

Sexting

Childnet: Sexting

<https://www.childnet.com/help-and-advice/sexting/>

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Help and Advice

Sexting

The use of technology to share intimate or sexual photos or videos of yourself or others

Young people may recognise the term 'sexting' but would not often use it to describe this behaviour. They would more likely use terms such as 'sending nudes' or 'sending pics.'

The content is usually created to be sent to a particular individual, but can end up being shared more widely. For example, a person may send a nude image consensually to someone they feel they can trust, but that person may share it on elsewhere without permission. It is often associated with teenagers, but can happen between younger children as well.

Get help

In this page

- What are the risks and impact?
- Advice
- Too ties

BullyingUK: Sexting

<https://cyberbullying.org/sexting-advice-teens>

Sexting

Advice for Teens

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Sharing pictures with romantic partners is a natural part of any relationship. It's important, however, that you are doing so safely, responsibly, and appropriately. Exchanging explicit (nude) images is not only illegal if you are underage, it also can lead to some major life complications that can affect you for years. It can get you in trouble with your parents, your school, and even the police - your reputation could be ruined, and it may be used to blackmail you. Think twice before taking an explicit picture of yourself, or sending one of yourself - or someone else - to another person. Follow these basic principles to avoid dealing with heavy fallout.

- 1. DELETE ANY EXPLICIT IMAGES SENT TO YOU!** Even simply having these images on your phone could land you in a heap of trouble.
- 2. DO NOT DISTRIBUTE EXPLICIT IMAGES.** If someone sends you an explicit image of themselves or someone else, do not pass it on to anyone else. Try to think about how you would feel if someone sent similar pictures of you to someone else that you didn't know or wouldn't want to see.
- 3. HONOR OR FLAT-OUT REJECT ANY REQUESTS FROM SOMEONE TO SEND EXPLICIT IMAGES.** It is just not worth it, no matter how much you like the other person - even if you think you can trust them. The potential risk is just too high. If they really care about you, they will understand.
- 4. BLOCK INDIVIDUALS WHO MAKE YOU UNCOMFORTABLE.** If they keep asking you to send explicit images (or what they send to you).
- 5. DISTRACT THE PERSON REQUESTING INAPPROPRIATE PICTURES FROM YOU.** Engage them in conversation about something else, or direct them to a cool YouTube video or meme you just saw. They continue to ask about the pics, let them know that they should just chill out.
- 6. DON'T SUPPORT YOUR OWN OBJECTIFICATION.** You are not a piece of meat. Don't let people like you because of your body, but because of your mind and heart. Giving explicit images just feeds their appetite for more, and continues to devalue you. You are not a commodity for their satisfaction (and then, sadly, their disposal).
- 7. SEXTING DOESN'T DEFINE A HEALTHY, FUNCTIONAL ROMANTIC RELATIONSHIP.** Sure, it's fun, flirtatious, and illegal, but remember that these images could be seen by a wider audience (including your parents, teachers, or the police) and don't necessarily convey maturity and experience.
- 8. SEND IMAGES THAT ARE SUGGESTIVE, BUT NOT EXPLICIT.** Keep private parts covered at all times. It's fine to send your partner a picture, just make sure it's PG-13 and not R-rated. Even so, realize that these too may be shared others. If you wouldn't be concerned if your whole school (or grand-ma) saw it, it's probably ok.
- 9. IF YOU RECEIVE (OR SOMEONE SHOWS YOU) AN EXPLICIT IMAGE OF SOMEONE YOU KNOW, CONTACT THAT PERSON TO TELL THEM THAT THEIR IMAGES ARE BEING CIRCULATED.** You would want someone to tell you if an image or video of yours like that was going around.
- 10. INFORM AN ADULT IF YOU ARE CONCERNED ABOUT THE WELL-BEING OF THE PERSON IN THE IMAGE.** If you are worried about the person who is in the picture or video, whether that was a friend or not, you may need to get help from an adult you trust.

ThinkUKnow: Has someone asked you to send a nude? What if I've already sent a nude?

https://www.thinkuknow.co.uk/11_18/lets-talk-about/nudes/sending-nudes/

The screenshot shows the ThinkUKnow website page for 'Sending nudes'. At the top, there is a navigation bar with the CEOP logo, 'Let's talk about', a search bar, and a 'Get help' button. Below the navigation bar, the breadcrumb trail reads 'Home > Nudes > Sending nudes'. The main heading is 'Sending nudes' in large white text on a blue background. To the left, a light green box titled 'On this page' contains links for 'Has someone asked you to send a nude?', 'What if I've already sent a nude?', and a 'More about nudes' button. The main content area explains that young people may send naked or semi-naked images or videos (nudes) for various reasons, including flirting, having fun, sexual enjoyment, or low body confidence. It lists five reasons: flirting with someone interested, having fun with friends, sexual enjoyment/intimacy, low body confidence, and being pressured. A note states that being pressured to send a nude is never okay and everyone has the right to say 'no'.

It's not okay

<https://www.itsnotokay.co.uk/children/online-safety-and-sexting/>

The screenshot shows the IT'SNOTOKAY website page for 'Online Safety and Sexting'. The top navigation bar includes 'Support the campaign', 'Spot the signs', 'Resources', and 'Contacts'. The main heading is 'Online Safety and Sexting' in pink. Below the heading, there is a section titled 'Thinking about 'sexting'?' which explains that sexting is never private and can be saved or 'screengrabbed'. A video player is embedded at the bottom left, titled 'Sex in Schools version 01'. On the right side, there is a search bar and a sidebar menu with options: 'Information for Children & young people', 'What is it?', 'Spot the Signs', 'Child Trafficking', 'Going Missing', 'Real Stories', 'Online Safety and Sexting' (highlighted in pink), 'Keep Safe', and 'Videos'.