Analysis of the results
of a survey on intimate content
published by young people

Not for show

NASK   saferinternet.pl   dyżurnet⊗pl NASK   Co-financed by the European Union
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Ladies and Gentlemen,

Observing the most common risks faced by children and teenagers on the Internet, such as grooming (grooming of a minor), sexual blackmail and the less obvious sexting, one phenomenon that is becoming increasingly common has particularly caught our attention. Among the reports we analyzed, we noted an increase in sexual content produced by minors and as a form of self-presentation. The phenomenon, which is growing rapidly, prompted us to take a closer look at it. In conducting the survey, we were interested in capturing the characteristics of undertaking such activities from the perspective of young users.

The results of the survey, despite the scope of the Dyżurnet.pl Team's work and its familiarity with the dangers minors may face on the Internet were surprising. It turned out that the phenomenon of sexting and the production of self-generated sexual content by minors is much more common than we previously thought.

In addition, the survey showed several problems related to this issue, such as:

- There is an alarming lack of support faced by young people who have experienced harm and trauma from sexting and were exposed to pornographic material too early in life,

- Insufficient knowledge of cyber security among both minors and adults,

- Making someone else's intimate material public, which for the victim (according to research) is one of the most significant traumas of adolescence.

The publication was written based on a survey commissioned by our team and conducted by SW Research on "self-generated sexual content" and the phenomenon of "sexting" among teenagers in Poland. The publication describes many problems, but also tips on how to prevent those that can be avoided and how to deal with situations that have already happened.

This publication mainly aims at parents and caregivers of adolescents aged 12 - 17 years, as well as teachers, educators and educators of children and adolescents.

Dyżurnet.pl team

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Introduction

Dyżurnet.pl was established in 2005 as part of the NASK National Research Institute. It is the only expert team in Poland responding to illegal material on the Internet depicting child sexual abuse. The team's mission is to ensure online security, especially for its youngest users. Its activities fall under the National Cybersecurity System (based on the National Cyber Security System Act of July 5, 2018). Under the Act, the Team performs the tasks of the NASK CSIRT and is part of the Polish Center of the "Safer Internet" Programme.

Since its inception, Dyżurnet.pl has been a member of the INHOPE Association - a global network of response teams from different countries, leading cooperation (including with Interpol) to counter online child sexual abuse content. The Association's goal is to eliminate such materials and to support national procedures for removing illegal content as soon as possible.

Thanks to a thorough analysis of the submissions, experts from the Dyżurnet.pl team can spot dangerous social phenomena on the Internet and recognize processes and trends early in their development. This allows us to monitor and predict trends and determine the best response.

The rising trend of "self-generated sexual content" in submissions was signalled, among other publications: Risky sexual behaviour and the sexualisation of young Internet users. Outline of issues" (2019)[1].

The publication focuses on presenting the results of the qualitative study conducted to demonstrate the problems faced by sexting victims based on the respondents' statements. At the same time, it gives tips on how to deal with such situations.

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1   Publication Risky Sexual and Sexualizing Behaviours of Young Internet Users. Outline of issues (PDF, 744 KB) - *https://dyzurnet.pl/uploads/2020/04/Ryzykowne_zachowania_na_www.pdf*

Legal aspects of the phenomenon

In the context of Polish law, both "self-generated sexual content" and the phenomenon of sexting are not clearly defined.

Self-generated sexual content

(User-generated sexual content in the form of self-presentation)

It is necessary to distinguish between materials created by adults not in conflict with Polish law (if not shared, presented to minors under 15 years of age) and content showing minors).
According to Article 202 (§ 3, § 4, § 4a, § 4b, § 4c) of the Criminal Code, pornographic material involving minors is illegal in Poland.

According to the Supreme Court's interpretation of 15.01.2020, "the term: 'child pornography' means any material that visually depicts a child engaged in an actual or simulated sexually explicit activity or any depiction of a child's genitals primarily for sexual purposes."[2]
The term "child pornography" is the same as "pornographic content involving a minor."

In this context, self-presentational pornographic content produced by a minor can be interpreted as illegal. However, not all "self-generated sexual content" materials present pornographic content.

Article 202 of the Criminal Code.

§ 3.

Whoever, for the purpose of distribution, produces, perpetuates or imports, stores or possesses, or distributes or presents pornographic content involving a minor or pornographic content involving the presentation of violence or the use of an animal, shall be punished by imprisonment from 2 to 12 years.

§ 4.

Whoever perpetuates pornographic content involving a minor is punishable by imprisonment of one to ten years.

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2 Supreme Court Order of January 15, 2020 Ref: V KK 655/19.
   Definition of child pornography in criminal proceedings.

§ 4a.

Whoever stores, possesses or accesses pornographic content involving a minor is punishable by imprisonment from 3 months to 5 years.

§ 4b.

Whoever produces, distributes, presents, stores, or possesses pornographic content depicting a manufactured or processed image of a minor engaged in sexual activity shall be subject to a fine, restriction of freedom or imprisonment for up to 2 years.

§ 4c.

A person who, for the purpose of sexual gratification, participates in the presentation of pornographic content with the participation of a minor is subject to the penalty specified in § 4b.

Sexting
(A sexually charged type of electronic text-visual communication)

Looking at the phenomenon of sexting from the perspective of Polish law, one must consider three situations:

1. When it concerns a **minor**, the legal limitations of sexting are outlined above (the section on the legal aspects of creating "self-generated sexual content" material).

2. When it concerns **a minor under age 15**, it is also illegal to present pornographic content to such a person (Article 200 § 3 and § 4 of the Penal Code) and to groom them (Article 200a of the Penal Code).

3. With regard to **adults,** the phenomenon of sexting is legal. The exception is a violation of Article 191(a) of the Penal Code, which states that the image of a naked person is recorded without their consent.

The exact wording of the referenced articles of the Criminal Code:

Article 200 of the Criminal Code.

§ 3.

Whoever presents pornographic content or makes materials of that nature available to a minor under 15 years of age, or distributes pornographic content in a way that allows such a minor to become acquainted with it, shall be punished by imprisonment of up to 3 years.

§ 4.

A person who, for the purpose of their sexual gratification or sexual gratification of another person, presents to a minor under 15 years of age the performance of a sexual act shall be subject to the penalty specified in § 3.

Article 200a.

§ 1

Whoever establishes contact with a minor under 15 years of age, aiming, through misleading them or using unlawful threats, exploiting their error or incapacity to grasp the situation properly, to meet with them to commit the offence specified in Article 197 § 3, item 2 or Article 200, as well as producing or recording pornographic content, through an information and communication system or telecommunications network shall be punished by imprisonment for up to 3 years.

§ 2.

Whoever proposes sexual intercourse, submission to or performance of another sexual act or participation in the production or recording of pornographic content to a minor under 15 years of age through an information and communication system or telecommunications network and aims to carry it out shall be subject to a fine, restriction of freedom or imprisonment for up to 2 years.

Article 191a.

§ 1

Whoever perpetuates the image of a naked person or a person in the course of sexual activity, using violence, unlawful threat or deceit against that person, or disseminates the image of a naked person or a person in the course of sexual activity without that person's consent, shall be subject to the penalty of imprisonment from 3 months to 5 years.

§ 2.

The prosecution is carried out at the request of the victim.

The theoretical background of the problem under study

The study on "self-generated sexual content" was commissioned by the Dyżurnet.pl team due to the alarming problem clearly visible when analyzing content posted online and reported by users, as well as the disturbing results of quantitative studies of this subject.

9%
In 2019, out of 2157 CSAM applications[3], 9% were **intimate materials** self-produced by a minor.

