If you are lesbian, gay, bi, trans, queer and/or intersex, this guide shows you what to do if someone shares an intimate image of you without your consent.

A quick guide for Lesbian, gay, bi, trans, queer and/ or intersex people

In this guide:

- What is image-based abuse?
- How to report image-based abuse
- Are you being blackmailed or threatened?
- Get help and support

What is image-based abuse?

Image-based abuse happens when someone shares an intimate, nude or sexual image or video, without the consent of the person in the image or video.

It can also happen when someone shares an image or video of a person without religious or cultural attire they would normally wear in public, without the consent of the person.

The images can be real photos or videos, or ones that have been changed or altered, for example, Photoshopped.

It is also image-based abuse if someone threatens to share an intimate image of you without your permission.

Image-based abuse impacts people regardless of their age, race, religion, gender, sexual orientation, education or bank balance.

Around 10% of Australians have experienced image-based abuse. Although women aged 18-24 are more likely to be targets (24%), LGBTQI people also experience a high level of image-based abuse (19%).

Examples of image-based abuse include

- Your ex-partner sharing an intimate image of you on Facebook without your consent.
- Someone threatening to share a naked picture of you that you sent them on Grindr.
- An anonymous account threatening to share an intimate image of you on a website or porn site.

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How to report image-based abuse

You can report image-based abuse to eSafety. We can help to get the intimate images or video removed and, in some cases, we may be able to take action against the person who shared it.

Follow these steps to make a report:

1 **Learn more about image-based abuse and how to get help and support**

We offer detailed advice on image-based abuse, including resources and support for anyone who has experienced image-based abuse, and their friends and family.

2 **Collect evidence and information**

To make a report to eSafety, you will need to collect evidence such as screenshots of what has been happening. Read more about how to collect evidence.

3 **Make an image-based abuse report to eSafety**

Once you have collected relevant evidence and information, you can start your report.

Are you being blackmailed or threatened?

If someone is threatening to share your intimate images unless you give into their demands, help is available.

Do not give them any money or bitcoin — paying a blackmailer will only result in more demands for payment.

Follow these steps:

1 Stop all contact with the blackmailer.

2 Take screenshots of the threats and then block the user.

3 Read our advice on how to deal with sextortion.

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Get help and support

It is a good idea to talk to someone if you are experiencing image-based abuse.

You can also get help and support from one of these counselling services

Lifeline

All ages. All issues. Phone counselling available all day, every day. Online chat available 7pm to 4am AEST daily.

📱 13 11 14

🌐 Website

QLife

All ages. Counselling and referral for people who are lesbian, gay, bisexual, trans, queer and/or intersex. Phone counselling available from 3pm to 12am, every day. Online chat available 3pm to 12am, every day.

📱 1800 184 527

🌐 Website

Help in languages other than English

Call the Translating and Interpreting Service on 131 450 and ask them to contact one of the helplines above for you.

You can also call the Translating and Interpreting Service on 131 450, once you have made a report to us and we have given you a phone number to contact us on.

Guides on how to deal with image-based abuse are available in 12 other languages, - Arabic, Traditional Chinese, Simplified Chinese, Vietnamese, Tamil, Thai, Persian, Filipino, Hindi, Spanish, Punjabi, and Karen.

If you are deaf or have a hearing impairment

Contact Speak and Listen (relay call options) on 1300 555 727 and ask them to contact a helpline for you, or to speak to us once you have made report.

More information

You can find more information about image-based abuse, including advice about how to report to eSafety and get help to remove intimate images in the image-based abuse section of our website.