SO THIS IS SEXUAL ABUSE?
Are you uncomfortable with how they look at you or touch you?

Some naked pictures were shared?

You suspect a hidden motive?

Are you unsure if you want to do it too?

Did criminal proceedings commence?

YOU ARE NOT THE ONLY ONE WITH QUESTIONS.

READ THE STORIES OF OTHERS, AND LEARN ABOUT YOUR RIGHTS!
What’s up honey? You came home so frustrated last night.

It’s nothing...

Just because so far you’ve always came home from your dates smiling.

I’m telling you, it’s nothing!!!

Alright. In case you want to talk, I’m here.

It’s nothing special, we had a fight...

Oh honey, I’m sorry. What happened?

...he went on saying, that I don’t love him...

But why would he think that?

I have no idea... Or... But. Only that I don’t want you to freak out.

I’ll do my best. :)

I see. You are not ready yet, or you don’t want it to happen now.

Before the first time (as well as every time), the most important thing is to be sure that you want it and that your partner wants the same thing as you.

Love, loving someone is not the same as the desire to be together with someone. These feelings come separately.

I don’t get it. Because I really do like him...

If you do not both want it to happen, but he is emotionally blackmailing you or pressuring you, it only proves that his own will is more important to him than your feelings or intentions.

But I don’t want to hurt him. I don’t want him to break up with me...

Sure, sweetheart. But this is about him controlling his desire and not your fault. Therefore, you are not responsible for his feelings in any way.

But then does it mean he doesn’t love me?

I don’t know, maybe he thinks he loves you, but love never manifests itself as violence or pressure.

Oh, this is so embarrassing...

I’m glad you’ve told me. Also, I’m really proud of you for being able to say no!

I’m glad you’ve told me. Also, I’m really proud of you for being able to say no!

SEXUALITY IS OFTEN DIFFICULT TO TALK ABOUT. ESPECIALLY IF YOU ARE EXPERIENCING FEELINGS LIKE SHAME, GUILT OR FEAR WHEN TALKING ABOUT IT.

YOU ARE NOT ALONE! IF SOMETHING IS HURTING YOU OR YOU HAVE QUESTIONS, TALK ABOUT IT WITH AN ADULT YOU CAN TRUST. MAYBE A PARENT, A FAMILY MEMBER, A TEACHER, A PSYCHOLOGIST, ANYONE YOU FEEL YOU CAN SAFELY OPEN UP TO, AND LISTEN TO.

YOUR ABILITY TO CONSENT DEPENDS ON YOUR AGE: ONLY A CHILD WHO HAS REACHED THE LEGAL AGE FOR SEXUAL ACTIVITIES CAN GIVE VALID CONSENT TO AN INTIMATE RELATIONSHIP.

IN CASE YOU DON’T KNOW WHO TO TALK TO, YOU CAN CALL A HELPLINE FOR FREE TO TALK TO SOMEONE WHO UNDERSTANDS AND CAN HELP YOU FIGURE OUT WHAT TO DO. FIND YOUR HELPLINE HERE: HTTPS://WWW.CHILDHELPLINEINTERNATIONAL.ORG/CHILD-HELPLINES/CHILD-HELPLINE-NETWORK/EUROPEAN-CHILD-HELPLINE:116-111

SEX IS ONLY WHAT YOU’VE AGREED ON. IN ANY OTHER CASE IT IS VIOLENCE. IT IS ALSO ABUSIVE IF SOMEONE TAKES ADVANTAGE OF YOU BECAUSE YOU ARE DISABLED OR DRUNK OR UNCONSCIOUS AND THEREFORE UNABLE TO MAKE A REAL JUDGEMENT OF THE SITUATION.

ASKING FOR HELP IS NEVER SOMETHING YOU SHOULD BE ASHAMED OF!
SEXUAL ABUSE IS PUNISHABLE. EVEN IF IT IS COMMITTED BY A PARENT, TEACHER, TRAINER, OR SOMEONE YOU LOOK UP TO OR DEPEND ON. OR EVEN ANOTHER CHILD OR YOUNG PERSON. THIS IS SUBJECT TO REALLY STRICT RULES AND PUNISHMENT.

