

Information  
for young  
people



**“LET’S REMOVE SHAME  
FROM THE  
CONVERSATION”**

**A youth-led  
campaign for healthy  
relationships online**

# ABOUT THE CAMPAIGN

Being online is an everyday activity for most people and a normal part of growing up for young people. It can be a great way to connect with friends, form new relationships and feel part of a community.

Of course, connecting with people online can come with risks too. It's important to remember that it can be hard to know who to trust online and sharing personal information and images can be risky.

In this resource you can find information about what healthy and respectful relationships can look like online, where you can learn more about relationships and where to get help if something goes wrong.

## ABOUT THE CAMPAIGN



Shameless Youths is a youth-led campaign developed by a group of young people from across West Dunbartonshire.



When it comes to supporting young people to learn about consent and healthy relationships on and offline; we believe realistic, judgement free and informed conversations are the way to go.



Our aim is to promote useful information and positive conversations which support young people to understand what healthy relationships and consent online looks like – particularly when sharing personal information or images.

**“WE WANT TO BE SUPPORTED, NOT SHAMED”**

## IT'S OKAY TO BE YOU

Embracing your identity is part of growing up. As you find new passions, interests, or navigate relationships, know that your feelings matter and are worth delving into.

No one should ever make you feel ashamed for wanting to discover who you are. This might involve connecting with others online.

# CONNECTING ONLINE

Spending time online is normal and a great way to meet new people and explore communities. Connecting with others can also help you learn more about yourself and your interests!

Finding safe online spaces can help lots of people feel seen, understood and supported. This could be especially important for young people exploring and looking to form relationships in LGBTQ+ spaces, which can be an empowering experience.

Of course, connecting online also comes with risks and navigating these can be difficult.

## SHARING NUDES ONLINE

Sharing nudes is when you send a sexual image or video to someone else. It could be a picture of you, but sometimes people send pictures and videos of other people. Messages could be to a friend, a partner, girlfriend or boyfriend or someone else online.

It's important to think about who you can trust and make sure you feel comfortable and are consenting to everything. Here are some tips for thinking about trust, consent and what you should expect from any healthy relationship online:

- **Relationships should feel equal, respectful and balanced** – including sharing of information and images.
- **You can always ask for images to be deleted.** You are entitled to respect.
- **Your comfort is key** – you should never feel pressured or expected to do anything you don't want to.
- **Don't reply to threats** – don't reply to someone trying to threaten or blackmail you and don't send more photos. It can be scary, but it can help you keep control.
- **Support is available** – if you are ever unsure about something, remember you can reach out to an adult you trust or a service like Childline (see back of leaflet for details).

## SUPPORT IS AVAILABLE

No matter what is happening in your life, you should always feel like you can talk to a safe and trusted adult – to ask for help or just have a chat. This could be a parent or carer, a youth worker, a teacher or another professional or family member.

Chatting about relationships isn't always easy – it can feel difficult or awkward sometimes. Shameless Youths have created resources for adults to support them to have positive conversations with young people.

**Check out the support services on the back page of this resource – help is always available!**

# SUPPORT IS AVAILABLE



**Nude image of you online?  
We can help take it down.**



Having nudes shared can feel scary, and it can leave young people feeling worried or even ashamed. Children and young people can report nude images or videos of themselves to be taken down from the internet using the **IWF** and **Childline Report Remove** tool.

## CHILDLINE

Support for children and young people is available 24/7 through Childline on **0800 1111** or at **Childline.org.uk**.

## NSPCC HELPLINE

If you can have concerns about the safety of a child, you can call the NSPCC Helpline on **0808 800 5000**.



**Scan the QR Code  
to visit the  
Shameless youth  
web page**

