Removing Intimate Images from Social Media

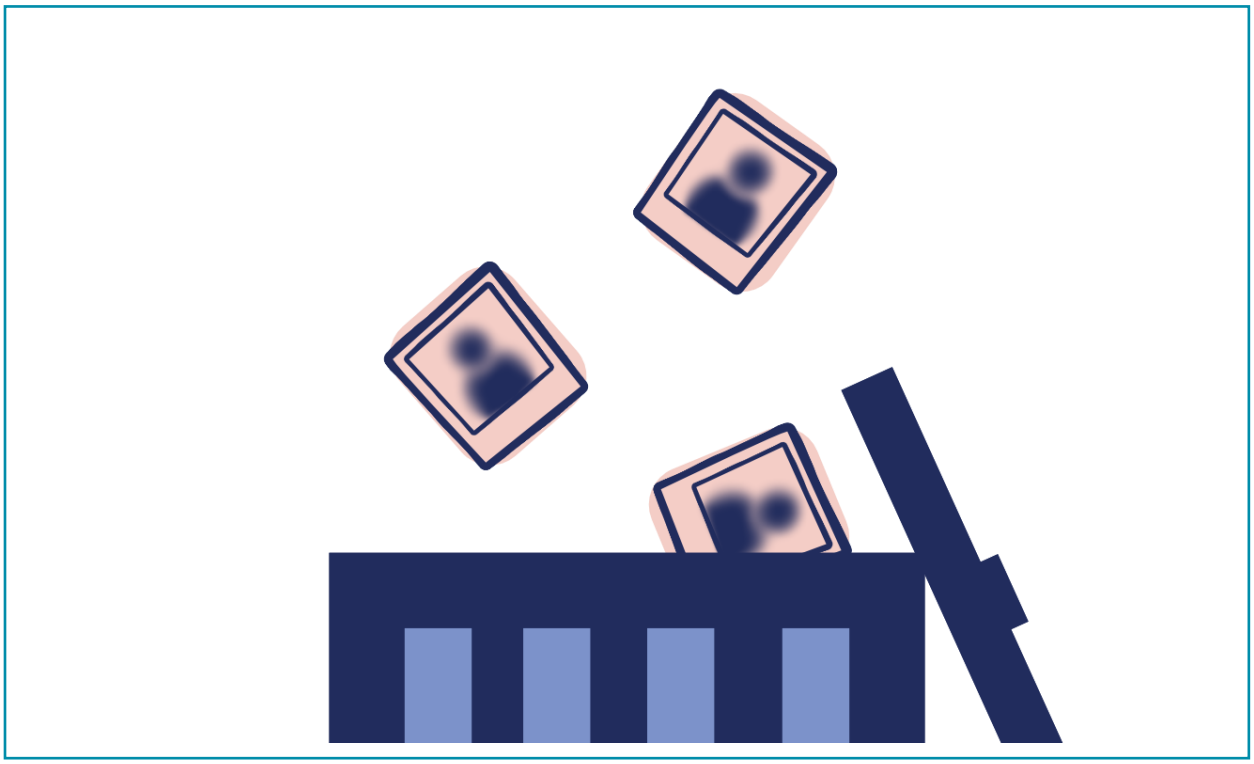


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If someone has shared an intimate image of you without your permission, you have the right to ask for it to be removed. This guide outlines the practical steps you can take to report and request the removal of non-consensual intimate images (NCII) from social media and other online platforms. It also covers the steps you can take if someone shares an image that you don't want shared, even if it isn't a nude, semi-nude, or explicit image. In this case, it can be harder to get a platform to remove the image, but there are still steps you can take.

Before You Act: Preserve Evidence

Once an image is removed, you may not be able to prove who posted it or that it was even posted. While tempting, you should not immediately delete or remove your sexually explicit image that was distributed without your consent. It is important to preserve and document any evidence of the image before doing so.