14%
In 2020, of the 2,517 CSAM submissions, 14% were **intimate materials** self-produced by a minor.

8%
In 2021, of the 2069 CSAM submissions, 8% were **intimate materials** self-produced by a minor.

In December 2020, a quantitative social survey (using the CAWI[4] method) was conducted on a group of adolescents aged 14-17 and their parents and legal guardians, from which the report "Nastolatki 3.0"[5] was published; it was edited by Dr Rafał Lange. The report mainly addresses the topic of remote learning in the new pandemic situation in Poland. In addition to neutral topics related to the digital transformation of education, it presented disturbing phenomena pertaining to online privacy, cyberbullying, pornography, risky behaviour of children and teenagers while using the Internet and parental control.

Alarming results of the report on cyberbullying:

- One in five teenagers says they have experienced violence on the Internet. The most common manifestations of it are name-calling (29.7%), ridicule (22.8%) or humiliation (22%)

- One in three minors surveyed says they take no action, not even a conversation with relatives or others who could support them in such a situation (32.4%).

Results regarding pornography:

- One in four teenagers has viewed pornographic content online (28.6%). Gender in this regard strongly differentiates the declarations. Among girls, one in five respondents (22.0%) and among boys, one in three (36.1%) have had contact with online pornography.

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3   Child Sexual Abuse Materials i.e., materials depicting the sexual abuse of a child.
4   Computer-Assisted Web Interview - a computer-assisted interview using a Web site.
5   Nastolatki 3.0 research report (PDF, 9.08 MB) - https://www.nask.pl/pl/raporty/raporty/4295,RAPORT-Z-BADANNASTOLATKI-30-2021.html

- Analysis by age shows that there is an exponential increase in online pornography experience over several years (between ages 11-12 and 16-17) (11.6% - elementary school; 45.8% - high school).

- Parents' knowledge of their children's experiences with pornographic material on the Internet is very limited. Only one in ten parents (9.0%) said their child had seen such content on the Internet, two out of three parents said their child had not been exposed to pornography (64.5%). One in four (26.4%) has no knowledge of it.

- From the declarations of high school boys, we can conclude that the frequency of viewing pornographic content is much higher. This behaviour is common and socially observable (openly admitted) at the secondary school level and accepted in the peer group.

The "Nastolatki 3.0" report only barely touches on the topic of "self-generated sexual content," but by reviewing the source data, we can find two questions whose answers show the scale of the problem among young people in Poland.

According to the "Nastolatki 3.0" study, about 5% of elementary school children have been exposed to and received nude photos via the Internet or phone. However, adolescents aged 14-17 account for 12% of those who have been exposed to such materials. This shows us that as a child moves from elementary school to high school, the percentage of "nude photos" received more than doubles.

Below is a table showing the results of responses among children and adolescents to two of our key questions: (1) "Have you ever received a nude or semi-nude photo via the internet/phone?" and (2) "Have you ever sent such a photo to someone?"

Did you receive a nude or semi-nude photo via the Internet and cell phone?		School	
		Primary	Secondary
Girls	YES	4.5%	11.4%
	NO	95.5%	88.6%
Boys	YES	5.2%	11.9%
	NO	94.8%	88.1%
In total	YES	4.9%	11.6%

Did you happen to **send** your nude or semi-nude photo using the Internet and your cell phone?		School	
		Primary	**Secondary**
Girls	YES	1.5%	3.1%
	NO	98.1%	96.0%
	I DON'T KNOW	0.4%	0.9%
Boys	YES	0.6%	3.7%
	NO	98.2%	95.6%
	I DON'T KNOW	1.2%	0.7%
In total	**YES**	**1.0%**	**3.4%**

Data from the source material for the report Nastolatki 3.0

In 2014, the Dajemy Dzieciom Siłę Foundation conducted a quantitative study on the phenomenon of sexting among Polish teenagers aged 15-19. Based on it, a report was published, titled "Sexting among Polish youth. Results of the quantitative survey "[6].

Selected survey results:

34%

34% of respondents (29% of girls and 40% of boys) answered affirmatively to the question: "Have you ever received a photo or video showing that person naked or nearly naked from someone via phone or internet?"

35%

35% of them sent such materials to a person they were in a relationship with, as many as 48% to another person they knew, and 36% to a stranger.

55%

55% of respondents (57% of girls and 54% of boys) said that their friends send photos or videos of them naked or nearly naked to each other via phone or the Internet.

The most disturbing statistics on "self-generated sexual content" can be found by analyzing the results of a quantitative survey conducted in 2020 by the Thorn Foundation in the US. **According to a report by the THORN Foundation[7] from November 2021:**

- **17%** of minors shared their intimate materials,

- **14%** of children aged 9-12 have shared their intimate materials,

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6   Results of a quantitative survey - sexting among Polish youth (PDF, 684 KB)
7   Generated Child Sexual Abuse Material: Youth Attitudes and Experiences in 2020. Findings from 2020 quantitative research among 9 to 17 year-olds (PDF, 1.68 MB)

- **11%** of girls aged 9-12 have shared their intimate materials,

- **18%** of boys aged 9-12 have shared their intimate materials,

- **17%** of girls aged 12-17 have shared their intimate materials,

- **20%** of boys aged 12-17 have shared their intimate materials,

Between 2019 (11%) and 2020 (17%), there was a considerable increase (as much as 6%) in minors sharing their intimate materials with others.

Experience in making SG-CSAM available		2019	2020	+
All minors	**All**	**11%**	**17%**	**+6**
	Girls	**12%**	**14%**	**+2**
	Boys	**9%**	**19%**	**+10**
Age groups	9-10	3%	15%	**+12**
	11-12	7%	13%	**+6**
	13-14	6%	13%	**+7**
	15-17	19%	24%	**+5**
Ages 9-12	**All 9-12 years old**	**6%**	**14%**	**+8**
	Girls	**3%**	**11%**	**+8**
	Boys	**7%**	**18%**	**+11**
Ages 13-17	**All 13-17 years old**	**15%**	**19%**	**+4**
	Girls	**19%**	**17%**	**-2**
	Boys	**11%**	**20%**	**+9**

[Q40X] Have you ever sent or shared a nude photo or video of yourself directly to someone or your followers on social media? Remember that your answers are anonymous.

The number reported reflects the percentage of minors who said that they shared their own nude photos or videos.

THORN survey data from November 2021, according to the question from the questionnaire,

17%
children share materials containing their own CSAM

15%
children aged 9-10 share materials containing their own CSAM

Although the results of Polish studies illustrate a much smaller scale of the problem than those carried out in the US, it should be remembered that American society sets many of the trends in technology and morals in contemporary "Western culture." **Most multimedia and social-communication applications and platforms in Poland and Europe are modelled on American trends.** The rule applies not only to technological issues but also to social behaviour.

Looking at the issue of "self-generated sexual content" among Polish children and adolescents, it is reasonable to assume that this trend of moral change initiated in the US has also come to Poland from the West. Thus, there is a very worrying assumption that the results obtained in a survey of American youth by the THORN Foundation may also provide a direction for moral development in Poland.

Taking into account the aforementioned research and the experience of the Dyżurnet.pl team with reports of "self-generated sexual content" material, it was decided to commission additional qualitative research to look at this topic from the perspective of young Internet users.

Qualitative research methodology[8]

The qualitative study was conducted by SW Research on behalf of NASK (Dyżurnet.pl Team). It used the qualitative technique of individual in-depth interviews (IDI).

