

# THE DANGERS OF SEXTING

Sexting is when someone sends or receives a sexually explicit text, image or video on their mobile phone, usually in a text message. These can be:

- naked pictures or 'naked'
- 'underwear shots'
- sexual or 'pictures of you undressed'
- rude text messages or videos



Everyone else is doing it' or you think they are and you want to fit in with in with friends - especially if they are boasting about sending or having photos on their mobile phone,



**DON'T EVER DO IT!**

X -**MEANS NO! STOP AND THINK**, don't send images of yourself or ask anyone else to do it.



**Don't have your heart broken**

Talk about feeling under pressure to sext. Sometimes this is a way of 'proving' your **sexuality** (This means if you are into girls or boys) or you might feel harassed, threatened or blackmailed into sending pictures. If you ever feel sad, anxious or frightened you should talk to an adult you trust. This doesn't have to be a family member. It can also be a teacher or a friend's parent - or even **ChildLine** (0800 1111)



If an adult has been making you do things you feel uncomfortable with, such as asking you to share pictures of yourself online or by text - you can [report them on the CEOP site](#).

It is wrong for anyone to be pressuring you in this way and, if you are under the age of 18, they will be breaking the law.



## NO MEANS NO!

You have the right to say "no" to sending images of yourself - even to someone in your family or someone you know or love. This shows that you're in control of your body and your feelings should be respected.



Girls, you might think you 'owe' your boyfriend and boys you might think you owe your girlfriend. They might try and make you [feel guilty](#) if you don't do what they ask you for.

Will I be believed if I tell someone?  
Don't keep 'bad secrets'  
Keep telling until someone listens!



Open your heart and tell someone!



Before you send a photo, think about:

### What could happen to it?

Once you press send, it is no longer in your control. It can be posted anywhere on the internet and end up on sites where there are photos of naked people.

### Who might see it?

Don't send anything you wouldn't want your parents, teachers or friends seeing. Even if you completely trust someone, people using their phone might accidentally see it.

### What are the risks?

Even if you use an app like Snapchat or webcam - the person can take a screen shot in seconds.

### Who are you sending it to?

Would you be able to have a conversation about sex with them?

### Why do you want to send it?

If you want to impress somebody, do it in other ways. In most cases, it can have the opposite effect and you risk being seen as somebody you're not.



**Don't be a fool, follow the rule!**



People who will help you

<p><b>Qualified Social Worker</b></p>  <p><b>01952 385385</b></p>	<p><b>The Police</b></p>  <p><b>999</b></p>	<p><b>School</b></p>  <p><b>01952 387580</b></p>
<p><b>Health</b></p>  <p><b>999</b></p>	<p><b>Housing</b></p> 	<p><b>Family</b></p> 
<p><b>Childline</b> <a href="http://www.childline.org.uk">www.childline.org.uk</a> 0800 1111 (someone to talk to)</p>	<p><b>Action for Children</b> <a href="http://www.actionforchildren.org.uk">www.actionforchildren.org.uk</a> 0300 123 2112</p>	<p><b>NSPCC</b> <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a> 0808 800 5000 (someone to talk to)</p>
<p><b>CAFCASS</b> <a href="http://www.cafcass.gov.uk/children.aspx">www.cafcass.gov.uk/children.aspx</a> 0844 353 3350 (Helps you to understand what happens in court)</p>	<p><b>CEOP</b> <a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a> (Tells you how to keep safe online)</p>	<p><b>Coram Children's Legal Centre</b> <a href="http://www.childrenslegalcentre.com">www.childrenslegalcentre.com</a> 0808 802 0008 (Free legal advice for children)</p>
	<p><b>Children's Commissioner</b> 020 7783 8330 <a href="mailto:info.request@childrenscommissioner.gsi.gov.uk">info.request@childrenscommissioner.gsi.gov.uk</a> Championing children &amp; young people in England</p>	