BELIEVE IN YOUR BAD FEELINGS, EVEN IF YOU HAVE ONLY SEEN OR HEARD ABOUT THE ABUSE. TELL SOMEONE YOU TRUST, SO THAT YOU CAN FIND THE RIGHT SOLUTION TO KEEP YOU AND YOUR FRIENDS SAFE.

INTIMATE CONTACT BETWEEN TEACHERS AND PUPILS IS ALWAYS ABUSE. LIKE IN OTHER CASES OF SEXUAL ABUSE, THIS IS ALWAYS THE RESPONSIBILITY OF THE ADULT, THE PUPIL IS NOT GUILTY.

IF SOMEONE FORCES YOU TO ENGAGE IN SEXUAL ACTIVITY AGAINST YOUR WILL, THAT PERSON COMMENTS A CRIME. NO ONE CAN FORCE YOU TO MEET, HUG OR KISS THEM. IT IS ALSO PUNISHABLE IF A PERSON PRESSES YOU DOWN, TOUCHES YOU, STROKES YOU OR FORCES YOU TO WATCH A PORN MOVIE. IN ADDITION, IT IS ALSO FORBIDDEN IF SOMEONE TOUCHES YOUR GENITALS AGAINST YOUR WILL, MAKES YOU MASTURBATE IN FRONT OF THEM, OR FORCES YOU TO HAVE SEX WITH THEM.

The school is responsible for protecting you from sexual abuse. This means that no one can touch you if you don’t agree. Especially not someone who is responsible for you.

So this counts as sexual abuse?
Yes, but it’s not okay either, for example, to make comments or offers to you that make you feel uncomfortable or humiliated and embarrassed.

Okay, but what if she misunderstood it?
In case something is offensive, it must be investigated, regardless of who the perpetrator is. That’s why it’s important that adults get informed about this.

I heard that he was also insulting a girl in the dressing room. But I think he was just kidding…
All forms of violence are prohibited. If someone is making fun of you, or simply telling a rude, sexually explicit joke that is embarrassing, it is abuse, too.

I think he just liked her, that’s all. My mate was saying that they hang out a lot after training.

Yeah, I also heard that they were dating.
Even if a relationship between a teacher and a pupil can seem like love, the balance of power is not equal, and the teacher is simply abusing the authority and the trust of the pupil, which is never ok.

But what if she had agreed?
It doesn’t matter. The question is always the free and independent choice. The pupil can’t really agree freely because the teacher has power over them and so such relationships are always forbidden.

It’s their fault as well if they let it happen…
Sexual abuse is never the child’s fault. Most cases are not discovered because the child feels ashamed of what happened or they are blaming themselves. Sexual coercion, force or threats are always a crime.
WHAT IF HE HAS HIDDEN PURPOSES?

Hi, I’ve never called, but I need some advice because I have a friend and... I’m a little worried about her.

Hello! I’m glad you called me.

So far, she was saying that she was about to do the entrance exam for a really good course, and now she is almost never at school, she has a lot of absences.

Has something happened?

She got a new friend, some older guy she meets up with quite a lot.

Can you tell me anything else about this?

They met at a party, normally the children’s home doesn’t let us out at night, but she skipped out that night. She’s been with him ever since, she is not really talking to me anymore. He comes to pick her up with his car, constantly takes her to places, to the cinema, to the city, whatever.

I understand that this is difficult for you.

So she changed completely. She’s barely hanging out with us, and when she does, she is totally weird, gets annoyed about everything, she thinks she can do everything.

Could you talk about this with her?

We hardly see each other lately. She only replies sometimes to me on chat, she acts weirdly even when she’s at home, sometimes she is cheerfully hugging me and sometimes she just slams the door behind her.

It is good that you’ve decided to make this phone call because your friend might be in a relationship in which she adores a lot of things now, however, it can be dangerous.

