

# Revenge porn

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## What is revenge porn?

Revenge porn is when someone shares explicit images or videos of another person without their consent. This can be done via the internet, sharing photos via mobile phones or handing around printed photographs. This is normally done to get back at a person if the relationship has broken down or as a threat used to control another. The aim is to cause distress or harm to others.

Revenge porn can cause embarrassment, shame and regret; victims also report that it can leave them feeling depressed or anxious. It can feel difficult to report to the authorities but since February 2015 it is a criminal offence. If you decide to report the crime to the police, try to keep evidence of the incident by taking a record and screenshots of any posts or messages.

## Keeping yourself safe

Before taking and sending any pictures of yourself, whether sexual or not, ask yourself how you would feel if you found out that the image was published on a website without your permission. If this would cause you distress, embarrassment, or other loss, then it is recommended that you do not take or send it in the first place. It is ok to have a personal rule that you do not allow any explicit material of yourself to be shared with anyone.

If you know that another person has indecent material of you and you fear that it may end up being shared without your permission, suggest that you both delete all of the material you have on each other before the situation gets out of hand.

If someone has posted explicit images of you online, you can report the incident to the website where the images were posted and ask for them to be removed.

However, they are not obliged to help unless they have a policy on this behaviour. You can also contact [Google](#) and ask for images and other content to be removed.

## Further Help

**Victim support**: 0808 1689 111

**Revenge porn helpline**: 0845 6000 459

**VOIC** (Victims of Internet Crime)  
Website for victims of revenge porn

### **Gov.uk**

[Guidance](#)

[The Facts](#)

**Safeline**: [Revenge Porn – What it means for the victim and the offender](#)

**Student Wellbeing and Inclusivity team**: 01509 228338

[studentwellbeing@lboro.ac.uk](mailto:studentwellbeing@lboro.ac.uk)

To book an appointment with any of our services within Student Wellbeing and Inclusivity (including the Counselling Team, Mental Health Support Team and the Wellbeing Advisers), please complete [the referral form](#).