

## Don't Leave Yourself Exposed - Social Media Campaign

- Add this link to linktree in Instagram bio: [moodspark.org.uk/keepitprivate](https://moodspark.org.uk/keepitprivate)

Date	Post	Description alongside post
<p><b>Mon 1<sup>st</sup></b> <b>June –</b> <b>Day 1</b></p>		<p>Think Before You Ask. Think Before You Share.</p> <p>Before you ask for an image, pause and think.</p> <p>Asking for or sharing someone else's explicit image can cause real harm; emotionally, socially, and legally.</p> <p>Respect, consent and responsibility matter.</p> <p>Support and guidance: link in bio</p> <p>#DontLeaveYourselfExposed #ThinkBeforeYouAsk #ThinkBeforeYouShare #ChildSafetyWeek #ConsentMatters #OnlineSafety</p>
<p><b>Tues 2<sup>nd</sup></b> <b>June –</b> <b>Day 2</b></p>		<p>Think Before You Ask. Think Before You Share.</p> <p>Once it's sent, it can be shared. Pause before you post and if it's already happened, help is available.</p> <p>Support and guidance: link in bio</p> <p>#DontLeaveYourselfExposed #ThinkBeforeYouAsk #ThinkBeforeYouShare #ChildSafetyWeek #ConsentMatters #OnlineSafety</p>



**Wed 3<sup>rd</sup>  
June –  
Day 3**



Think Before You Ask. Think Before You Share.

People don't always ask because they don't care.

Sometimes they don't think about the impact.

That harm can still be real. Before you ask, pause and think about consent, control and consequences.

Support and guidance: link in bio

#DontLeaveYourselfExposed  
#ThinkBeforeYouAsk  
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**Thurs 4<sup>th</sup>  
June –  
Day 4**



Think Before You Ask. Think Before You Share.

People don't always send because they want to.




Sometimes it's pressure.

Sometimes it's fear of what will happen if they don't.

Sometimes they're made to feel like they have no choice.

If that's happened to you; you're not alone.

Support and guidance: link in bio

	<p><b>WHY DO PEOPLE SEND?</b></p>  <p>Find support and guidance via the link in our bio!</p> <p><b>WHAT IF IT'S HAPPENED? HELP IS AVAILABLE</b></p> <p>Find support and guidance via the link in our bio!</p>	<p>#DontLeaveYourselfExposed        #ThinkBeforeYouAsk        #ThinkBeforeYouShare        #ChildSafetyWeek        #ConsentMatters        #OnlineSafety</p>
<p>Fri 5<sup>th</sup>        June –        Day 5</p>	<p><b>WHY REPORT IT?</b></p>  <p>Find support and guidance via the link in our bio!</p> <p>VRU Kent Kent County Council</p>	<p>Query for VRU – Anything added to this / a graphic from Kent Police re reporting that is young person friendly?</p> <p>Think Before You Ask. Think Before You Share.</p> <p>Talking about it can help.</p> <p>Sharing what's happened can make you feel less alone, help stop things getting worse, and get you the right support.</p> <p>Remember, creating or sharing explicit images of under-18s is illegal.</p> <p>Support and guidance: link in bio</p> <p>#DontLeaveYourselfExposed        #ThinkBeforeYouAsk        #ThinkBeforeYouShare        #ChildSafetyWeek        #ConsentMatters        #OnlineSafety</p>
	<p><b>HOW CAN YOU TELL SOMEONE? HOW CAN YOU TELL SOMEONE?</b></p>  <p>Find support and guidance via the link in our bio!</p> <p>Find support and guidance via the link in our bio!</p>	<p>Think Before You Ask. Think Before You Share.</p> <p>You don't have to handle this on your own.</p> <p>Telling someone can help stop things getting worse and make sure you get the right support.</p>

Sat 6<sup>th</sup>  
June –  
Day 6

**HOW CAN YOU TELL SOMEONE?**

**Report it online**

- Apps all have 'report' options in settings.
- You can report on Kent Police online.
- You can also report online via CEOP (Child Exploitation and Online Protection):  
<https://www.ceop.police.uk>

Find support and guidance via the link in our bio!

**HOW CAN YOU TELL SOMEONE?**

**Report it to the police 101 (non-emergency) or 999 in an emergency**

Something has happened online and I need to tell you about it

Find support and guidance via the link in our bio!



There are different ways to report and get help; online, at school, or with the police.

If something's happened and you're worried, support and guidance are available.

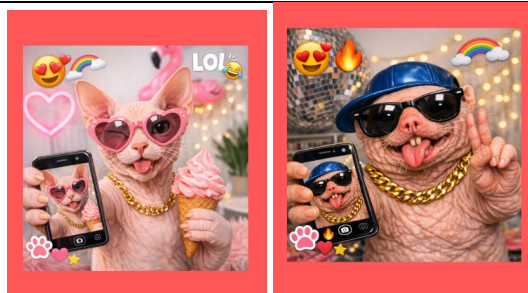
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Sun 7<sup>th</sup>  
June –  
Day 7

**YOU NEVER OWE ANYONE AN EXPLICIT IMAGE**

Find support and guidance via the link in our bio!



Find support and guidance via the link in our bio!

Find support and guidance via the link in our bio!

**Think Before You Ask. Think Before You Share.**

**They asked for nudes. So I sent this.**

Technically naked.  
Still a no.

You don't owe anyone a pic of your body.

You don't have to explain yourself. And you don't have to ask someone else either.

No can be serious.  
No can be funny.  
No still counts.

Support and guidance: link in bio

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