Why can it be dangerous?

It sometimes happens that adults build a close relationship and trust with children, give them special consideration and fancy things, however not because they like them, but in order to make them do things and make the child feel that they cannot say no even if they find themselves in a situation that they do not like.

I don’t know that guy, but I’m gonna go mad if he hurts my friend...

Have you ever talked about this to someone else, like to an adult? For instance, the school may have noticed that something has happened.

She is gonna hate me if I talk about it. But it’s so impossible to talk to her!

This is not her fault and it is not your fault, she needs to be protected from this guy. If you seek help for her it doesn’t mean you are betraying her, it means that you are standing up for her.

The others have arrived. I need to go.
GOING ON A DATE

When someone builds a relationship and trust with children to engage in sex or facilitate sexual contact, it is called ‘grooming’. It is one form of sexual abuse. It can happen both online and offline. They might try to create the illusion of a friendship or a love affair with the child.

Peer supporters are pupils who support their peers when they have a question or get into trouble. You can talk to them in a casual, confidential way and, if necessary, they can get you in touch with adults who can help.

If an online friend or someone on the internet offers you a meeting to make sexually explicit images of you or to have sex with you, that person is committing a crime.

Hi, do you have some time?
Sure. What’s up? Long time no see!

Well, it’s all happening… There’s this guy, we’ve been talking for a while.
Cool! Did you meet him online?

Yup. He wrote to me, we started chatting, and you know he is great. He totally gets what am I going through, he was bullied just like me. But well, let’s say his parents accepted it much more easily that he’s gay.

So have you met already?

Well, that’s just it. He’s not from here, but he’s coming this weekend, and wants to meet up.

Well, that’s really exciting! So what do you know about him?

He’s very attentive, always asking what’s up with me, he knows all about my friends by now. By the way, he has a driving licence, so I guess he is over 18.

I see. And does he have pictures on his feed?

Sure, he’s travelled almost everywhere. I checked if his profile was fake, relax.

So then what do you think?

I don’t know. He seems to be alright… He’s taking photos anyway, so usually he is not on the pics. But he has followers on Insta, and he is on Snapchat.

Well, it doesn’t hurt to be cautious. Did you talk on camera?

No, he wants it to be a blind date.

Alright, but still, it would be useful and important to think about this situation. If you decide to go because you think it’s safe, at least tell someone where you are meeting, preferably an adult so they would know exactly where you are and who you’re with.

Yeah, of course. But my parents would freak out. My mate is gonna be at his Dad’s...

Let’s say my cousin is kinda cool.

He’s picking me up after swimming class and then we’re go out to shoot some photos. He has some project and says I’d fit in it.

I see your point but…

What’s the worst that can happen?

Well, you know that you are legally responsible for deciding whether you wanna have sex or not, but that doesn’t mean he can do anything with you that you don’t want. No pictures, nothing!

Okay…

Anyway, don’t you think it would be better to meet up somewhere where there are more people?
A new movie just came out.

I only wish it would work out…

I think you should give yourself a little time. If you are not feeling comfortable around him, it will be much, much easier for you to leave.

Yeah, that’s for sure. Thanks! I’m gonna think about it. Can we talk tomorrow?

Of course.
SOME PICS CIRCULATED IN OUR GROUP CHAT

There is something serious we need to talk about.

Hi, how is it going?

You know, there is this new boy in the other class.

Yes, I guess I’ve heard a few things about him, but I’m not teaching him.

Some kids started bullying him to test whether he is really as badass as his reputation. So actually, now, everyone is laughing at him.

That sounds pretty concerning. Come, we can calmly talk here... Tell me what happened!

It seemed funny at first, but now I find it so awkward what’s going on. Some of his classmates created a fake profile and started writing to him about how cute his dog is, how good his drawings are on Insta, and he's so hot ...stuff like that...

Did several people manage this profile?

They were three at the beginning, after that I have no clue.

I see.

They were writing to him on chat non-stop, in the morning, evening, and after a while things got out of control. You can imagine.

So he was betrayed...

