

Supporting Someone Experiencing NCDII

Supporting someone experiencing non-consensual image sharing can be a challenging and emotional experience, and you may feel as though you do not know how to begin.

There are resources available to help.

Tips for Supporting Someone Experiencing Non-Consensual Image Sharing

- Listen and respond without judgment. Sharing a nonconsensual violent experience is difficult, and the person may be uncomfortable and feel vulnerable. Responding in a non-judgmental way is respectful. Non-judgmental responses include listening patiently, not questioning the person's actions and allowing them to share information at their own pace.
- Remind them that the violence is not their fault, and that they are not alone. Tell them that you are there to support them in any way that feels right for them.
- Ask them how they would like to be supported. They may want someone to listen and validate their experience. Or they may appreciate help with learning about options for taking action.
- Learn more about non-consensual image sharing. You have already taken an important step by searching for information about how to support someone whose image has been shared without their consent, or who is receiving threats that their image will be shared. On the other pages of this website, you can learn more about the legal and non-legal options available to respond to non-consensual image sharing.
- Support their choices. There is no one-size-fits-all resource for people whose images have been shared non-consensually. It is important that individuals make

decisions and choices that are right for them, and that they feel supported in their decision-making with the recognition that responses will vary.

- Be kind to yourself. Whether a friend, parent, or anti-violence worker, it can be challenging and difficult to witness someone else's experiences of violence. Take care and seek support if needed.

Supporting Someone Experiencing Non-Consensual Image Sharing

- [Tech Safety Canada: Supporting Others](#)
- [BCSTH: How to Help a Friend](#)
- [Ending Violence Association of BC | Responding to a Sexual Assault Disclosure: Practice Tips for Universities and Colleges](#)
- [Salal Sexual Violence Support Centre](#)
 - Note: Salal provides many services, including:
 - A 24-hour crisis line
 - Text and Chat support
 - Police and Court Accompaniment
 - Counselling
 - Specific counselling and support for Indigenous survivors
- [Thorn: Support your Friend](#)
- [Poster/One Pager: Take it Down Now](#)
- [Tech Safety Canada: Image-Based Abuse and the Non-Consensual Distribution of Intimate Images](#)
- [Tech Safety Canada: Technology Safety and Victim/Survivor Resources](#)
- [Tech Safety Canada: Conversation Starters for Tech Safety Planning](#)
- [Tech Safety Canada: Preserving Digital Evidence Toolkit](#)
- [Tech Safety Canada: Tech Safety Planning Toolkit](#)
- [Tech Safety Canada: Assessing for Technology Abuse](#)

Supporting Children & Youth

- [The Learning Network | Supporting Youth Experiencing Technology-Facilitated Sexual Violence](#)
- [Kids Help Phone](#)
- [Tech Safety Canada: Supporting Teens' Experiences of Digital Dating Violence](#)
- [Tech Safety Canada| Understanding Teens and Technology: Safety, Privacy, and Empowerment](#)
- [Kids Help Phone| Cyberbullying: How to support the young person in your life](#)
- [Kids Help Phone: How to have an open conversation with a young person](#)
- [eSafety Commissioner | The Hard to Have Conversations: Talking with Your Child about Tricky Personal Subjects](#)
- [eSafety Commissioner | Sending Nudes and Sexting](#)

*A guide for adults and caregivers that provides guidance for many scenarios. Resource helplines in this article are Australian. For a list of BC and Canadian resources, see below.

- [Thorn: Talking to your Kids about Sextortion](#)
- [Thorn: Sextortion Resources for Educators](#)
- [Kids Help Phone: Talking to the young person in your life about sexuality](#)
- [Kids Help Phone: What to do when a young person confides in you](#)
- [Media Smarts| Relationships and Technology: Sexting](#)
- [The Learning Network | Coercive Control During Intimate Partner Violence: What about children?](#)
- [Paper | 'Young People Just Resolve It in Their Own Group': Young People's Perspectives on Responses to Non-Consensual Intimate Image Distribution | Dodge and Lockhart, \(2022\)](#)

Community-Specific Support

- [The Learning Network](#)
*Includes a library with many tailored and specific resources
- [The Learning Network: Sexual Violence Against Black Women and Girls in a #MeToo Era](#)
- [Toronto Metropolitan University: Hea](#)
- [Toronto Metropolitan University: We are Spectacular Nebulas in Healing Journal](#)
- [Toronto Metropolitan University | We Heal Together: A Colouring Book for Black Survivors](#)
- [The Learning Network: Addressing Sexual Violence and Promoting the Sexual Rights of Women Labelled with Intellectual Disabilities](#)
- [Disability Alliance of BC: Anti-Violence Resources \(in French and English\)](#)
- [Tech Safety Canada: Digital Assistive Technology Toolkit](#)
- [Article | The Conversation: Technology-Facilitated Abuse of Aboriginal and Torres Strait Island Women](#)

Note: This is an Australian article, but many points overlap with the Canadian Context. It may be helpful in understanding the experiences of Indigenous women and girls with technology-facilitated gender-based violence.

- [Tech Safety Canada: Supporting Indigenous Teens Through Digital Dating Violence](#)
- [Tech Safety Canada: Tech Safety Planning Conversation Starters for Anti-Violence Workers Supporting Indigenous Survivors](#)
- [Having a Safe Online Presence after Leaving Your Community](#)
- [Tech Safety Canada: Tech Safety Planning Tips for Indigenous Survivors Leaving a community](#)
- [Tech Safety Canada: Tech Abuse Poster 8.5 x 11 \(Inuktitut\)](#)

- [Tech Safety Canada: Tech Abuse Poster 11 x 17 \(Inuktitut\)](#)
- [Tech Safety Canada: Tech Safety Planning Tools in Inuktitut](#)
- [Tech Safety Canada: Tech Safety Planning Tools in Spanish](#)
- [Tech Safety Canada: Sécurité Technologique Canada \(French Website\)](#)
- [Woman Act | Promising Practices for Agencies to Engage Older Women](#)
- [The Learning Network: Support Rainbow Seniors! 3 things for Service Providers to Know](#)
- [The Learning Network: Trans Women and Intimate Partner Violence Fundamentals for Service Providers](#)
- [Government of BC: Safe Campuses BC](#)

Some of BCSTH's member programs provide specialized support for specific communities (e.g., people without status, Newcomer Women, Francophones, and Indigenous people), in addition to their regular services.

