

Sextortion

THINK BEFORE YOU BARE ALL



**POLICE
SCOTLAND**

Keeping people safe

POILEAS ALBA

This is where scammers target victims via social media, text or email and manipulate them into sharing sexual images that they later use to demand payments under threats of public exposure.

How to protect yourself

Contact the police immediately

The police will take your case seriously, will deal with it in confidence and will not judge you .

Don't communicate further with the criminals

Take screen shots of all your communication and make a note of all details provided by the offenders,

Don't pay

Many victims who have paid have continued to get more demands for higher amounts of money. In some cases, even when the demands have been met the offenders will still go on to post the explicit videos.

Secure your accounts

Sometimes they will include your password in the correspondence to make it seem more legitimate. They have probably discovered this from a previous data breach. You can check if your account has been compromised by visiting <https://haveibeenpwned.com/>.

Block and report

Report them to the platform they have contacted you on and block the individual on the platform/ in your contacts.



Never

send compromising images of yourself to anyone no matter who they are or who they say they are

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Advice for victims of Sextortion



Contact local police immediately.

The police will take your case seriously, will deal with it in confidence and will not judge you for being in this situation.

Don't communicate further with the criminals.

Take screenshots of all your communication. Deactivating your account temporarily rather than shutting it down will mean the data is preserved and will help police to collect evidence. Be aware that mass phishing emails about sextortion are common and if you were contacted by email, you can forward the email to the NCSC's Suspicious Email Reporting Service (SERS) at report@phishing.gov.uk and then delete it.

Don't pay

Many victims who have paid have continued to get more demands for higher amounts of money.

Preserve evidence

Make a note of all details provided by the offenders, for example; the email address, number or social media account that you have been contacted from; the Western Union or MoneyGram Money Transfer Control Number (MTCN); any bank account details; any photos/videos that were sent, etc.

Secure your accounts

Sometimes they will include your password in the correspondence to make it seem more legitimate. They have probably discovered this from a previous data breach.

Block and report

Report them to the platform they have contacted you on and block the individual on the platform/ in your contacts.

Do not delete any correspondence

If you or someone you know has been a victim of sextortion, don't feel embarrassed, help and support are available.

Don't panic. It can be a very distressing situation for some people but there is lots of help, advice and guidance out there. You are not alone.

Support and Wellbeing

Samaritans

www.samaritans.org/how-we-can-help-you/contact-us

A free, confidential emotional support service that is available 24/7, 365 days a year for anyone in the UK and Ireland.

Breathing Space

<http://breathingspace.scot/>

A free, confidential service for anyone in Scotland experiencing low mood, depression or anxiety. Has a helpline and a webchat, see the website for times available.

Papyrus

Provides confidential advice and support and works to prevent young suicide in the UK.

CALM

www.thecalmzone.net/

A campaign to try to reduce suicide rates, particularly in men. CALM has a helpline and webchat available 5pm-midnight, 365 days a year.

Choose Life

www.chooselife.net/ask

Provides links to a list of services for anyone feeling low, or struggling in a crisis.



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Further information, advice and guidance

NCSC Sextortion Emails

www.ncsc.gov.uk/guidance/sexortion-scams-how-to-protect-yourself

Phishing - Spot and report scam emails, texts, websites

www.ncsc.gov.uk/collection/phishing-scams

Revenge Porn Helpline - Sextortion

www.revengepornhelpline.org.uk

Get Safe Online

www.getsafeonline.org/

Victim Support Scotland

<https://victimsupport.scot/>

Take Five

www.takefive-stopfraud.org.uk/

Money Mules

www.moneymules.co.uk/



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