

## What is 'sexting'?

Sexting is sending and receiving sexual messages through technology such as a phone, app, email or webcam.

## What can go wrong?

In some cases, sexting is used to bully, blackmail and exploit.

### 'Revenge Porn'

Revenge porn is when someone shows a **private sexual** photograph or film of you to another person or people, without your consent and with **the intention of causing you distress**. It is an offence whether they show someone, share it with others via social media, email or any other form of communication. It can also be an offence for another person to then re-share or re-post the private sexual image or film with others.

## What does 'sexting' involve?

Sexts can involve words, photos or videos such as: a message or post written with sexual language

nude or semi-nude photos/videos

photos/videos of sexual acts

live chats with someone on webcam involving sexual acts

screen-captured photos/videos recorded from webcam

## Why do people 'sext'?

Some people choose to send 'sexts' to get intimate with people they care about although sometimes it might not be something they really want to do.

Some people can feel pressure from those they care about to send intimate photos.

## I'm thinking about sending a sext

### Why do I want to send a sext?

It's important that you feel in control of whether you send a sext and that you send it because you want to. If you're feeling uncomfortable or pressured, it's always OK to say 'no'.

### If I send a sext with a photo/video, will I have control of where it ends up?

It's impossible to have control of a photo/video once it's sent.

### What is my gut telling me?

Trust your instincts and only take part in things you feel comfortable with.