The individual in-depth interview technique involves a one-on-one conversation between the interviewer (known as the moderator) and the subject. Technology is used to explore a phenomenon, clarify its nature and get to the essence of the subject under study. Average interview time 1-1.5 hours. The interview is conducted on the basis of a scenario (a structured research tool), containing a specific set of questions. However, depending on the interview, you can deepen certain aspects of the interview by asking additional questions or omitting some. In this technique, the role of the moderator's sense of the conversation and appropriate reactions to the respondent's words are important.

The interviews phase took place from September 2 to 22, 2021. During that time, 37 individual interviews were conducted using the ZOOM platform.

Excerpts from a report prepared by SW Research based on the survey were used in the publication.

8   Publications on social qualitative research methodology:
    • Uwe Flick, 2012, Designing a qualitative study, PWN (ISBN: 978-83-01-16705-9)
    • David Silverman, 2008, Conducting qualitative research, PWN, Warsaw (ISBN: 9788301154806)
    • Earl Babbie, 2008, Fundamentals of social research, PWN, Warsaw (ISBN: 978-83-0121274-2)

People in two age groups took part in the survey: 18-21 years (28 respondents) and 22-24 years (9 respondents). A total of 15 men and 22 women were surveyed. A key element in getting respondents right was their experience of dealing with intimate content online, which allowed them to be assigned to one or more of the following profiles:

A. The person who sent the photo on purpose- Why, what did it involve?
7 respondents were interviewed

B. The person who sent the photo under pressure - why, what did it involve?
4 respondents were interviewed

C. The person whose photo was leaked and they were unaware of it for some time.
3 respondents were interviewed

D. A person who received intimate material because they asked for it.
6 respondents were interviewed

E. A person who has received intimate material due to "fame" mailing - someone wanted to show off his photos and sent them to more people.
6 respondents were interviewed

F. A person who received intimate materials by accident.
5 respondents were interviewed

G. Person who did not send but was persuaded to/person who did not send but was pressured to.
6 respondents were interviewed

Respondents were divided into 7 groups (as described above) according to the type of contact and events they had to deal with in submitting photos and intimate materials. Each group was addressed with questions specific to the feelings, emotions and motivations associated with their particular story. During the interviews, it became clear that the respondents had contact with most and/or all categories of events personally or they took place in their immediate environment, so they expressed their opinions and views towards issues specific to each group.

The study results and their interpretation

Virtualisation of young people's social interactions

The interviews with the respondents began with a block of questions about young people's attitudes toward the Internet, social interaction, and moving them into the online zone in the modern world. The answers given to these general questions, showed that for most people surveyed, the web is as much a part of reality as the physical offline world.

The majority of respondents presented the virtual form of social contact as an indispensable part of young people's lives. On the one hand, the transfer of social interaction to the Internet makes it possible to maintain relationships with those closest to you (family, friends, partner) and long distance, especially during the pandemic. On the other hand, it creates more opportunities to meet new friends and continue relationships with them.

Respondents talked about the possibility of socialising with people who live far away and have, for example, similar views, experiences, needs, or interests. Getting to know such people is possible with the help of groups and thematic forums in the virtual social network. For example, several people among those surveyed claimed membership in the cosplay community (a movement that originated in Japan, bringing together people with artistic interests who create disguises and impersonate fictional characters from cartoons or feature films).

Despite age restrictions set by social media platforms, interviewees from their earliest teenage years, created social media accounts and used various types of instant messaging applications to establish and maintain social relationships online.
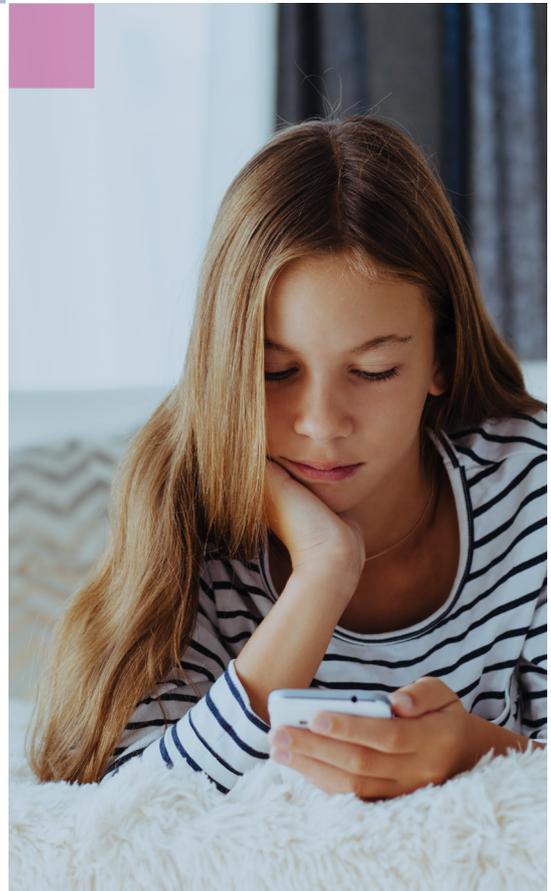
Respondents even spoke of the need to have profiles on social media and various communication platforms to maintain relationships with peers in the current reality of young people. Absence from the virtual space carries the risk of feeling excluded from social life.

Regarding their teenage years, respondents repeatedly mentioned the fear of losing access to a circle of friends and people close to them, giving them support and a "sense of belonging."

Additional advantages of online acquaintances mentioned by respondents were a sense of anonymity and the ability to escape from everyday life or even from oneself by creating one's image in circles of strangers.
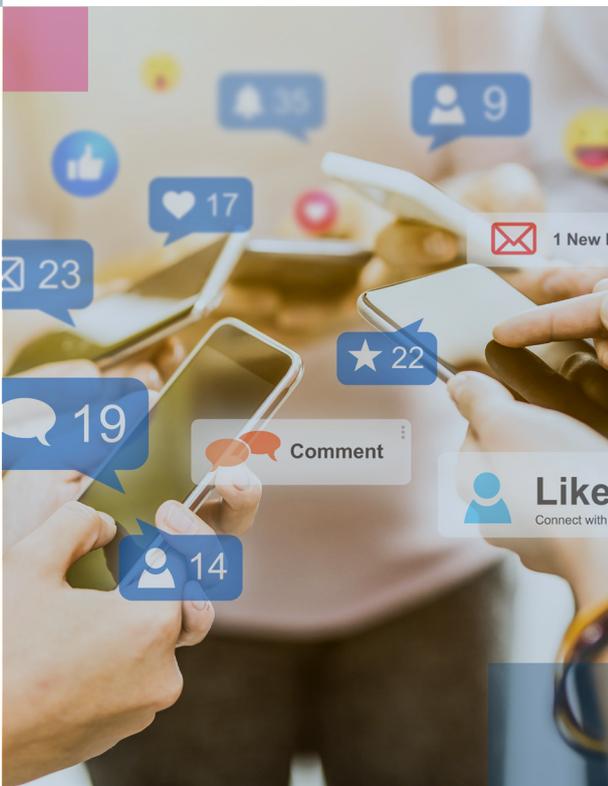
For some, online contacts provided an escape from problems, and for others, an opportunity to produce a kind of alter ego, the person they wanted to be. Online contact in a group of strangers also played an important support role for people who were rejected by their immediate environment for whatever reason. Social relationships established via the Internet were particularly important for residents of smaller towns and cities, where it is difficult to find friends with similar interests or a particular sexual orientation, which was important when looking for a "soul mate" or a partner among non-heteronormative people.

To sum up, based on conversations with respondents, it is possible to conclude that virtual social contacts are as necessary in the offline world in the group of young people as essential, and sometimes even more important than direct ones.
Many times online familiarity has been the focal point of social interaction.