That’s not the end of the story. Because all this spread, some pictures and messages went around. He would definitely not want anyone to see them... Even my brother received them in a private message, and we also got it sent to our class group chat. And who knows who else got them...

I’m really glad you’ve let me know about this. It is not only really mean and dangerous, but it can also be a criminal charge.

We don’t want to be those who reported it...

Of course, this remains between us. Thank you for trusting me. I’m going to talk to his teacher, and we will do our best to sort this out.

So what happens now? Should we take screenshots?

If an image is publicly available, it should be deleted or reported as soon as possible and you shouldn’t share it again. Do you know how to do this?

I guess so.

I can show you how, or even others can help you with this. But if you explicitly indicate in your chat groups that you do not agree with this, that can also help the situation.

We should talk to the boy as well, but I don’t want him to do something stupid... Or to get angry with us.

Unfortunately, we cannot protect him from the pain, but we can help and support him to overcome it more easily. Let’s think about it together what would be the best solution to this problem!
SO IS THIS A CRIME?

Hi! How can I help you?

Hi! How can I help you?

so a friend of mine just dumped her boyfriend, and now he is blackmailing her by sayin that he’s gonna post her pics to some sites

I’m just curious what happens if he does it and what could be done

How old is your friend?

17

I see. Would you help me a little by telling me what kind of pictures we are talking about?

there are some naked pics or almost naked and also some very sexy pics

It’s great that you wrote because the laws are pretty strict on sharing naked or half-naked pictures of people under the age of 18.

Anyone posting, sharing or transmitting such pictures or videos to others may be prosecuted.

Your friend’s ex-boyfriend might be punished for making, sharing or publishing these pictures, even if he is under 18 too.

even if she agreed that her boyfriend can make those pics of her? or if it was her sending him those pics?

Even if it was her sending those pictures, or they were taken with her consent.

so, it doesn’t matter who owned the pics

Yes, because both taking and storing of these pictures is punishable by the law.

so it is punishable, even if he only has it on his phone?

Yes. In fact, proceedings can be initiated against anyone who receives such a picture if, instead of deleting it, they just store it or share it.

even if it’s her own picture of herself??

Usually only if the image shows someone else.

So if this whole story gets published my friend won’t be in trouble? 🙁

She won’t be in trouble, but her ex-boyfriend and any others can be punished if they post the pics.

how can we report it? Do the parents have to know about it?

Children can also report it, either with parents or without them.

Anyone who makes, stores, makes available, distributes or knowingly visits sites to look at these types of pictures or videos might be punished for it. The law protects children under 18 from having sexual pictures and videos made or published.

IN SOME COUNTRIES, CHILDREN ARE ALLOWED TO TAKE OR KEEP SELFIES OF THEIR OWN BODY, PROVIDED THEY ARE OF LEGAL AGE TO CONSENT TO SEXUAL INTERCOURSE.

WHENEVER AUTHORITIES BECOME AWARE OF A POSSIBLE OFFENSE, THEY MUST ALWAYS INVESTIGATE IT. POLICE INVESTIGATE IT EVEN IF THE PERSON POSTING THE PICTURES IS IN ANOTHER COUNTRY. CHILD PROTECTION SERVICES ARE NOTIFIED AS WELL OF THE COMPLAINT.

IF YOU TRY TO REPORT SOMETHING AND THE POLICE DON’T TAKE YOU SERIOUSLY CALL THE CHILD HELPLINE. TO REPORT AN IMAGE, CHOOSE YOUR COUNTRY AT: WWW.INHOPE.ORG

YOUR PRIVACY AND PERSONAL INFORMATION MUST BE PROTECTED.

Your privacy and personal information must be protected.

In the eyes of the law, images that depict a child under the age of 18 in a sexual situation or that are sexually suggestive or show their genitals are considered child pornography.

The age of criminal responsibility depends on your country. It’s possible to be criminally liable even if you are under 18. The minimum age of criminal responsibility is often 14 years, like in Hungary, Germany, and Russian Federation, but it varies by state. It is 13 in France and Greece, 12 in Belgium, the Netherlands and Turkey, and 10 in the UK and Switzerland.