The evidence you preserve may help if you decide to report what happened to police or explore your civil legal options. This evidence may help show that an intimate image was shared without your consent and support a request for a legal remedy, such as having the image removed or seeking compensation for harm. Keep evidence in its original form where possible, and document when, where, and how you found it so you can establish its accuracy and authenticity if needed.

You do not have to decide right away whether you want to involve police or take legal action. Preserving evidence simply gives you more options later. You may also want the evidence for reasons other than court, such as for school or for your family and friends to prove that you were not the one who distributed your image.

To preserve the evidence, take a screenshot of the image or screen recording of the post. Make sure you save the screenshot or screen recording in a safe place that is not accessible to the abuser.

- Do not alter or try to cover up the photo. When documenting the photo, keep it in its original form.
    - If posted on a social media platform: Make sure the screenshot or recording contains the intimate image as well as the username that posted the image and any comments. Take a screenshot of the account/profile that sent or posted the intimate image.
    - If sent via text message: Take a screenshot of the text message and include a screenshot of the sender's phone number, not the name you have them saved as in your phone.
        - If you are capturing any messages, make sure you document the entire conversation, even if parts of it are not relevant. Some courts will not accept partial messages.
    - Make sure that there is a timestamp on all messages and posts.
- Protect your evidence by making multiple copies and saving them in secure digital locations organized by date and time. Print out the screenshots and keep them in a physical evidence binder. Print all evidence, including images of the webpage where the videos are

posted, the poster's profile or account, and any surrounding conversations.

- Document all the information you have regarding the incident. Document who the offenders are, your relationship with them, the duration of the relationship and abuse, the impact of the abuse on your life, and any actions you have taken.

For more resources with instructions on how to collect evidence, see the Preserving Digital Evidence toolkit.

Removing Intimate Images

Snapchat

To report a Snapchat account:

1. Press and hold on a Snapchatter's name.
2. Tap on Manage Friendship.
3. Tap "Report".
4. Select the appropriate reporting option.
5. Submit your report.

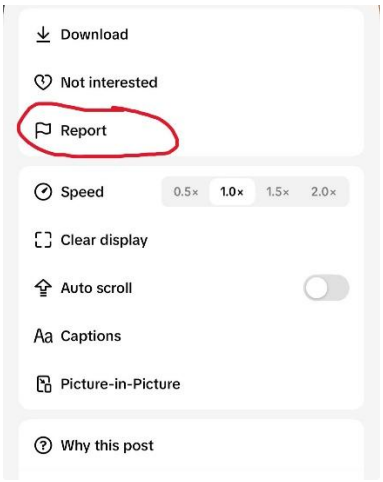
To report a Story on Snapchat:

1. Press and hold the offending Snap.
2. Tap "Report."

To report a Snap someone sent you:

1. Press and hold the offending Snap.
2. Tap "Report."

TikTok

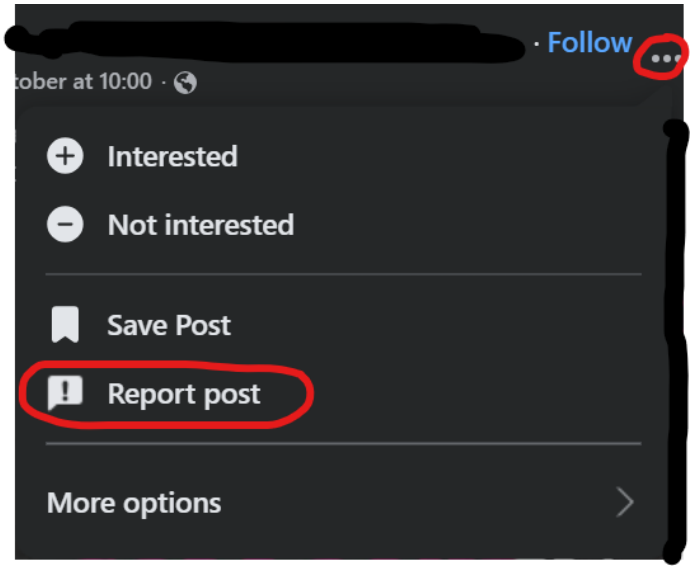


1. Hold your finger on the offending video.
2. On the menu that pops up, click Report.
3. Select Other and provide TikTok with details on why you want it removed (e.g. that it is a sexually explicit video of you shared without your consent and that you are a minor).
4. You can also send an e-mail directly to TikTok at feedback@tiktok.com and detail the offending video and account.

