



Digital Citizenship – Values and Attitudes: Nudes



by Hōhepa Canterbury

Published: September 2025

Before you start



This information may upset some people when they are reading it.



If you are upset after reading this document you can talk to your:

- whānau / family
- friends.

NEED TO TALK?



**free call or text
any time**

You can also contact Need to Talk by:

- calling 1737
- texting 1737.

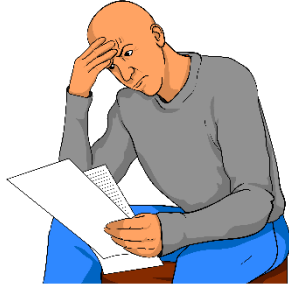


It does not cost any money to call / text 1737.



This is a long document.

It can be hard for some people to read a document this long.



Some things you can do to make it easier are:



- read it a few pages at a time
- set aside some quiet time to look at it
- have someone read it with you to support you to understand it.



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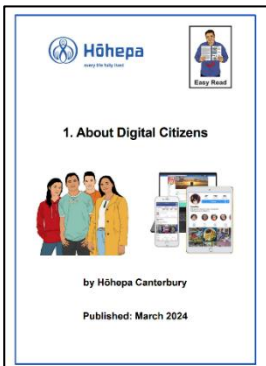


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About this Easy Read



This Easy Read document is from 3 organisations:

- Hōhepa Canterbury
- People First NZ
- Netsafe.

The information in this Easy Read is based on the Digital Citizens Framework.

There is an Easy Read document called:

About Digital Citizens



You can find this Easy Read at this **website**:

tinyurl.com/4m7mw8uf



The Digital Citizens Framework supports you to use **digital technology**.



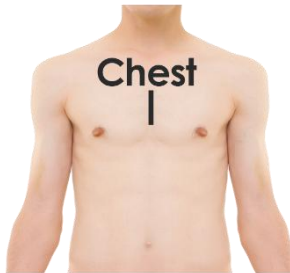
Digital technology means things like:

- smartphones
- laptops
- websites
- social media like Facebook.



This Easy Read document is about **nudes** that:

- somebody has sent you
- you have sent to somebody.



Nudes are pictures or videos of people with no clothes on.

Nudes often show private parts of the body.



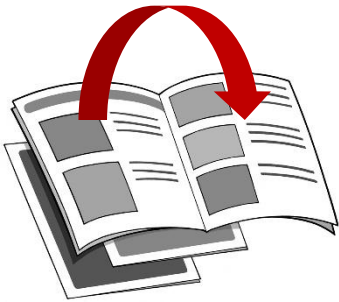
Sometimes people send nudes to each other on:

- phones
- social media.



Once a nude has been shared it is hard to stop people seeing it.

Sharing nudes can be unsafe.



We tell you what to think about before sending your nudes to someone on **pages 10 to 15**.



There are more Easy Read documents about being a digital citizen at this **website**:

www.netsafe.org.nz/digicit

Your values and attitudes



When using digital technology it is important to think about your:

- **values**

and

- **attitudes.**



Values are the ideas / beliefs that are important to you.



Attitudes are what you think / feel about things.



Use digital technology in a way that supports you to:

- keep your values
- keep your relationships with people
- be yourself
- not pretend to be somebody else
- do things that are good for your life
- respect others
- do what you need to do.



Think before you send nudes



Many young people take nudes.

Some young people share their nudes with others online.

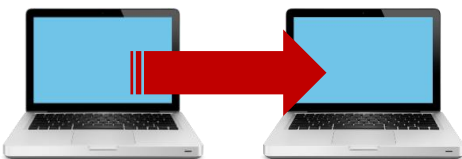


It is your choice if you want to share your nudes with someone.



You do not have to share your nudes if you do not want to.

Your nudes belong to you.



You should not feel bad about not wanting to share your nudes.



If you do choose to share your nudes they should only be shared with people you know want to see them.

You should not send anyone nudes if they might not want them.

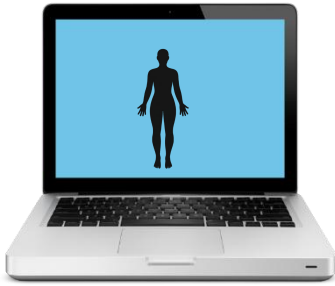


If you are in a relationship with someone you might want to talk first about if you want to share nudes with each other.



If you share your nudes they can easily be shared with other people.

It is important to think before you send your nudes to someone.



You cannot control what happens with your nudes when you have sent them to somebody else.



Your nudes could be shared online with others in something like a:

- message in an app like:



- Snapchat
- WhatsApp



- text message
- email.

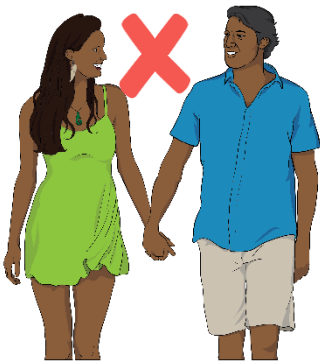


It is not your fault if somebody shares your nudes with other people.



You may have sent your nudes to somebody you can trust like your:

- partner
- friend.

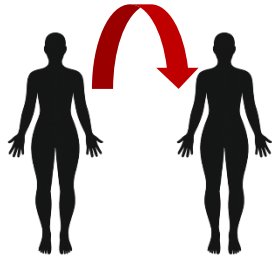


Sometimes when a relationship ends badly the person you trusted may share your nudes to:

- make fun of you
- hurt you.



Sometimes you may think your pictures will disappear after a short time.



Someone could copy your pictures without you knowing before they disappear.



Sometimes you may be **blackmailed** to send more nudes.



Here **blackmail** is when someone says they will share things about you if you do not do what they ask you to.

