

If You're Being Sextorted Right Now

This is not your fault. You are not the first person this has happened to, and you will not be the only one it happens to.

The person messaging you is a criminal running a scam — not someone who knows you, and not someone whose threats define what happens next.

There is a way out, and it starts with telling a trusted adult.

TELL A TRUSTED ADULT

A parent, a family member, a coach, a teacher, a counselor, a pastor. It will feel like the hardest sentence you've ever said. It is also the one that ends this. Something as simple as, "I need help with something, and I'm scared to say it," is enough to start.¹

TAKE THESE STEPS TOGETHER

- 1 **Stop responding to the person threatening you.** Every reply gives them more to work with. Silence takes away their leverage.¹
- 2 **Preserve communication:** Do not delete any messages. Take screenshots of communication with the offender to provide evidence for law enforcement.¹
- 3 **Block the Account:** On every platform where they've contacted you, and report it through that platform's abuse or safety reporting tool.¹
- 4 **Report it to authorities:** You can report this to the NCMEC CyberTipline ([CyberTipline.org](https://www.cybertipline.org)), the FBI ([FBI.gov/tips](https://www.fbi.gov/tips)), and [IC3.gov](https://www.ic3.gov).¹

- 5 **Request removal of harmful images:**
 - a. If you were under 18 when the image was taken: Use the Take It Down tool at takeitdown.ncmec.org.²
 - b. If you were 18 or older when the image was taken: Use the Stop Non-Consensual Intimate Image Abuse tool at stopncii.org.³
- 6 **Reverse financial transactions:** If you already sent money, contact your bank or payment platform right away. Reversals are often possible, and the person who threatened you will likely never know you initiated one.⁴
- 7 **Respond to phone harassment:** If the harassment continues by phone, filter or block unknown senders, and know that changing your number is a fast, effective option if it doesn't stop.⁴

FOR THE PARENT OR TRUSTED ADULT ON THE OTHER END OF THAT CONVERSATION

- **Do not panic, and do not blame.** The fact that they came to you means the predator already lost.
- **Reassure them immediately:** this is not a life sentence, and this is survivable. Families have walked through this and out the other side.
- **Calmly move through the steps above together**
- **If there is any risk of self-harm, do not wait** – contact the 988 Suicide & Crisis Lifeline (call or text 988) or go to the nearest emergency room.
- **To speak confidentially with a trained counselor,** Text “THORN” to 741741

SOURCES

- ¹OJJDP, Sextortion Victim Resource Sheet – ojjdp.ojp.gov/publications/sextortion-victim-resource-sheet.pdf
- ²NCMEC, Take It Down – takeitdown.ncmec.org
- ³StopNCII.org – stopncii.org
- ⁴GASA, “When a Teen Victim Reached Out, GASA Acted: Expert Advice on Handling Sextortion Cases,” May 2025 – gasa.org/knowledge-base/blog/when-a-teen-victim-reached-out-gasa-acted-expert-advice-on-handling-sextortion-cases

Disclosure: Claude, an AI tool, supported the development of this piece by drafting text. An anti-human trafficking and child exploitation subject matter expert reviewed and approved every piece of AI-assisted content in this campaign before publication. The Tim Tebow Foundation is committed to using AI thoughtfully and transparently in service of our mission.