Facebook

1. Click on the photo or video you want to report.
2. Click on the ••• icon on the right side of the username. This should open a drop-down menu.

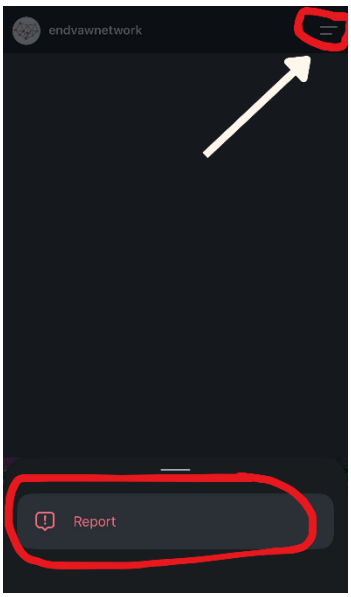
3. In the drop-down menu, click “Report photo.”

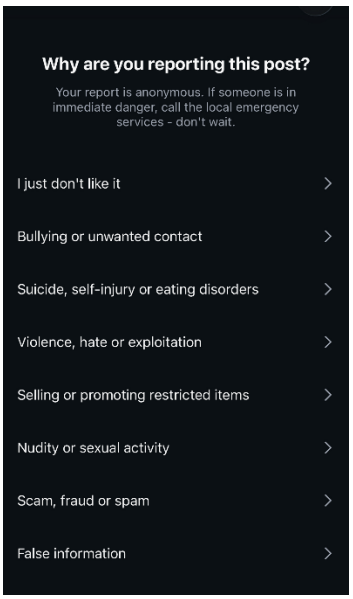


4. Select the option that best describes the issue and follow the on-screen instructions.

[Click here for further information on reporting an intimate photo on Facebook.]

Instagram

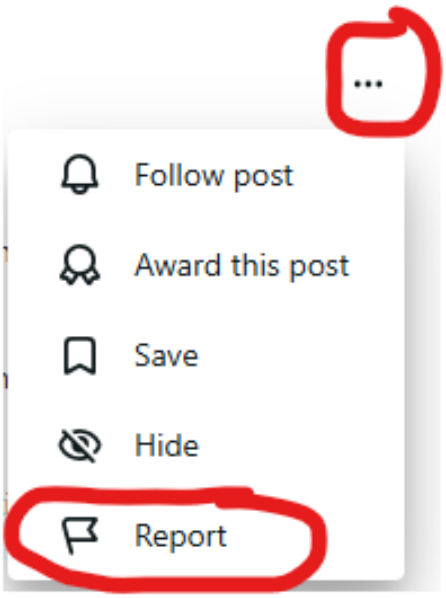


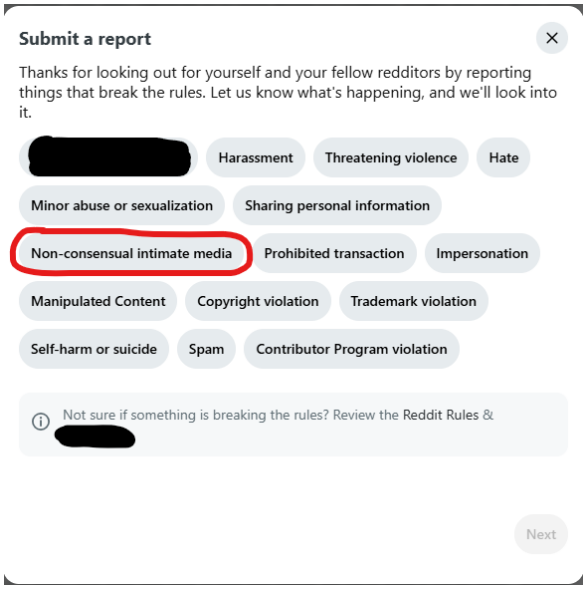


1. Click the [redacted] icon (IOS and Windows Phone) or (Android) above or below the post.
2. Click Report.
3. Click “It’s inappropriate.”
4. Follow the on-screen instructions.