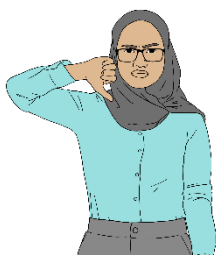


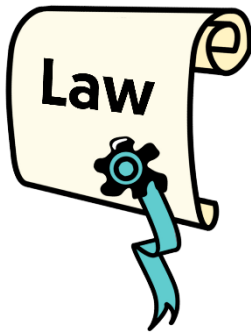
It is very important to think carefully before you share your nudes.



It can be a **crime** when:

- somebody shares your nudes
- and
- you have not agreed to this.





A **crime** is when somebody breaks the **law**.

A **law** is a rule made by the Government that everybody must follow.



Sharing nudes when someone has not agreed to it is called **image based abuse**.



An **image** is a picture or photograph.

Here **abuse** is when you are hurt by a person / group of people.



Netsafe can support you if your nudes have been shared when you have not agreed to this.

netsafe



Netsafe can also support you if you:

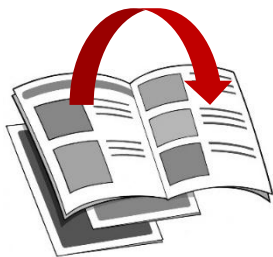
- are sent pictures of nudes of somebody
- and
- they did **not** agree for them to be shared.

netsafe



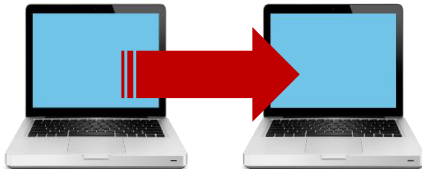
Netsafe can also support you if:

- you have sent a nude picture of somebody else
- and
- the person has not said yes to it being shared.



Go to **page 24** to find out how to contact Netsafe.

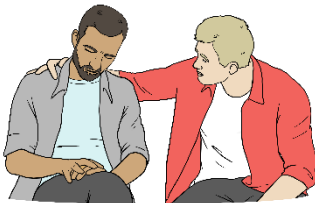
Things you can do if someone has shared your nudes



It is very hard to control what will happen with your nudes if you have shared them.



It can be very upsetting for you when your nudes have been shared when you have not said yes.



It is not your fault if somebody shares your nudes.



There are things you can do.



You can tell them:

- you want your nudes removed / taken down from the platform
- the name of the account of the person who shared your nudes.

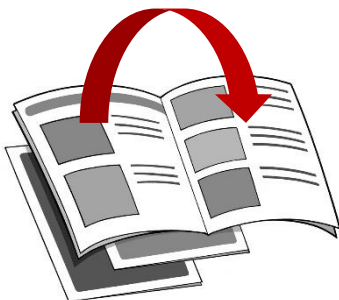
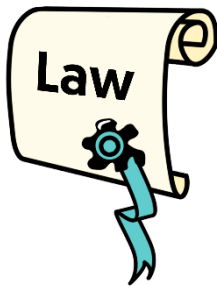


You can also contact Netsafe to get support about getting your nudes removed.

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Netsafe can tell you about:

- how to get your nudes taken off the platform
- the law about sharing nudes when you have not said yes.



Go to **page 24** to find out how to contact Netsafe.

Have you been sent a nude you did not ask for?



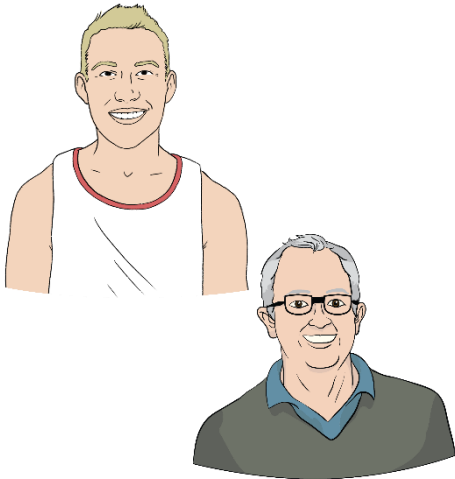
It can be upsetting to get a nude you did not ask for.



Talk to somebody you trust if this has happened to you.

This is very important if:

- you are under 18 years old
- and
- the person who has sent you the nude is much older than you.



You can report what happened to the platform the pictures were sent from.



You can also block the person from sending you any more unwanted:

- nudes
- messages.



If you got a message you feel uncomfortable about talk to:

- an adult you can trust if you are under 18
- somebody you can trust like a friend.



Other things you can do if you get nudes you did not want are:

- contact the Police by **calling** 105
- call the Netsafe helpline – go to **page 24** to find out how.



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There are also things you can do yourself like:



- ask the person to stop sending you nudes
- if you know the person tell them to ask you first before sending nudes



- block the person on the platform they sent the nudes from
- report the person / profile to the platform



- ask your **phone provider** to block the phone number of the person contacting you.



Your **phone provider** is the place that provides you the service for your phone like:

- Spark
- One NZ – used to be called Vodafone.

More information about Netsafe

netsafe



Netsafe can support you if you:

- have worries about your nudes being shared
- want more information about how to be safe online.



You can find out more information at the Netsafe **website**:

www.netsafe.org.nz/digicit



The Netsafe website is **not** in Easy Read.



You can **call** the Netsafe helpline on:

0508 638 723



This number does **not** cost you money to call.



If the Netsafe office is closed then you can leave a voicemail message.



You can **text** Netsafe on:

4282



You can email Netsafe for support on:

help@netsafe.org.nz



This information has been put together by Hōhepa Canterbury for their Digital Citizens project.



It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.



The ideas in this document are not the ideas of People First New Zealand Ngā Tāngata Tuatahi.



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