You can use [BCSTH's member directory](#) to find support services aligned with your needs. On the website, you can search for support organizations by region, city, and program. You can also filter out results that provide specific support services. Some of these organizations include:

- [Inform'Elles](#) serves francophone women experiencing gender-based violence in BC.
- [DIVERSEcity Community Resources Society](#) supports newcomers and other diverse communities.
- [Progressive Intercultural Community Services \(PICS\) Society](#) provides a wide range of programs and services that support new immigrants, seniors, farm workers, women and youth.
- [Vancouver & Lower Mainland Multicultural Family Support Services Society](#) offer assistance to immigrants, refugees, visible minorities, and women without immigration status and children facing family violence within the Metro Vancouver area.
- [Nisa Foundation](#) supports women of colour, Muslim women, immigrants, refugees and those without status.

Community Supports & Resources

There are supports & resources available to those experiencing NCDII and the people supporting them. Here is a list of resources.

Support for People Impacted by Non-Consensual Distribution of Intimate Images

- [The Intimate Image Protection Service](#) provides support to people in BC whose images have been shared without their consent. Available by email or phone (8:30 AM-4:30 PM).
- [Victim Link BC](#) is a free, confidential, and multilingual 24-hour service that provides phone, text, and email support including referrals and immediate crisis support to victims of crime. You can contact Victim Link BC even if you are not sure if you've experienced a crime.
- [Salal Sexual Violence Support Centre](#) provides free support for survivors of sexualized violence, including survivors of technology-facilitated violence (such as NCDII). They offer a 24-hour crisis line, text and chat support, Police and Court Accompaniment, counselling, and specific counselling and support for Indigenous survivors.
- The [Canadian Centre for Child Protection](#) provides immediate help and prevention education to address the victimization of children and support those who have experienced violence.
- [Cybertip.ca](#) is a tipline for reporting online child sexual abuse and exploitation.
- [Need Help Now](#) provides resources and support for Canadian youth who have experienced the non-consensual distribution of intimate images, luring, sextortion, or other forms of online sexual violence.

You can find a Transition House, Second Stage House, or Third Stage House near you on BCSTH's [membership directory](#).

Crisis Lines & Counselling

- [PEACE Program for Children and Youth](#) is a counselling program for children and youth experiencing violence.
- [Kid Help Phone](#) crisis line is available 24/7 by call or text.
- [KUU-US Crisis Line Society](#) is a crisis phone line for Indigenous Elders, Adults, and Youth.
- [VictimLink](#) BC is a referral and information service for victims of crime.
- [Crisis Centre BC](#) is a crisis phone line that offers 24-hour support in many languages. You don't need to be thinking about suicide to use this service. 1-800-SUICIDE/ 1-800-784-2433.
- [The National Suicide Crisis Helpline](#) offers 24-hour support. Call or text 9-8-8 for phone or chat support.
- [BC Mental Health Support Line](#)– A 24-hour line for immediate mental health support or referral. Call **310-6789** (no area code)
- [The Crime Victim Assistance Program](#) may be able to help victims and their family members with expenses for victims of violent crime, such as funds for support and counselling. You can apply to the program as soon as a crime against you has taken place, even before criminal proceedings begin.

Legal Support

- [The Intimate Image Protection Service](#) provides support to people in BC whose images have been shared without their consent. Available by email or phone (8:30 AM-4:30 PM).
- [Society for Children and Youth BC's Child and Youth Legal Centre](#) provides legal support for children and youth.
- [Access Pro Bono Society of British Columbia](#) offers free legal advice throughout BC.
- [UBC Indigenous Community Legal Clinic](#) provides free legal services to the Indigenous community and is located in Vancouver's Downtown Eastside.

- The [UBC Law Students' Legal Advice Program](#) provides free legal advice and representation to clients in the Lower Mainland.
- [Rise Women's Legal Centre](#) provides accessible legal services to self-identifying women and gender-diverse clients. They tend to have a focus in family law.

Tech Safety Support & Image Removal

- [The Intimate Image Protection Service](#) provides support to people in BC whose images have been shared without their consent. Available by email or phone (8:30 AM-4:30 PM).
- [Stop NCII](#) is an image removal service for survivors over the age of 18.
- [Take it Down Now](#) is an image removal service that supports survivors who were under the age of 18 when the image they are worried about was taken.
- [Tech Safety Canada](#) offers Canada-wide resources on technology-facilitated gender-based violence for survivors and frontline workers
- The BCSTH [Tech Safety Project](#) provides tech safety resources for survivors and anti-violence workers in BC.
- [The White Hatter](#) provides resources and education on digital literacy and internet safety. They provide online resources and have a phone line for support.

This guide is part of the Compass Tool developed by the BC Society of Transition Houses. The Compass Tool is designed to support survivors navigating non-consensual image sharing.

For additional tools, step-by-step guidance, and related resources, visit the [Tech Safe BC website](#).

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We encourage you to share this material widely to strengthen collective responses to technology-facilitated abuse. Please acknowledge the BC Society of Transition Houses when reproducing or distributing this content.