The authorities take into account the seriousness and circumstances of the crime. The aim is always that the consequences are effective, proportionate and dissuasive. Whatever the authorities decide it is his responsibility and not your friend’s fault.

such as?

Prison, a fine, but he can also be excluded from something or told to do an educational programme.

so how can she get him to delete the pics?

The authority can make him delete the pictures, but by talking to him about it she could also help him understand the consequences of what he is doing.

okay, got it, thanks, bye!! 😊

If you have any further questions feel free to contact me again! Bye.

The age of criminal responsibility depends on your country. It’s possible to be criminally liable even if you are under 18. The minimum age of criminal responsibility is often 14 years, like in Hungary, Germany, and Russian Federation, but it varies by state. It is 13 in France and Greece, 12 in Belgium, the Netherlands and Turkey, and 10 in the UK and Switzerland.

will the police see the pics?

When proceedings are initiated, investigators must identify the victims, so normally they will see the footage. The pictures are recorded as evidence but the people who can see the evidence is limited.

and what if her ex-boyfriend gets arrested?

The authorities take into account the seriousness and circumstances of the crime. The aim is always that the consequences are effective, proportionate and dissuasive. Whatever the authorities decide it is his responsibility and not your friend’s fault.

such as?

Prison, a fine, but he can also be excluded from something or told to do an educational programme.

so how can she get him to delete the pics?

The authority can make him delete the pictures, but by talking to him about it she could also help him understand the consequences of what he is doing.

okay, got it, thanks, bye!! 😊

If you have any further questions feel free to contact me again! Bye.
WHEN CRIMINAL PROCEEDINGS ARE INITIATED

YOU WILL RECEIVE ALL THE INFORMATION THAT WILL HELP YOU UNDERSTAND YOUR RIGHTS AND WHAT HELP IS AVAILABLE TO YOU. IT IS IMPORTANT THAT YOU UNDERSTAND THE PROCESS, YOUR ROLE, AND THE DEVELOPMENTS, OUTCOMES AND COSTS OF YOUR CASE.

YOU HAVE A RIGHT TO A FAIR TRIAL. THE AUTHORITY MUST MAKE SURE THAT YOU DO NOT GET HARMED DURING THE TRIAL AND RECEIVE ALL THE ASSISTANCE YOU NEED. PROCEDURES SHOULDN'T BE DELAYED, BUT UNFORTUNATELY, IT CAN SOMETIME TAKE MONTHS, OR YEARS.

YOUR VIEWS ARE IMPORTANT AND MUST ALWAYS BE LISTENED TO AND TAKEN INTO CONSIDERATION. IF YOU WISH, YOU CAN EXPRESS YOUR VIEWS THROUGH A MEDIATOR – SUCH AS YOUR PARENTS OR AN ADVOCATE.

SOMETIMES THE HEARING IS CONDUCTED BY A PSYCHOLOGIST. SOME STATES ALSO ENSURE THAT IT IS ALWAYS A PERSON OF THE SAME SEX WHO INTERVIEWS YOU IN CASE OF SEXUAL OFFENSES. IF YOU DO NOT SPEAK THE LANGUAGE, YOU SHOULD ALWAYS HAVE AN INTERPRETER WITH YOU. TELL YOUR LAWYER OR THE AUTHORITIES AND THEY SHOULD ARRANGE THIS.

YOUR PRIVACY NEEDS TO BE PROTECTED. EVEN IF THEY TALK ABOUT WHAT HAPPENED ON TV OR ON THE RADIO, YOUR NAME AND FACE SHOULD BE HIDDEN FROM THE PUBLIC AND NO DETAILS CAN BE GIVEN THAT COULD LEAD TO YOU BEING IDENTIFIED.