Cyberspace also allows to establish and maintain close relationships at a distance, including romantic, intimate, and even sexual relationships. It often also provides a safety valve and even a remedy for the socio-psychological problems of young people who are unable, for various reasons, to find close camaraderie, friendship or love in the offline world around them.

Websites and applications used by young people

Respondents have different ways of making and continuing friendships in the virtual world. One of them is the use of the "roulette" option, which involves randomly and haphazardly assigning a person to a conversation with whom contact is made, usually of short duration. Portals that offer this option include: GG.pl (formerly Gadu-Gadu), 6obcy.pl, Omegle.com Another way is to meet people in community groups centred around a particular topic. Every so often, a post is shared in such groups, under which you can add comments with a brief description of yourself, the so-called "matrimonial thread." This is based on the assumption that these contacts can often lead to seeking and establishing contacts of a sexual nature.

Social media is used to meet new people and keep in touch with those closest ones, which was significantly enhanced during the pandemic.

Online applications/portals for maintaining social contacts that respondents used were: **Messenger, Instagram, Facebook, Snapchat, TikTok, Twitter, GG, 6obcy.pl, Discord, Twitch, WhatsApp, Fellow, Skype, Ask.fm, Grindr, Datezone.**

According to the respondents' declarations, all portals/apps where there is the possibility of uploading photos can be used to distribute materials, including photos of an intimate nature. On the other hand, in the case of applications that do not provide this possibility, such as Tinder, you can "get around" the lack of this feature by leaving a link or contact to other social media, where it is possible to distribute this type of material. **The most frequently indicated application on which you can get the most materials with intimate content was Snapchat.** It was rated as the most secure, where uploaded photos disappear, and you can see if someone has taken a screenshot (a record of the contents of the screen, a screenshot). It is worth noting that only some respondents were aware of the possibility of taking a screenshot without the other user's knowledge. Even fewer cited the threat of leaking photos by "simply" taking a screenshot. Instagram and Messenger also appeared in respondents' statements as apps that, like Snapchat, provide the ability to distribute nude photos in disappearing messages when "secret conversations" mode is turned on. Among the instant messengers on which one can receive intimate content, GG was mentioned frequently and in large numbers.

Content of an intimate nature - classification

Based on interviews with respondents, self-generated sexual content based on youth language was classified as follows:

Nudes - private photos depicting the naked body, parts of it, or an image of a person only in underwear. Erotic or sexual poses may also be captured in the photos, showing sexual activities or touching intimate body parts. These photos were taken with a phone; they were amateur selfies "for personal use."

Softs - photos with some artistic value (oriented towards eroticism but in an aesthetic way), with partially obscured body or parts of it photographed in carefully chosen poses.

Dickpics - photos of male genitalia, including erect ones.

Intimate photos - "unsoicited" or "acceptable"?

One of the main goals of the survey was to answer the question: "What is the opinion of the people surveyed about sending intimate materials?". The answer turned out to be complex. In the interviews, there was a distinction between "self-generated sexual content" and uninvited content, with which the other person imposes himself, and, on the other hand, content that is acceptable or even desirable.

Unsolicited Intimate Photos were usually defined as materials received from strangers, especially on portals offering a random selection of interlocutors, generally called chat roulettes (portals where participants in conversations are selected randomly). Another characteristic of this type of portal is the element of surprise (concerning both the choice of interlocutor and the content sent to each other), as well as the short, episodic duration of the conversation.

Acceptable intimate materials were defined by the majority of respondents as those sent/received within a relationship. They are received favourably among surveyed teenagers and young adults up to 24 years old. Most respondents said that the critical issue here is the prior agreement, mutual willingness and consent to send each other this type of content. Some respondents also indicated that coveted materials of an intimate nature could be sent between strangers but with mutual consent.

Respondents aged 18-24 cited many aspects of the phenomenon of sending themselves "self-generated sexual content" materials, which are divided in the table below into those they rated positively and negatively. It is worth noting that negative opinions (relative to positive ones) about sending intimate content prevail among respondents.

Positive in the opinion of respondents

The ability to receive compliments from a partner that arouse pleasant feelings and improve the mood.

A way to boost your opinion of yourself, increasing self-esteem - receiving positive comments as a form of appreciation of one's body.

The opportunity to learn the other person's opinion about one's body.

Sending materials intended to **building an intimate relationship and closeness.**

The joy of gaining the right level of trust in a relationship and stepping it up it by sharing intimate aspects of life gives a sense of uniqueness.

Reducing longing for a partner, fostering a sense of closeness for long-distance relationships.

Encouragement.

Negative in the opinion of respondents

The possibility of triggering negative feelings and emotions - disgust, embarrassment from receiving unsolicited materials or photos of an intimate nature.

Fear of using the photos in an unacceptable way, contrary to the will of the author of the material, such as cyberbullying**.**

A sense of fear that the photos may be leaked or be used for blackmail (e.g., in cases of revenge by an ex-partner, so-called: "revenge porn").

As a result of shock, lack of preparation for the reception of such material, especially in the teenage years, **the possibility of causing trouble with their own sexuality,** which, in extreme cases, can take a toll on the psyche in later life.

Leakage of photos to the web **can destroy the life of the person in the photos** - Stigmatisation, loss of friends, expulsion from school, destruction of careers, etc. In extreme cases, it can lead to suicide, for example, triggered by feelings of shame, humiliation, rejection, and exclusion.

Fear, remorse, and malaise experienced by the person who sent the photo, especially under pressure.

Exposure to such content **can lead to destructive behaviour -** feeling a strong need to be complimented, boosting self-esteem by sending out intimate materials and photos.

Spreading this type of material to strangers (unsolicited "nudes" or "fame") can be perceived as disrespectful to one's body.

An uncomfortable **feeling of being treated object-like by the other person,** solely as a sexual object.

The possibility of becoming addicted to this type of content, which can have particularly negative consequences for young people. The danger of excessive interest in sex or, in extreme cases, sex addiction, especially at an early age of entry into this type of activity.

The danger of exceeding one's own standards of social behaviour and undermining one's sense of security.

Pressuring people to send nude photos and other material of an intimate nature. The possibility of becoming a victim of fraud, the use of the image for criminal purposes.

The sense of exploitation in the case, when one person asks for such materials and does not send them themself.

Closing oneself off from social contact - engaging in activities of an intimate nature on the Internet as a form of mental disorder.

While noting the positives, respondents also point out more negative consequences of engaging in this type of activity.

"Unsolicited" materials of an intimate nature - how they are perceived and what emotions they evoke

According to those surveyed, "self-generated sexual content" materials rated as undesirable can usually be obtained by talking to strangers on the previously mentioned instant messaging and social media platforms. Respondents did not point to this phenomenon as shocking but rather as commonplace and even "normal," i.e. one to which they have become accustomed. It repeatedly resounded during the interviews that the portals are primarily used to make friends for sexual purposes.

Most respondents described these types of photos as unsightly, intrusive, repulsive or, in other cases, "boring, downloaded from the Internet." The most common situation among respondents was receiving a photo showing nude body parts as the first message. Typically, these photos depicted male genitalia during sexual activity.

When asked about the potential motivations of those sending "unsolicited" materials of this nature, respondents cited a desire to draw attention to themselves, shock or embarrass the recipient, or gain control over them. Low self-esteem and seeking a person for casual sex also appeared among the motivations.

The emotions that mainly accompanied the receipt of unsolicited intimate materials and photos were disgust, embarrassment and a sense of harassment.

