

Take It Down Act: What to Know if You've Been Harmed or Want to Help

What is the Take It Down Act?

Signed into law in May 2025, the **Take It Down Act** makes it a federal crime to create or share sexually explicit images of someone without their consent—including AI-generated deepfakes. The law also requires online platforms to remove these images within 48 hours of a survivor's request. This law is a crucial tool in addressing human trafficking, especially in cases of sexual exploitation. It helps restore control and dignity to survivors and holds traffickers accountable for using technology as a weapon of coercion.

How Does This Relate to Human Trafficking?

- Traffickers often use intimate images to advertise, control, and silence survivors.
- Deepfakes and AI-generated images can replicate trauma or mimic abuse.
- Survivors need control over their digital presence for safety and recovery.
- The law makes it clear that no one should be criminalized for what was done to them without their consent.

What Can I Do If My Images Were Shared Without My Consent?

If You Are Under 18 - You are not alone. If someone has shared or created an explicit image of you without your consent, this is not your fault. You have options — and there are people and organizations ready to help.

1. Focus on Safety - If you're feeling scared or unsafe, try to get to a safe place. When you feel ready, reach out to someone you trust — that could be a teacher, school counselor, youth worker, or advocate. You can also reach out anonymously to trained professionals:

- **National Center for Missing & Exploited Children (NCMEC):** 1-800-THE-LOST or [CyberTipline.org](https://www.cybertipline.org)
- **Take It Down Tool:** takeitdown.ncmec.org

2. Save Evidence (If You Can) - Try to keep records of what happened — screenshots, links, usernames, messages, or anything else that might help. If you feel overwhelmed, you can ask someone you trust to help you with this step later.

3. Report to the Platform - Most websites and apps have ways to report harmful content, especially involving minors. Reporting can help get the image taken down and prevent further harm.

4. Emotional Support Is Available - This experience can feel deeply violating — it's okay to feel hurt, confused, angry, or numb. You're not in trouble. Talking to a therapist, counselor, or advocacy organization can help you start to heal.

If You Are 18 or Older - If you're experiencing nonconsensual image abuse, it can be frightening and destabilizing — especially if it's connected to trafficking or coercion. You deserve support, options, and control over your next steps.

1. Prioritize Your Safety

If you're in danger or being threatened, reach out to someone you trust or contact support services:

- **National Human Trafficking Hotline:** 1-888-373-7888

- **National Domestic Violence Hotline:** 1-800-799-7233

Both are free, 24/7, and confidential.

2. Document Evidence

If you're able, save links, screenshots, or messages. Keep both digital and printed copies in a secure place. This can help with reporting or legal action later.

3. Request Removal

Most platforms (social media, adult sites, etc.) have reporting tools. You can also file a takedown request through:

- [StopNCII.org](https://stopncii.org) for verified global takedowns
- [Cyber Civil Rights Initiative \(CCRI\)](https://www.cybercivilrights.org) for legal help and reporting support

4. Use DMCA If You Created the Content

If you took the image or video yourself, you legally own it. You can file a **DMCA takedown request** to demand its removal.

5. Explore Legal Options

You may be protected under state laws like Ohio's Nonconsensual Dissemination of Private Sexual Images Act. Legal aid groups and CCRI can help you explore protective orders, lawsuits, or police reports — if and when you choose.

6. Care for Your Mental Health

You're not alone. Image-based sexual abuse is a form of trauma. It's okay to reach out for therapy or peer support. You deserve space to heal.

What Types of Content Are Covered?

The law covers nonconsensual, sexually explicit images and videos that are real or indistinguishable from real, including:

- Deepfakes
- Manipulated images
- Shared or coerced photos

What Are the Limitations?

- Legal challenges may delay enforcement.
- Encrypted platforms may not be covered.
- Verification and 48-hour takedown may be hard to enforce.

Helpful Resources

- Cyber Civil Rights Initiative (CCRI): 1-844-878-2274 | cybercivilrights.org
- National Human Trafficking Hotline: 1-888-373-7888 | humantraffickinghotline.org
- Take It Down (minors): takeitdown.ncmec.org
- Without My Consent (DMCA Help): withoutmyconsent.org