

Facilitator Notes – Sextortion Awareness Video

This short video resource has been developed to introduce young people, primarily aged 12 – 18, to key information about sextortion. This can also be known as sexual extortion, which is a form of online blackmail and exploitation.

The 4 minute video provides a concise overview of the following topics:

- What sextortion is
- How to prevent it
- Recognising the warning signs
- What to do if it happens

Accessible resources, including Easy Read and BSL can be downloaded from our website: [Fearless Sextortion Campaign](#)

Developed With Young People

This resource supports our national social media campaign, developed in partnership with Police Scotland and Scottish Government, to raise awareness of sextortion. The campaign was co-created with young people from across Scotland, who shared that:

- They lacked a clear understanding of what sextortion is
- Many wouldn't feel confident speaking up if they were targeted
- Whilst embarrassment and shame were factors, the biggest barrier to speaking out was fear of getting into trouble or even being arrested

The video challenges this misconception by reinforcing the message that victims of sextortion are not to blame. It aims to reassure young people that support is available and that they will be treated with empathy and understanding.

Before Using This Resource

We encourage all facilitators to familiarise themselves with sextortion and related safeguarding issues before sharing this resource with young people. The following link provides essential background information and guidance: [Fearless Sextortion Campaign](#)

Parent/Carer Engagement

We recommend sending a text message or letter to parents and carers to equip them with accurate information about sextortion. This can support open and informed conversations at home. You may wish to share the following link, which includes a short video designed for all adults who care for or work with young people: [Fearless Sextortion Campaign](#)

Managing Disclosures

Watching the video or engaging in follow-up discussions may prompt a young person to disclose a concern or experience. Be prepared to respond calmly and sensitively. Always follow your organisation's safeguarding and child protection procedures. Any concerns or disclosures relating to potential abuse or exploitation must be recorded and reported in line with local authority guidelines and referred to Police Scotland where appropriate.

Optional Post Video Discussion

Objectives

- Reinforce learning from the video
- Help young people reflect on what they've seen
- Create space for questions, concerns, and support
- Challenge myths and build confidence to seek help

Setting the Tone

This can be a difficult topic for children and young people to discuss with each other and it is worth remembering that this could have happened to someone in the group. It might be worth spending 5-10mins asking the group to create a group agreement. Particularly if it is a large group.

Suggested Discussion Questions – after watching the video

What is sextortion? Can anyone explain it in their own words?

Possible answers:

- "It's when someone threatens to share your private pictures or videos unless you do what they say."
- "It's like blackmail, but with nudes"
- "Someone tricks you into sending a picture, then they use it to control you."
- "It's when someone tries to make you do something that you don't want to, using threats."
- "They could say they'll post stuff online or send it to your friends or family unless you give them more pictures or money."

Can anyone give me some of the ways we can stay safe online?

Possible answers:

- "Don't talk to people you don't know in real life."
- "Keep your accounts private and don't share personal info."
- "Don't send pictures to anyone, especially if they ask for weird stuff."
- "Use strong passwords and don't share them with friends."
- "Be careful what you post – once it's online, it's out there."
- "Report or block anyone who makes you feel weird or pressured."

What kind of behaviour could happen online that would start to make you feel uncomfortable or raise a red flag?

Possible answers:

- "Someone asking me to keep secrets from my parents or friends."
- "Getting asked for pictures, especially if they're private or inappropriate."
- "If someone gets angry when I say no or stop replying."
- "Being pressured to do something I don't want to."
- "Someone older trying to act like they're my age or flirty when it feels weird."
- "Getting sent stuff that's sexual without asking for it."

Why might someone be tempted to pay or comply with what the criminal is demanding?

Possible answers:

- "They're scared that their parents will find out."
- "They don't want anyone at school to see the messages or pictures."
- "They don't want to get into trouble."
- "They feel guilty or ashamed and think it's their fault."
- "They just want the problem to go away as quickly as possible."

Why do you think it's important to keep the evidence of what happened, and why might someone be tempted to delete it?

Possible answers:

- "It's important to show the messages to someone so they can help."
- "The police or a trusted adult needs proof to stop the person doing it."

Reasons they might delete it:

- "They feel embarrassed and want to pretend it didn't happen."
- "They're scared someone might see it on their phone."
- "They think deleting it will make the problem go away."

Make the point that in some cases even if someone pays, the blackmailer may ask for more money.

What would you say to reassure someone who was worried about asking for help?

Possible answers:

- "You won't get in trouble - it's not your fault."
- "People care about you and want to help, not judge you."
- "It's better to speak up now than let it get worse."

Ending the Session

Finish with a supportive message:

"Sextortion is never the victim's fault. If you're worried about anything, you're not alone. All the staff are here to listen, support you, and help you stay safe.

Remember, if this happens to you - don't panic, don't pay or comply and get help."

Remind young people where else they can access help (e.g. family, other trusted adult, Childline and Police Scotland.)

Further Resources:

CEOP Education (National Crime Agency)

Register for free to access guidance, training and age-appropriate resources:

[Register for an account \(ceopeducation.co.uk\)](https://ceopeducation.co.uk).

[Online blackmail education resource for 15-18 year olds \(ceopeducation.co.uk\)](https://ceopeducation.co.uk)

[#AskTheAwkward - help to talk with your children about online relationships \(ceopeducation.co.uk\)](https://ceopeducation.co.uk)

Report Remove

Under 18's can use [Report Remove](#) | [Childline](#) to confidentially report sexual images and videos of themselves and get them removed from the internet. They can do this by filling out a simple form - they don't need to talk to anyone and nobody will find out that they used the service.

I Am Me Scotland

'You Are Not Alone' – is a suite of resources produced by I Am Me Scotland to raise awareness of exploitation. There is an online lesson that incorporates facts from real life incidents as the basis for five short case studies, viewed from the young person's perspective and describing a form of exploitation happening in their lives. It provides an opportunity to discuss and reflect on learning, followed by possible outcomes to each story, including a sextortion case study 'Darren's Story'.

There is also a Practitioner Training on exploitation reinforcing the message that it is everyone's responsibility to keep our children and young people safe.

[I Am Me Scotland Learning Platform \(iammescotlandeducation.org.uk\)](https://iammescotlandeducation.org.uk).

Police Scotland

Reach out to your local School Engagement Officer for more information on how they could support you.

Curriculum and Rights Connections

Curriculum for Excellence: Health & Wellbeing – Experiences and Outcomes

Mental, Emotional, Social & Physical Wellbeing:

- HWB 3-02a / 4-02a: Managing emotions and reactions
- HWB 3-03a / 4-03a: Accessing support
- HWB 3-10a / 4-10a: Safe use of technology

Relationships, Sexual Health & Parenthood:

- HWB 3-44b / 4-44b: Caring relationships and seeking support
- HWB 3-49a / 4-49a: Responsible, safe behaviour

United Nations Convention on the Rights of the Child (UNCRC)

This resource supports the following Articles:

- Article 13 Freedom of expression
- Article 17 Access to information
- Article 19 Protection from all forms of violence
- Article 34 Protection from sexual exploitation
- Article 39 Recovery from trauma and reintegration

Supported by



Scottish Government
Riaghaltas na h-Alba



Education
Scotland
Foghlam Alba