> *"I was apalled, I felt revulsion and disgust. I was also surprised. I think it's too intimate to show it to people you don't know at all."*

It was also indicated quite often that such unsolicited attachments caused laughter, but mainly in situations where they were received by a larger group of people, or recipients showed them to friends "for a laugh."

> *"When it comes to nudes on dating sites as a greeting, they make me laugh and feel embarrassed" (paraphrase)*

> *"It amused me, but at the same time, it disgusted me because I wasn't interested in it."*

> *"I don't share them myself. However, I am a group member that openly derives entertainment from receiving unsolicited photos [nudes]."*

There were also feelings of confusion and apprehension about the photos of male genitalia received by boys/young men. Respondents repeatedly said that this caused them anxiety and incomprehension.

> *"I received a photo of a penis via Messenger. I thought it was a mistake because usually such photos are sent to women. I blocked this person. I was afraid that someone would think I had a different orientation."*

Among those who had a collegial relationship with the sender, there were also feelings of distaste and rejection after receiving unexpected intimate materials.

> *"... I also once received a photo from a friend of mine showing her figure from the chest down; her womb was covered with a towel. The friend knew that I was gay, so my reaction was "wtf." I asked her what it was about. Then this friend said she wanted to brag about how she had lost weight. I felt a sense of discomfort. I didn't know her well, had never viewed her in a sexual context, and hadn't planned a closer relationship. The boundary of friendship has been crossed."*

There were feelings among respondents that they had been treated as objects and/or wondered what they had done that someone had decided to send them a nude photo.

> *"... I asked him not to send it to me again. I got a message in response that I was beautiful and that he wanted to see my photos. He then began spamming with his nudes. I felt ignored and treated disrespectfully."*

> *"... as if this person has no respect for the other person ..."*

> *"When I was 17, I met some girl on 6obcy, we added each other on Snapchat. She sent me a photo that showed her body from the neck down in her underwear. I was surprised. It felt strange and wrong. I didn't understand why. I wondered if she had misunderstood my intentions. After this incident, we didn't stay in touch."*

Potential consequences of receiving "unsolicited" sexually explicit material:

Of concern are the frequent statements by respondents that contact with such images (mainly of male genitalia) can occur very early, that is, at the age of 12-14. This type of situation, according to those surveyed, mainly occurs in the following applications: Gadu-Gadu, Snapchat and Instagram.

"Kids get their first nudes very young, at 12-13 and don't understand the situation."

At such an age, according to those surveyed, a child's reaction to contact with this type of material can be twofold:

1. Cause great disgust and resentment, or freeze sexuality, which can have negative consequences in their future lives:

    "Receiving such photos made me feel harassed..."

    "I was in my teens when I first got a photo of my friend's chest. I got scared. I was afraid that he, knowing my address, knowing what I looked like, might want to do me harm."

    "Once, I had contact over the Internet with a person from Thailand who sent me dickpics - I was 13 or 14 years old. This person wrote that I was beautiful, after which he sent an unsolicited dickpic. My friends exchanged messages with the same man, and he sent it to them too. It was a shock, disgust, and a sense of danger. We felt attacked with content that did not interest us; we were not looking for it. For me, this is pornographic content, adult content. This made me more aware of what the opposite sex can expect from such new acquaintances [intimate contacts]. It turned my world and outlook around a bit. Of course, I was naive at the time and was just looking for friendship."

2. In other cases, it can arouse excessive interest on the part of minors in sex-related topics and, in extreme cases, lead to addictions. So this type of incident could pose a potential threat to young Internet users.

    "For a long time, I didn't feel the danger of receiving nude photos online. I didn't know that I should be afraid of such a person. After a while, I even grew fond of such situations. I believe that the kind of messages I was getting at an early age (11-13) influenced my early sexual initiation."

"*I started sending these things too soon, and so I started getting interested in different things than what I should have been doing at the age of 12... I think my childhood was somewhat taken away from me by this...* "

People who received unsolicited intimate materials and photos and felt unpleasant feelings about it made strongly unflattering comments about people distributing such materials online to random, unknown recipients. The statements included terms of disgust and dislike for those who practice such behaviour, but also pointed to desperation on their part, attempts to draw attention to themselves, and emphasized the sense of anonymity online, which probably translates into the prevalence of this type of phenomenon.

"*A person who has low self-esteem. Or the other way - one who wants to be admired. Just like they have some girls who think they're fat, even though they're not at all, and they send out their nude photos.*"

"*... desperate, wants to show off his body, eminently in need of attention and doesn't know to get it anymore.*"

"*... Polish boys, strangers, feeling anonymous on portals and instant messengers, foreign men chatting up young girls...*",

"*Someone who doesn't know how to establish normal relationships in the real world.*"

"*They have low self-esteem; maybe they want to feel better about themselves.*"

"*Gross people who are terribly vulgar and obscene, acting in a way I find disgusting. But they are not visually repulsive - on the contrary, they are mostly ordinary people you pass on the street not even realising they have weird secrets. In addition, the Internet itself gives a sense of permission to send this type of content because people have this sense of impunity.*"

There were also situations when such messages were received by random people without the sender's intentions. In such situations, the senders had more concerns (fear of their image being made public because of an accidental mistake) about such an event than the recipients (someone made a mistake, I understand, I don't judge):

"I once received nudes that were probably sent by mistake. The man who did it apologized to me and made sure several times that I didn't send the photo to anyone else."

"... I don't want to see such pictures of people I know; after that, I can't look them in the eye."

Unsolicited intimate materials are no longer shocking - why?

Despite the multifaceted statements regarding the various feelings and emotions that unsolicited photos and intimate materials arouse in young people, there were also claims in the interviews that young people have become immune and indifferent to such incidents. Those interviewed said that such indifference among older teens and young adults may be due to overexposure to contact with sexual materials on a mass scale. There have also been claims that this may be a defence mechanism to neutralise the perceived unpleasant feelings and emotions evoked by these events. Respondents said openly that they were already used to it.

"...we also wonder why people do it, we are amused by it and outraged at the same time...,

"... now there is so much nudity on the Internet that it is no longer a big deal, there is a phenomenon of indifference, but before, the first time, it caused strong emotions. Pornography is so common on the Internet that ....desensitisation is high, nudity is common - it does not cause extreme emotions or trauma."

Tips for caregivers

It is essential to properly configure the device the child uses, especially for younger children. The device should have the option to configure or install one of many available parental control applications. They prevent the use of inappropriate social networks, for example. It is worth noting that any service or online service that allows contact with strangers is inappropriate for younger children. Users of these services should follow their terms and conditions.

The caregivers and the child should discuss the decision to set up a profile on social networks. It's worth reviewing the terms and conditions together, as well as the privacy settings offered by the platform, to limit access to the profile by strangers as much as possible. Underage users should learn about privacy and sharing their data on portals.

It is important to remember to select the application according to the user's age. **Most social networks are designed for people over the age of 13,** so that the materials available on the platform may not be suitable for younger users. For more information, see the report titled: "Mobile apps - are our children safe "[9].

It is necessary to establish rules to control the content published by the child and received by strangers, keeping in mind that the child has the right to privacy.

Practice shows that the younger the child, the more complete the control should be; the older the child, the more protection should be based on risk awareness and automatic filtering tools.

It is imperative for children of any age to discuss the potential risks that may occur when using a particular platform or service. Agree on ways to respond taking into account depending on the abuse - informing the caregiver, reporting to the moderation of the service, blocking the user posing a risk, reconfiguration of privacy settings.