YOUR SAFETY IS ALWAYS PARAMOUNT. AUTHORITIES MUST PROTECT YOU AGAINST INTIMIDATION, RETALIATION AND REPEATED VICTIMISATION. IF YOU FEEL UNCOMFORTABLE OR SCARED, TALK TO THE ADULTS HELPING YOU WITH THE PROCEDURE.

I Now that we've got to know each other, let me tell you a little about what to expect during the proceedings. I’ll try to be clear, but if something is not clear, please, both of you, feel free to ask!

(child) Okay.

(parent) Thank you.

Your protection is vital during the investigation and the prosecution. Your rights and your best interests must always be respected.

(p) What should we be prepared for?

The purpose of the investigation is to find out what happened. It collects evidence or proof that will be judged by the court. You are going to be invited to go to a hearing. What you say there – your testimony – can be used as evidence or proof in the court, unless you withdraw it.

(c) Do I have to tell everything?

You help the investigation by speaking honestly. This is your duty as well. If absolutely necessary, the judge or other authorities might need to ask more detailed questions.

(p) Is it absolutely necessary that my son testifies?

Your son may need to testify if the police cannot otherwise obtain evidence or if Peter wants to testify, he will be heard.

(p) Where should we go?

You will receive a letter (the summons) that will state the name and address of the authority. In some cases, it is also possible not to have to go to the hearing in person, but to make an online video call.

(p) It is not easy for him to talk about it. Is it enough to tell it only once?

The police should avoid repeating the interviews, so he would not have to tell it again. For this reason, interviews can be videotaped that can be used as evidence in court. But he may still need to talk about it several times.

(c) Can Mum come with me?

Yes. As long as you are not 18, your parent or legal representative must be present. Sometimes you can choose the adult you want to accompany you.

(c) Who else is going to be there?

A police officer who asks questions, but you can also ask for a psychologist to be there. As your lawyer I may be present as well.

(c) Will the one who started this whole thing be there too?

Care should be taken that you do not meet the one who hurt you. This is always the case unless it is your best interest and it was previously discussed with you.

(p) As far as I know the local newspaper has already inquired about the incident...

In the case of a sexual offense, the press may not take part in the trial. And the public can also be excluded at all times upon request. Hearings have always been closed. The press cannot make anything public that would make it possible to identify you.

(p) Can we turn to someone for help?

If you wish, Peter can talk to professionals who will help him to deal with the burden of both the proceedings and the crime. Of course, legal aid may also be available, as well as the ability to seek help from outside groups, foundations and associations.
IT IS THE DUTY OF THE STATE TO PROTECT YOU

No one is allowed hurt or exploit you. Your body is your own. No one can do anything with your body that you do not want. Also, no one can play with your feelings to pressure you. The state has promised to do its best to protect you.

Where did the state promise it?

An international convention was signed before the Council of Europe, in 2007, on the island of Lanzarote, Spain. It is called the Lanzarote Convention.

Which countries are involved?

Almost all of the countries on the European continent have agreed to the Lanzarote Convention and to protect your human rights.

What is this Convention about?

It prohibits the sexual exploitation and abuse of children. Whoever hurts a child commits a crime. Its purpose is to prevent this from happening, to protect those who have been hurt and to hold the people who hurt them accountable.

How can it be done by the state?

It is the duty of the state to let you know about your rights so you can recognise abuse, learn about sex education and sexuality and know who you can turn to. The state must make steps to ensure professionals working with children are well prepared and work for your best interests. They must also investigate and prosecute these crimes and cooperate with other states to do this.

Does anyone check if the state really keeps its promise?

The Lanzarote Committee monitors this. It raises questions for the states, which have to answer it. They are also interested in the views of civil society and children.

What is the Council of Europe?

The Council of Europe has 47 member states from the entire continent of Europe. Since 1949, it seeks to promote democracy and protect human rights.
This booklet was produced in partnership with children, facilitated by Hintalovon Child Rights Foundation.

Children had a valuable input in deciding what and how it should be explained to you.

**FIND OUT MORE HERE:**
www.coe.int/children

**EMAIL US YOUR OPINIONS:**
lanzarote.committee@coe.int