****

**STAYING SAFE ONLINE   
PERSONAL SEXUAL CONTENT**

A picture containing text, person

Description automatically generated

When you see the words ‘we’ or ‘us’, it



means Quality Health Care (QHC).

Logo, company name

Description automatically generated

We have written this document in an easy-to-read way. We use pictures to explain some ideas.

This Easy Read document is a summary of other QHC documents. It reflects some of the policies that we have in place and NDIS Practice Standards that we follow.

You can ask for help to read this document. A friend, family member or support person may be able to help you.

**WHAT IS PERSONAL SEXUAL CONTENT SHARING?**

A picture containing person, indoor, person, wall

Description automatically generated

It is when peopletake pictures or videos of themselves naked

A picture containing person, indoor, watching

Description automatically generated

It is when people send pictures or messages that make the other person think you want a sexual relationship

A person holding a phone

Description automatically generated with low confidence

This is also knownas **sexting** or **sending nudes**

Two people looking at a cell phone

Description automatically generated with medium confidence

**Image Based Abuse**   
Is when someone shares someone else’s personal sexual content without the person saying it is okay

A picture containing person, pipe

Description automatically generated

This person may threaten to share someone else’s personal sexual content

Icon

Description automatically generated

It is against the law to take, keep or send a naked photo of a person younger than 18, including yourself

A picture containing text

Description automatically generated

Any picture or video you send can be easily copied and shared

Two people looking at each other

Description automatically generated with medium confidence

You might break up or fight with the person you send it to

A person with long hair

Description automatically generated with low confidence

You never know where it will end up

A couple of women looking at a phone

Description automatically generated with low confidence

If soemone sends you their personal sexual content, don’t send it to others, not even as a joke

Text

Description automatically generated with low confidence

It’s not your:

* picture or video – you don’ own it
* ody – you aren’t in he picture and you won’ be the oe who gets hurt
* decision what to do with it

A picture containing sport

Description automatically generated

Someone sent you their picture or video because they trust you.   
They don’t expect you to share it

A picture containing text, yellow

Description automatically generated

If someone has shared your sexual content online  
you can ask them to remove it or delete it.  
  
Only ask the person if you feel safe about doing so.

You can ask a friend to help you

Graphical user interface, application

Description automatically generated

You can ask the website or social media service to take your personal sexual content down

A picture containing text

Description automatically generated

Ask for help from the Office of the eSafety Commissioner at **www.esafety.gov.au/image -based-abuse**

Your local police can help you face:

* Image based abuse
* other types of abuse
* violence   
    
  Call 000 to contact the police for help

A group of police officers

Description automatically generated with medium confidence

Graphical user interface, application

Description automatically generated

Graphical user interface, text, application

Description automatically generated