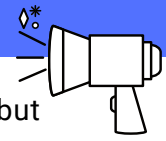


Checklist for Change

Challenging Sexual & Gender-Based Violence



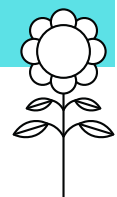
- **Tell harassers** that their behaviour is **unwanted and unacceptable** (but **prioritise your own safety**).
- **Be an active bystander**: intervene safely using Right to Be's **5Ds** - direct, distract, delegate, delay, document (but first **assess for safety**).
- **Don't share nudes** of people without their consent and if someone tries to show you a nude of someone else, **tell them it's not OK**.
- **Don't victim blame victim-survivors** of sexual and gender-based violence (e.g., people whose nudes have been shared), and **challenge victim blaming messaging** by busting myths around sexual and gender-based violence.
- **Believe and support victims/survivors** of sexual violence and tell them that **it's not their fault**.

Staying Safe Online



- **Blocking**: The user won't exist virtually anymore.
- **Muting**: The person's posts and stories will no longer appear in your feed. Could be useful if it's a peer/Instagram follower.
- **Reporting**: Report users or unwanted comments/images to a platform and/or to school, police, etc.
- **Having multiple accounts**: Have a personal account using your name (e.g. on Snapchat) and a separate, anonymous account (e.g. Twitter) to talk about a particular/sensitive issue.
- **Online privacy**: Understand how to use privacy settings on social media platforms and be able to identify fake profiles.

Practising Self-Care



- Take time to **look after yourself**: do things that make you feel content.
- **Curate** your social media pages/feeds.
- **Be mindful** of which sites make you **happy and stressed**.
- **Take regular breaks** from social media and screen time.

Key Resources

Online Reporting Tools:

Report Remove

If a **nude image/video of you has been shared online**, you can report it to be removed from the internet.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/>



CEOP

Report **online abuse or grooming online**.

Leave your contact details & an advisor will get in touch to help you.

<https://www.ceop.police.uk/ceop-reporting/>



Report Harmful Content

Can be used to report: **threats, unwanted sexual advances, harassment & bullying**.

<https://reportharmfulcontent.com/?lang=en>



Find time to look up the sites above so you know how they work if you ever need them.

Remember you can also **talk to parents, friends & trusted adults**.

Places to talk things through:

Rape Crisis

Support for girls aged 13+ who have survived ANY type of sexual violence (including online): rapecrisis.org.uk
0808 802 9999

Galop

Support for LGBTQ+ people surviving abuse aged 13+: galop.org.uk
0207 7042040

Imkaan

Specialist BAME ending violence against women & girls agencies
imkaan.org.uk/get-help
020 7842 8525

Childline

Support for U18s on any issue:
childline.org.uk
0800 1111

Stop Street Harassment

Help, advice and resources for tackling street harassment:
stopstreetharassment.org

Survivors UK

Support for men, boys and non-binary survivors of sexual violence aged 13+:
survivorsuk.org

Respond

Support for survivors of sexual violence with a learning disability aged 13+:
respond.org.uk
020 7383 0700

The Mix

Support for U25's on any issue:
themix.org.uk
0808 808 4994

Everyone's Invited

A safe space for survivors of sexual violence to share their story:
everyonesinvited.uk