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9   Report "Mobile apps - are our children safe?" (PDF, 684 KB) – https://dyzurnet.pl/ uploads/2022/01/ Aplikacjemobilne-czy-nasze-dzieci-sa-bezpieczne.pdf

Intimate materials in a relationship - role, motivations

Almost all respondents said intimate materials are perfectly acceptable and even desirable, in a romantic relationship, provided there is mutual consent. They serve as teasers and reminders, as well as the role of maintaining the sexual nature of the relationship when the couple, for some reason, cannot see each other "face to face", for example, with a temporary separation (the message: "I'm with you, remember me") or with a "long-distance" relationship. This helps create a sense of intimate closeness between partners. It is also part of the foreplay between the partners, an expression of the bond between them, a set of established behaviours they have agreed on and mutually accept. Respondents indicated they often discussed their willingness to share such materials with their partners before sending intimate photos.

In addition to distributing intimate photos and videos, especially in the case of long-distance relationships, respondents also mentioned live encounters in front of the camera when they showed each other's naked bodies or played intimate close-ups.

The interviewees, who were in a relationship, were absolutely convinced that the form of exchanging intimate materials between them was safe because of the trust based on the feeling between them, the unwavering sense of closeness and mutual devotion.

"Partners in a relationship are happier if they get something like this. Trust is built in the relationship. It can also serve as an ego booster."

There were only occasional claims that even in a relationship based on a sense of trust, sending nude photos may not be safe.

"I have the conviction that even when you are in a relationship with a person you trust, you still don't know what can happen, or how it will end."

The possession of such materials was an indicator of the strength of their affection for each other. Usually, the exchange was mutual. For example, when one person sent a photo of themselves, the other felt encouraged to compliment their partner's image, and send back their photo in response while also expecting a compliment in return. This constituted a mutual exchange of intimate photos, as a non-verbal form of confirmation of affection and closeness. For the majority of respondents, this type of behaviour in a relationship was considered "normal." In their mind, the phenomenon was considered ordinary and explained as follows:

"It used to be that you got pregnant quickly, but now you take nudes."

The motivation for the consensual exchange of intimate material was often a desire to make the other person feel better and to hear a compliment from a loved one. In such a situation, the person sending the photos was sure to receive positive feedback. For this reason, respondents said that sending nude photos helped build their confidence and gave them a more favourable view of their bodies.

> *"... By sending nudes, I want to improve the other person's day. This photo is meant to say: appreciate my body. I have difficulty accepting my body, so when I hear - oh, how pretty you look, or you have beautiful boobs or something like that, it automatically makes me feel better because someone thinks my body is beautiful. I have a reason to feel good about myself."*

Respondents linked excitement and arousal to sending and receiving wanted materials of an intimate nature, which they thought might motivate this behaviour. The interviews were conducted with respondents between 18 and 24, which usually meant they lived with parents or shared a rented apartment with roommates. When sending or receiving this type of material, the subjects felt a surge of adrenaline, both from the thought of a partner and from the fear that someone might "catch them in the act."

Another thing that reinforced the excitement surrounding this phenomenon was the realisation that generally in society, the topic of sexuality is considered taboo, a "forbidden fruit", especially among younger people, which heightened in them the desire to cross-cultural and social boundaries, emphasizing the closeness and trust that unites them. It was also exciting to see something that was not shown to others. There was also curiosity among respondents related to the expectation of the reaction of the person to whom they sent the photo and how they would respond.

Tips for caregivers

Respect for one's body and the ability to assertively say no are crucial to building self-confidence and self-esteem. Teach your child to make good choices by diagnosing motives for action (his own and others') and seeing the short- and long-term consequences. Even in a potentially safe relationship, sharing intimate materials can be dangerous. Remember that examples work best, so talk about different situations experienced by peers. Try to find alternative solutions together.

Motivations of people who knowingly sent intimate photos

Few respondents admitted to distributing their nude photos online to random strangers. It was a form of bragging about their bodies, expecting acceptance, admiration and compliments in return. Some also mentioned that it was a form of compensation for a bad mood or a break from their problems in life. This type of approach is characteristic of people who treat the dissemination of intimate photos and materials as normal; something that should not be taboo:

"I believe that nudes can be exchanged with strangers as well. I am aware of the risks. However, I do not worry about them. Sending nudes is ok when I need sexual gratification or appreciation."

People who send this type of material to strangers as "fame mailing" (messages of an intimate nature sent to many recipients, usually to draw attention to themselves) treated such behaviour as something natural and believed everyone should have an opinion like theirs. These individuals described themselves as "easy-going," "open-minded," "OK with it," etc. Terms of a derogatory nature like "promiscuous" and "perverted" were also used. They had previous experience with leaking intimate photos, so their current approach to sending out nude photos was "even if they leak, nothing will happen." By sending intimate photos, also to strangers, they often wanted to make themselves feel better and expected compliments. These individuals faced various psychological problems more often than others.

"... I am also struggling with mental problems like this until now because I have a borderline personality disorder and I have also been depressed for many years and so on...",

"... the situation has taken a heavy toll on me mentally..."

Is there pressure to send sexually explicit material?

Most respondents confirmed when asked if there was pressure in their environment to send nude photos. According to the interviewees, such a situation occurs most often in toxic heterosexual relationships, in which the man usually pushes to obtain such photos from his partner.

"This happens in a relationship: we haven't seen each other in a long time, so give me something to go on."

"I felt pressure from my boyfriend at the time. The relationship lasted about two weeks. The boy persuaded me, urged me. He said it was important to him. He even resorted to emotional blackmail."

Respondents also talked about peer pressure. It is more of a feeling - since everyone else is doing it, I should too. Most interviewees believe this most often happens to very young people - at 14-15.

"The girls with self-esteem issues. They feel the pressure because they don't want to be inferior."

"It is the same peer pressure issue as with smoking cigarettes. Your entire life is pressure - finish high school, go to college...",

"In my opinion, there is social pressure. If many people send them, individuals just want to keep up with the group."

"Friends saying - Everyone is doing it, we should too".

Tips for caregivers

The world of teenagers today differs from the world you grew up in. However, there has always been peer pressure that pushes young people to engage in risky behaviour, even when they are aware of the consequences, feel inadequate, or it goes against their values. It is worth talking about peer pressure, group pressure, expectations of a loved one and how to assertively refuse in situations that violate your family's established standards. Pay attention to the differences between a toxic relationship and one based on trust, closeness and support for the other person.

Interviewees also mentioned online pressure from strangers, and an internal sense of compulsion to return the favour after getting a nude photo from someone else. There have also been claims that although there is pressure, but it is rather not to send such photos to anyone.

Among the respondents, only women admitted to sending nudes under pressure. Each of these situations was accompanied by a very similar pattern - they were persuaded by their partners at the time. They felt that refusal would cause the partner's dissatisfaction and lead to an argument. Even though they didn't feel good about it and knew they were doing it against themselves, they succumbed to persuasion. This was primarily due to the fear of being abandoned by a partner. Sometimes they also felt guilty over not being able to experience enjoyment when taking and sending nude photos. In retrospect, all interviewees say they felt blackmailed and stuck in toxic, destructive relationships. They believe that today, after these experiences, they would act differently and end these unhealthy relationships sooner.

The respondents indicated that sending intimate materials, especially for girls, often involves a sense of obligation. The lack of adequate sex education in schools was cited as a contributing factor to relationship and peer pressure.

"I didn't need support, but rather education. At the time, I was scared, and now I don't pay attention to it anymore. I have blocked everything I can."

Respondents also pointed to the need for public campaigns to raise awareness of the problem among the wider public.

"I would very much like to prepare such a campaign, this is amazing to me, and I wholeheartedly support the people running it."

