What am I looking at online?

stop it now! Scotland Alba
Together we can prevent child sexual abuse

Fife Adult Support & Protection
www.fifedirect.org.uk/adultprotection

Read this booklet with someone who supports you.

You don’t need to read it all at once.

‘Stop It Now! Scotland’ are an organisation that will help if you or someone you know has been looking at illegal pictures.

Illegal means against the law.

The help is confidential.

This means they will not tell anyone what you have said.

You do not have to give your name if you do not want to.

The Stop it Now! Scotland phone number is: 0131 556 3535

Their website is:
www.stopitnow.org.uk/scotland

Online means using the internet.

Being online is a great way to keep in touch with people and to find out information.

Some people go online to do things that are illegal.

Some people don’t know that the things they do are illegal.

This booklet will help you understand what is illegal.

It will tell you how to get help.

Some people use the internet or mobile phones to harm children.

They do this by:

- looking at pictures of naked children
- Looking at pictures of children being abused
- sending other people pictures of naked children or children being abused

Sexual images of people under 18 are **child sexual abuse imagery.**

Some people wrongly call this child porn.

Sexual images of people under 18 are illegal.

The children in the pictures online are real.

They are victims of crime.

You might want to know what happens to the children so you look for more pictures.

You might want to collect the pictures or show them to other people.

It is illegal to look at these pictures.

It is illegal to download, print or share these pictures.

Downloading means moving files (pictures) from the internet to your computer or other device.

If you have done any of these things you might not know how to manage your feelings.

'Stop It Now! Scotland' can help you sort out your feelings.

Their contact details are on the back page.

Who knows what I am looking at online?

The internet service providers are the companies that run the internet.

They will know if you are looking at illegal images.

The Police can find out if you are looking at illegal images.

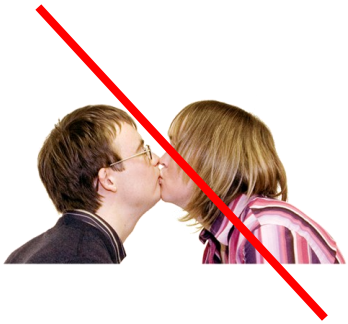
The Police also check up on some chat rooms and instant messenger apps such as Snapchat, Kik and WhatsApp.

If the Police know that you are looking at or downloading these pictures:

- you could be arrested

- the Police could visit you and take your computers, laptops, hard drives and mobile phones

You could lose your job.



You could lose friends and relationships.

You could lose your freedom.

Your name could be put on the sex offenders register.

This means that information about you will be held on a computer and the Police will check up on you.

Information about you might be shared with other people or organisations.

You might have to stay at home at certain times, for example from 7pm to 7am.

You might not be allowed to have unsupervised contact with anyone under the age of 16 years.

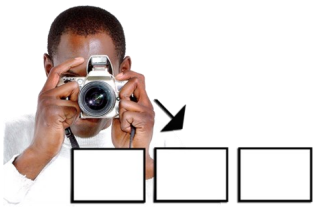
This means you could not be alone with someone under 16.

This might mean that you could not see your own children.

I've asked someone aged under 18 for a naked photo. Is this wrong?

Yes. It is illegal:

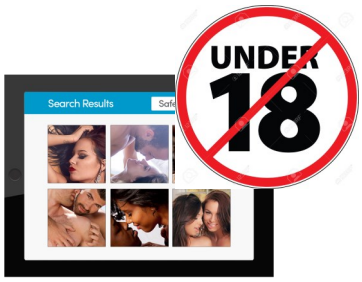
- for an adult to have sex with anyone under 16 or to ask them to do sexual things



- for anyone to take or have a sexual photo of a person who is under 18– even if the person took the photo themselves (a selfie)

- to pressure someone under 18 into taking a sexual photo of themselves

- to share a sexual photo of someone under 18



- to look at or download sexual images of people under 18. Even if you haven't looked at them it can still be illegal

If you are doing, or thinking of doing these things, you might feel there is no-one you can talk to about it.

'Stop It Now! Scotland' can help.
Their details are on the back page.

I've been arrested.

What happens next?

If there is evidence, you will be charged by the Police and taken into custody.

Evidence are the facts that prove that you have been looking at illegal images.

Custody means you will be locked in a police cell at a Police station.

Even if you have deleted the images the Police can still prove that you had them.

You will probably be released on bail the next day.

On bail means that you are no longer in custody.

You can go home until you get a date to go to court.

When you are on bail you must not do anything else that is illegal or you could be taken back into custody.

When you are on bail the Police will check up on you.

The Police might check on what you are doing online.

They might stop you looking at some things online or stop you using any computer.

If you are struggling to cope with your arrest, and feel that you want to harm yourself, tell someone you trust.

Talking to someone will help.

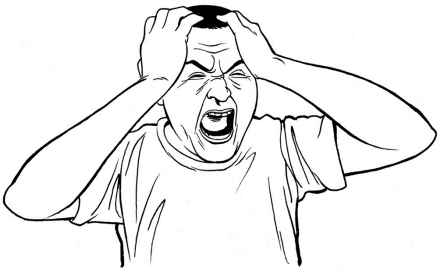
Call Samaritans free on 116 123

You can also email: jo@samaritans.org

Samaritans are available 24 hours a day.

Where can I get help and support?

You might have lots of different feelings.



You might feel there is no-one you can talk to about it.

Do not try to cope with how you are feeling on your own.

‘Stop It Now! Scotland’ can help.

Call ‘Stop It Now! Scotland’ on:
0131 556 3535.

‘Stop It Now! Scotland’ can help you to understand how you are feeling.

‘Stop It Now! Scotland’ can help you change what you are doing.

Help and support

There are people who can help you.

They can give you advice or information.

For advice and help call 'Stop It Now! Scotland' on:
0131 556 3535

Available Monday to Friday 9am-5pm

Calls are charged at standard rate.

The National Stop It Now! Freephone Helpline is:
0808 1000 900

Available Monday to Thursday 9am-9pm

Friday 9am-5pm

Online help is available at:

https://get-help.stopitnow.org.uk/

https://get-support.stopitnow.org.uk/

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