

Let's Talk About Sexting

We text a few times a day at least. If I don't hear from them, there's something wrong.

It's a way to be closer.

I got this message on my phone and OMG it was so nasty!

They might break up with me if I don't send it.

You can say things in a text that would be harder to say face to face.

What is sexting?

Images, videos, or text messages with sexy content that is sent by message, App, or social media on a phone or computer.

It might seem like everyone is doing it, but according to research only about 1 in 20 teens said they had sent a sext.

About half of girls said they sent a text because they felt pressured to do so.¹

More than 1 in 3 teens say they have had sexually suggestive text messages or emails—originally meant for someone else—shared with them.

What could go wrong?

- The person who receives the text doesn't like it – one or both of you feels embarrassed.
- A friend or parent sees it on the phone.
- They (or someone else) forward it to everyone, or post it online and it is out there indefinitely and without your control.
- You get in trouble at home or school.
- Maybe you don't want to sext, but worry about what will happen if you say no.

Think about what you would do if...?

- You received a forwarded sext?
- Someone pressures you to sext?
- A friend came to you for help?
- You saw a friend, or even just a classmate, pressuring someone to sext?



Even if you decide you totally trust the person, it's worth it to think about a few things.

What if...

- You feel worried or uncomfortable?
- The person you sent it to loses their phone or gets hacked?
- The relationship changes? Breakups can bring out the worst in all of us.
- A friend or parent scrolls through the messages and sees it?

Does it...

- Feel flirty and fun?
- Need to be a sexier picture than you want it to be?
- Make you feel happy and excited to send or receive it?
- Give you the closeness (or whatever) you want in the relationship?
- Feel like you can say no?

Defend Your Digital Domain! You have the right to...

- Keep your personal information private.
- Keep your passwords on lockdown.
- Trust your gut.
- Report it.
- Communicate.
- Draw your own line.

If you feel unsure if something's okay or unsafe...

- Talk to people you trust like friends, parent or family, teachers, coaches, etc.
- Check out the resources from A Thin Line:
www.athinline.org/take-control
- Find a sexual assault program in your area:
www.wcsap.org/findhelp