Respondents who, despite pressure, did not send a photo

Despite pressure in the relationship, the most common reason for people who chose not to send a nude photo of themselves was their ability to put their needs above others'. Another reason is the fear of what will happen to these pictures in a hypothetical breakup situation. It was also prevalent in the survey that the end of a relationship is the moment when nude photos of partners can leak out as a result of revenge by one party.

"I was in a long-distance relationship. I neither wanted to take such pictures nor did I want anyone to receive them. I am now convinced that if I had yielded at the time and sent such a photo, it would have been made public. I wouldn't feel comfortable taking such a photo, nor would I even want to imagine someone watching it."

The interviews revealed that requests from people met over the Internet to send nude photographs are common. This happened during the first conversation with a person and in online relationships with longer tenure. The interviewees often talked about online security on this occasion - they feared losing control over what would happen later with such pictures. In addition, they didn't want to send intimate photos to complete strangers they had never seen - nudity was a realm they only wanted to share with a select few. Most interviewees wanted to get to know the other person first. So they were disappointed when someone tried to start their relationship by asking for nude photos.

> *"This is a personal matter for me, very private. I would be afraid my photos could fall into the wrong hands."*

> *"I didn't want to start the relationship with nudes. I felt that this person cared mainly about such pics."*

Support

Those surveyed who experienced their first contact with unwanted intimate material in their late teens (15-18) said it happened when they were already aware of sexuality and knew that such things happen online because, for example, they had learned about it earlier from friends.

The need for support was mainly mentioned by those who had to deal with difficult events, such as contact with intimate materials at a young age (12-14) when they were not ready for it. There were also claims that such people may blame themselves for the situation they are involved in and fear negative opinions from peers and adults in its aftermath.

The need for support was also signalled by those who experienced the "leak" of their own intimate materials. They mentioned **They mentioned their very difficult experiences of social ostracism, lack of understanding, empathy and support.** Respondents repeatedly said that in the event of a "leak" of such materials, their social

environment (peers) exhibited asignificant lack of understanding for the affected person's ordeal. What's more, there have been frequent claims that peers would laugh at the affected person and have a very negative opinion of them in such situations. The victim is blamed for the situation. Unfortunately, the leak's perpetrator is not subject to such social ostracism. Often the progenitor of its oppression is even considered the "positive hero" who has demonstrated a pro-social attitude.

Respondents repeatedly spoke of the need for support in difficult situations they experienced. Peers are often the ones who first learn about the situation and react. Therefore their response must be appropriate, i.e. non-judgmental and non-mocking. It is worth remembering that each of us makes mistakes and rash decisions or may be victimized by cybercrime.

As the best source of support for this type of event, the first thing respondents cited were peers - people like them with similar experiences. They may be their friends, relatives, acquaintances, or older siblings**.**

Most of the interviewees (both those who experienced such dramatic situations as well as those who only imagined or witnessed a similar event) believed that they **would not turn to their parents or other adult family members for help for fear of being rebuked, accused of disobedience, etc**., or simply did not believe that they could get help and support from them.

"Certainly not the parents. There is a generational gap. Close friends give the affected person a sense that it is not their fault, that they are not stupid, making them feel safe. There is support from older siblings too. I wouldn't seek the help of adults myself."

Several statements also described the unpleasant consequences of telling parents about such an incident. Such experiences are often combined with a lack of understanding of the problem by parents/caregivers. This leads to negative emotions, blaming and reprimanding children. Many surveyed also said they had not received proper guidance from their parents and had not been warned about the dangers awaiting young people on the Internet. What is clear from the interviews is the lack of awareness among parents/caregivers about the dangers their children may face on the Internet.

"Adults told me not to get into a car with strangers, not to trust strangers on the street, but nothing about what I might encounter online..."

Tips for caregivers

- **Don't judge** your child. Remember that anyone can make a mistake

- Always **ensure that the child feels supported**. Be the adult whom the child can trust and share even the most embarrassing things

- **Don't punish your child** for being manipulated by others

- Talk and explain, but **be understanding**

- **Offer support** and show that you are on their side no matter what

- **Your reaction in these difficult moments will influence** whether your child turns to you for help next time

- **Stay up to date** and educate your children about online threats and how to protect themselves from them

According to most respondents, the schools also fail to provide adequate support for those facing dilemmas and anxiety about unwanted contact with sexually explicit material. On the other hand, there were also opinions that the schools should care and help solve this type of issue for their students:

"The school should also organise a talk with a psychologist, an educator, and trusted teachers."

"The teacher/psychologist should prepare young people for such things because they can happen."

As far as support goes, anonymous solutions such as helplines and support groups on FB were also pointed out:

"... if there was a need for help, I would find it. Nowadays, on FB, there is the possibility to add anonymous posts, so you can describe your uncomfortable situation, and there will always be someone to advise what to do in such a situation."

Interviewees agreed that moralizing, echoing guilt, and stigmatizing is the wrong way to treat people with problems arising from contact with intimate materials. They pointed to **the need for empathy, understanding, and creating a sense of security**, but also assurances that they had done nothing wrong, that it was a mistake they weren't the first to make.

"A hypothetical situation in which, being 14 years old, someone distributes my nudes. In such a case, I wouldn't want to 1. feel condemned 2. be chastised (e.g., hear that I am a slut). I would like to 1) learn about online safety, 2) have a sense of support and presence, 3) reassurance that if someone shares such pictures, that person is the one with a problem."

"I would like someone at school to pay attention to my situation [leaking nude photos among students at school]. They should be told about the situation and warn their peers not to harass this person who made such a mistake."

"... not to stigmatise, to show that she is not the first and that everyone makes mistakes."

"I wouldn't want to be chastised too much. I would like verbal and emotional support from my family."

Main conclusions of the study

1 **The respondents considered the leakage of "self-generated sexual content" materials one of the most difficult situations** in which a person sending such photos or videos may find themselves.

2 Respondents' second tough situation was **the pressure to send "self-generated sexual content"**. The phenomenon of online contact with intimate material is massive and widespread. It affects many Internet users, including children (12-14 years old).

3 In the case of children and adolescents who are not ready for contact with this type of material, this can result in **unpleasant or, in extreme cases, irreversible consequences in the sphere of psyche and behaviour of the affected persons** (rejection/ freezing of the sexual sphere in the future or premature, sudden arousal of this sphere, leading to sex addiction and other disorders against this background).

4 Those surveyed repeatedly indicated that as a result of such widespread and mass contact with pornographic materials, which over time leads to **indifference, and overexposure to this subject.**

5 According to the respondents, *indifference can also be a form of denial* of feelings associated with contact with this type of content that are difficult to go through, especially when it happened suddenly, was unexpected and unwanted, or occurred at a very young age of the person who experienced it.

6 Respondents pointed out **two types of intimate materials**, distinguished by their willingness to receive them. The first type is materials that the recipient does not want to receive. It was rated negatively by almost all respondents. The second type is materials sent by mutual consent (for example, in a relationship). This type of intimate photos and videos was viewed positively by most of people surveyed.

7 The majority of respondents said that when faced with difficult situations involving self-generated sexual content, such as leaking photos or videos, peer pressure, feeling let down by someone, or receiving sexual content they didn't want to receive, **they would not turn to parents or school for support** because of fear of being punished, blamed or misunderstood.

8 Respondents were unanimous in stating that **the support they would expect in such a situation should be based on empathy, understanding of their situation and building a sense of security.** It should not, in turn, include moralising, stigmatising, evaluating and reproving elements.

9 Such support should also not be accompanied by an atmosphere of fear or shame. It is evident from the statements that those surveyed have **worryingly low knowledge of the rules regarding cybersecurity.** Some even deliberately ignore the established rules of safe Internet use.