Reddit

If you have an account:





1. Click on the Comments link under the post.
2. Click “I want to report a violation of Reddit’s Content Policy.”
3. Choose “It’s non-consensual intimate media.”
4. Paste the exact URL link to the offending post or comment.
5. Click Submit.

If you do not have an account:

1. Go to the Reddit Help Request Portal.
2. Under the dropdown menu, select “Report a Content Policy Violation."
3. Fill out the fields with the direct link to the image/post and provide your contact information.

Google

1. To remove non-consensual explicit or intimate personal images on Google, click here.
2. Click Start Removal Request. You will then be directed to answer some questions. For “I want to remove,” click “Nude or sexually explicit items” and answer the questions. You will need to provide the URL(s) of the webpage(s) that show the content and upload screenshots of the content you wish to remove.

Discord

1. Select the message or profile you wish to report.
   On mobile, long-press the message; on desktop, right-click.
2. Select “Report Message” or “Report User Profile.”
3. Select the appropriate reporting option.
   The next screen will allow you to further identify the specific policy violation that’s occurring. You can always click back and change your first answer, so you can select the most relevant category.

If the violation happened on a server, you can also reach out to the server’s moderators, who may be able to respond immediately and help resolve your concerns.

Additional Resources

Take It Down

This service is available for people whose intimate image was taken while they were under the age of 18 and then posted on platforms such as Facebook, OnlyFans, Instagram, Pornhub, TikTok, and yubo.

If you need further assistance in removing an intimate image or video of yourself, you can contact:

Cybertip Program



Toll-free: 1-866-658-9022
Online Form

Kids Help Phone



Toll-free: 1-800-668-6868

Removing Personal Images that Aren't Intimate

Sometimes an image can cause harm even when it is not nude or explicit. Sometimes harm comes from the meaning imposed on the image, not just the content. Even if other people find the image to be harmless, you might consider it to be private, inappropriate, or intimate because of your culture, religion, or personal beliefs.

If you want an image removed but it doesn't violate the social media company's platform rules, you may still have options. Follow these steps if this has happened to you:

1. Talk It Out

   Your friends should always respect your privacy, and you should respect theirs too. Sometimes the easiest way to get an image removed from social media is to ask the person who posted it to take the image down. They may not realize you consider the image sensitive or private.

2. Adjust Your Settings

   Many social media platforms let people you know tag or mention you in a post. You can adjust your settings so that you need to be notified before anyone can link you to a post, or you can adjust your settings so that no one can link you to a post.

   If you have already been linked to a post, you can also have the tag or mention removed by clicking on the tag.

3. Reporting the Photo

   This should be the last action taken in these scenarios, as it can be very challenging to get these types of non-intimate images removed.

You should report it as an issue of privacy/non-consensual sharing. It does not have to be an intimate nude or semi-nude image to request takedown. You will need to follow up on this report with evidence or an explanation of how the image is inappropriate to you.

When following up on a report, you will usually need to explain that the photo was posted without your consent and depicts you in a way you find inappropriate, may involve a minor child, or that you took the photo and did not consent to sharing it. You should also indicate that the image is being used or can be used to harass you or damage your reputation.

Technology-facilitated gender-based violence is part of a continuum of violence that can be both online and in-person. If you or someone you know is experiencing technology-facilitated violence, you are not alone. Encourage them to chat with a trusted adult, connect with the Kids Help Phone to create a safety plan, or use ShelterSafe.ca to find a shelter/transition house near you to discuss options and create a safety plan. You don't need to stay in a shelter to access free, confidential services and support.