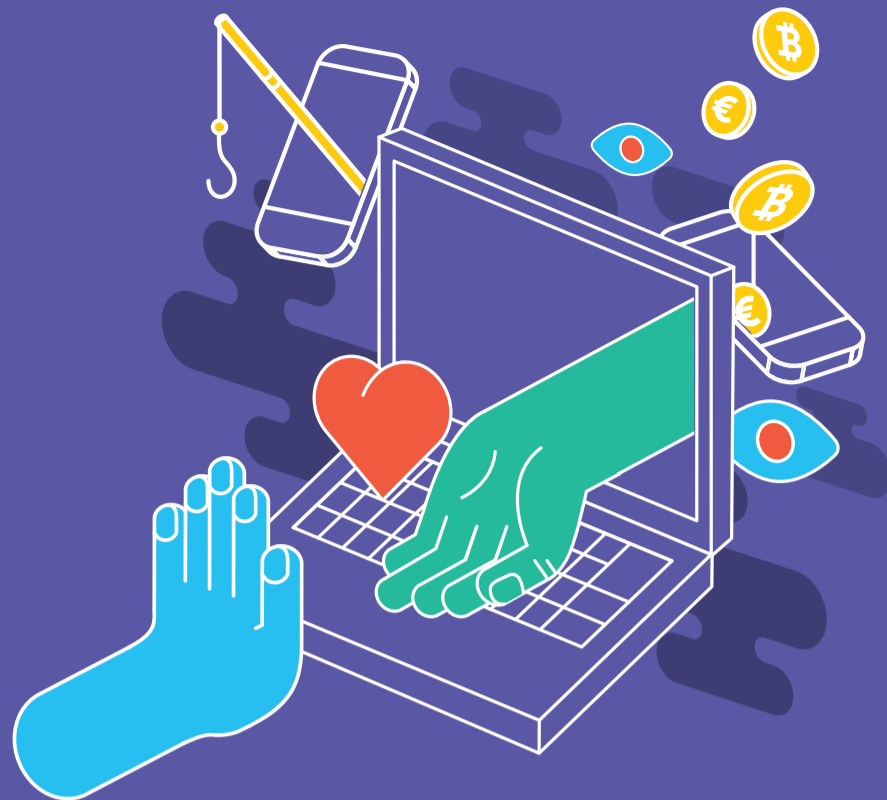


# Be in ctrl.

## Tips to Protect Yourself Online #BeinCtrl



### #Control

**No regrets**—anything you send to someone, post online or do over a webcam can be saved/recorded without your knowledge.

### #Trustworthy

**A friend of a friend?**—it's easy to post fake photos or stream a fake video, ask your friend if they have met them in person.

### #RealityCheck

**Be aware of your online presence**—think about how your online profile makes you appear to others.

### #Location

**Put your safety first**—don't share your location or meet up with someone you have only met online. Keep your privacy settings private.

#### **Don't share more. Don't pay anything.**

If they ask for more photos or videos, don't send any more. Many victims who have paid have continued to get more demands for money. In some cases, even when the demands have been met the offenders will still go on to post the explicit videos.

#### **Preserve evidence. Don't delete anything.**

Keep the evidence, don't delete anything, save messages, take screenshots and record any details you have.

#### **Stop the communication. Block the person.**

Deactivate, don't delete the account as this evidence will help the Gardaí.

#### **Report the problem to An Garda Síochána**

Contact your local Garda. They will take your case seriously, and deal with it in confidence, without judging you.

## Getting Help & Support

**Look for help. You are not alone. Look for an adult that you trust, or for your friends' support.**

In the event of an emergency dial **999/112** or contact your local Garda Station and/or the Garda Child Sexual Abuse Helpline **1800 555 222** | Call Childline on **1800 66 66 66**, text 'Talk' to **50100** or chat online [www.childline.ie](http://www.childline.ie)



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