Prevention

The Internet is a natural part of reality for children and young people, with which they are in contact from an early age. Online as well as offline life and privacy are equally important. Unfortunately, with the development of digitisation comes an increase in the dangers of using the Internet and imprudently publishing private materials.

The Internet is used by many to develop interests and passions and maintain and establish friendships and relationships. However, despite the many positive aspects of network access, it has new risks and dangers. Perpetrators of online crimes or violations via the network are given unrestricted access to victims and information about them. For those with pedophilic inclinations, the Internet can be a source of material depicting child sexual abuse and provides an opportunity to contact potential victims.

The cases discussed and described in the publication prove that the creation of intimate materials on their own by minors has been a rapidly developing phenomenon over the years and that engaging in this type of behaviour is generally accepted by young people.

The digital exclusion of parents and caregivers often results in a lack of awareness of current risks and aspects of online safety. Adults are often unaware of what goes on "behind the closed door of a child's room."

Building a relationship with the child based on understanding, respect, mutual communication, and closeness is critical regarding online risk behaviour prevention. If a child produces intimate materials, one should not judge, make accusations or react with anger. We can never be sure what was the level of the child's awareness and intent. Young people often share such materials due to manipulation or peer pressure. The undertaking of risky activities by young people is a stage of adolescence, which often allows them to gain life experience and knowledge of themselves, social rules, and the ability to cope with the consequences. If such a situation arises, talk and try to understand the young person's point of view, show possible ways out of the situation and the consequences of actions.

Building awareness of the risks is worth starting with a conversation and an interest in what the young person is doing online. To protect young people from the dangers of Internet use, it is best to:

1

Jointly establish general rules for using the net - Setting safety rules together gives the child a say and the opportunity to make decisions. Rules should not be imposed by force, especially on older children, because they will be treated as prohibitions, which may influence reluctance to obey them. The creation of online safety rules should not be based on and seen as a restriction of freedom but rather be the "hygiene" of online presence.

2

Establish the rules for online friendships together with the child - maintaining and engaging in online friendships is not a threat and should not be considered a bad thing but rather a normal consequence of increasing digitisation. It is essential to help children develop an awareness of the dangers of making such acquaintances. Use the principle of limited trust, especially with people you don't know in the real world, as a person you meet on the Internet can construct their identity in many ways, and their intentions may not always be sincere.

3

Use parental control apps - parental control apps can be helpful but should not be the only protection against online threats. Such applications can help reduce the possibility of young users coming across illegal or harmful content, including pornographic material. It is worth mentioning that many such tools send "alerts" to the parent and block content if the child wants to send or is about to receive pornographic materials. The apps also give you the ability to control internet time, block specific phrases, and provide insight into who your child is interacting with.

4

Use anti-virus software - such software effectively reduces the possibility of a young user coming into contact with sites containing harmful or illegal material. It can prevent displaying phishing ads intended to steal financial information or other cyber security threats.

5

Have conversations about online threats- this can result in expanding and updating knowledge about online risks, thus building awareness about how to behave safely. Conversations should also include the aspect of possible consequences of actions taken online.

Sex education is also crucial in preventing young people from engaging in risky behaviour online. It should provide sound knowledge related to sexuality and teach young people to set boundaries and be assertive. Proper sex education can protect against sexual violence. When it comes to young people's emergence of self-made intimate materials, it is worth asking why such materials were created and how did it end? There can be many reasons for self-generated sexual content. Young people engage in such behaviour under peer pressure. Although sometimes, it is a form of a joke to get another person's attention, it can be a way of experiencing first sexual experiences and fascination. Unfortunately, such materials are sometimes created due to a crime - child grooming (online grooming of a child), sexting or sexual blackmail.

They also often arise as a natural consequence of the pervasiveness of the Internet in the lives of teenagers. It is essential to teach young people that they do not have to do anything that makes them uncomfortable and to assure them that no one has the right to demand that they send such materials. No less important is the aspect of **media education**, which aims to show how to safely build your image on the Internet. Information and materials once posted online are likely to never disappear from the web alltogether, so it makes sense to consciously choose the information you want to share with others. It is also important to remember how someone can use such information against the person posting it. Sometimes intimate materials are "leaked" from the devices of users as a result of hacking attacks, so another important aspect that should be addressed when discussing online safety is **cybersecurity**. Digital education is designed to sensitize people to possible spam or other messages aimed at phishing or financial phishing, or stealing data from a device.

What to do if intimate materials leak?

report the matter to the administrator of the site on which they are located,

configure your privacy settings and restrict access to your private information,

limit your visibility on social media,

the case can be reported to the police- if the person visible in the intimate materials is a minor, the case should be reported to the police, as these are materials depicting the sexual abuse of a child,

exercise your right to be forgotten- when you fill out the appropriate form, specific links may be removed from search results,

talk with a loved one or a helpline consultant and seek support.

Useful contacts or where to look for help:

helpline for children and adolescents (**116111.pl**), helpline for adults - **116 123.**

any adult - parent, caregiver, or teacher who knows a child whose online safety has been compromised can get help and information on how to proceed by contacting the Child Safety Phone for Parents and Teachers at **800 100 100.**

police or prosecutor's office (in the case of illegal content).

About the campaign

The noticeable development of the phenomenon of producing intimate materials and the involvement of young people in activities such as "sexting," leading to the creation of "self-generated sexual content," were the reasons for conducting the study among young people. The interviews confirmed public demand for an initiative that builds awareness of the dangers of engaging in this online activity.

The "#NIENAPOKAZ" (NOT FOR SHOW) campaign aims to build public awareness of the phenomenon of "self-generated sexual content" and its consequences. In addition to informing of the dangers, the campaign activities also indicate where to seek help or what to do if the materials are made public by those who have accessed them.

The campaign materials on the TikTok platform targeted youth between the ages of 13 and 17. **Saferinternet's profile on TikTok:** https://www.tiktok.com/@saferinternetpl?lang=en-PL

The campaign was implemented as part of the Polish Center for the Safer Internet Program. **Website of the #NOTFORSHOW campaign:** https://nienapokaz.pl/

#nienapokaz #mogemowicnie #wspieramnieoceniam

NASK is a State Research Institute supervised by the Minister of Digitisation in the Prime Minister's Office. Cyber-security, user protection and security activities are the core activities of NASK. Responding to network security incidents and receiving reports of breaches is handled by the CERT Polska Team (www.cert.pl) and Dyżurnet.pl. According to the Law on the National Cyber Security System, NASK-PIB has been designated at the national level as one of three Computer Incident Response Teams, the so-called CSIRT, which coordinates the handling of incidents reported by key service operators, digital service providers, and local government. Incidents can also be reported to NASK's CSIRT by all Internet users. NASK also co-creates analytical and R&D facilities for the National Cyber Security System and conducts R&D activities in developing solutions to enhance the efficiency, reliability and security of ICT networks and other complex network systems. NASK's scientific and research activities also have an implementation and market-oriented dimension. At our institute, researchers frame a commercial problem within the scientific framework, using its tools that are often broader and more abstract to arrive at results that are not only satisfying but also innovative. The mainstream research consists of cyber security understood as detection, warning, incident response, data acquisition, analysis, processing and transfer, and complex network systems, including IoT systems and mobile ad hoc networks. The area of artificial intelligence is currently being developed in research. Research on biometric methods of identity verification in service security has an important place in the program. As a telecommunications operator, NASK offers innovative ICT solutions for financial, business, government and academic clients. NASK also maintains the name registry in the .pl domain (www.dns.pl). Since 2005, NASK has coordinated the Polish Center for the Safer Internet Program.