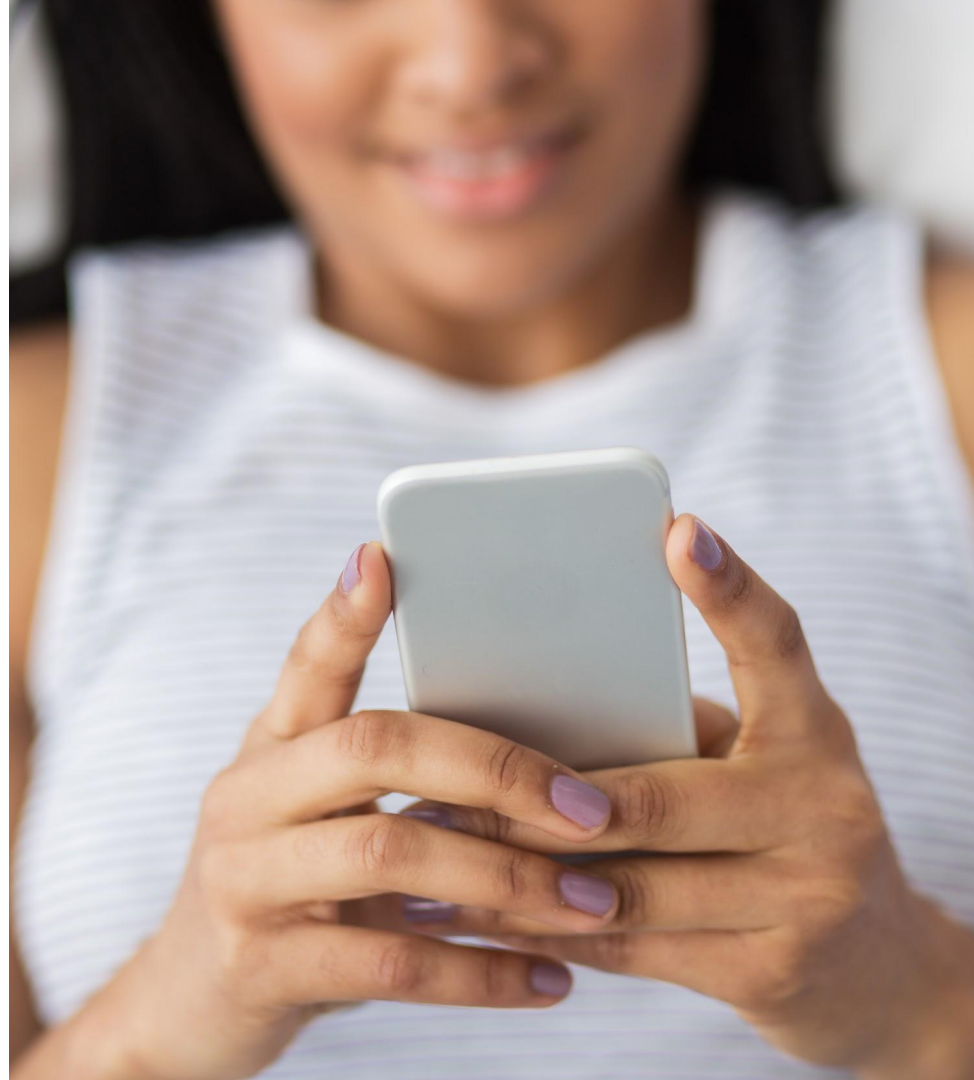


Teen Dating 102:
SAFER SEXTING

SAVE
Let's end abuse right here.





Today's Plan

1. Intro & Warm Up
2. Sexting Risks & Likes
3. Spectrum of Sexting
4. Alternatives to Sending Nudes
5. Hearing & Saying “No”
6. How to Get Help
7. Handouts



*DISCLAIMER

Magic was not used in the creation of this presentation.

FACTS & FIGURES

47%

Of teens report that social media is a place they can show their partner **how much they care about them**

50%

Of teens use technology to **initiate relationships**

29%

Of high school students **have engaged in sexting**

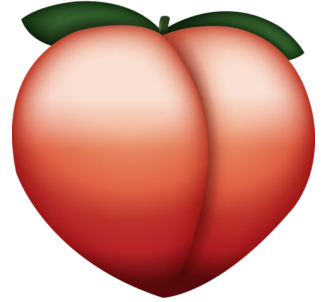
25%

Of those who have received a sext have **forwarded it to others**

SEXTING (seks-ting)

(verb)

1. Sending sexual photos, videos, or messages through the use of technology
2. A sexual activity!



Warm-Up Question

- Is sexting right or wrong? Why?
- Why do people expose other people's nudes?



RISKS

*What damaging
outcomes are possible?*



Risks of Sexting

- Permanency
- Blackmail
- Safety concerns
- Getting in trouble (legal trouble, at school, etc.)
- Emotional health
- Misunderstanding fantasy vs. reality



WHY DO PEOPLE LIKE SEXTING?

Let's brainstorm...



Why Do People Like Sexting?

- No risk of pregnancy/STIs
- Practice communicating boundaries
- Confidence boost
- Getting to try things through technology before trying in person
- What else?



A hand holding a smartphone with an orange overlay. The phone screen shows various app icons like Mail, Calendar, Photos, Camera, Maps, Clock, Weather, News, Wallet, iTunes, and App Store. The background is a solid orange color.

THE SPECTRUM OF SEXTING

Healthy, Unhealthy, and Abusive Behaviors

Healthy

- ▷ Connecting with partner
- ▷ Consensually exploring sexuality
- ▷ Practicing talking about sexy things
- ▷ Talking about things you're interested in trying with partner
- ▷ Having a safe place to talk about fantasy

Unhealthy

- ▷ Trying to "save" a failing relationship
- ▷ Trying to "keep" a partner's attention or interest
- ▷ Bragging about getting nudes
- ▷ Sending nudes without getting consent
- ▷ Playing mind games with trust

Abusive

- ▷ Threats, pressure, manipulation or coercion
- ▷ Sending pics after someone said "no"
- ▷ Using photos or videos as blackmail
- ▷ Forwarding photos to humiliate partner
- ▷ Violating partner's boundaries while sexting



RESPONDING TO SEXTING WHEN IT GOES PUBLIC

Healthy, Unhealthy, and Abusive Behaviors

Healthy

- ▷ Kindly & privately let someone know if you've seen their photo
- ▷ Delete photo if forwarded to you
- ▷ Talk to your friends who are exposing nudes
- ▷ Be vocal in speaking out against victim blaming or name calling

Unhealthy

- ▷ Gossiping about person in photo
- ▷ Blaming the person in the photo for being exposed
- ▷ Spreading lies and victim blaming ("it was their fault for taking the photo" or "they wanted to be exposed")

Abusive

- ▷ Forwarding, posting, or otherwise showing people the photo
- ▷ Harassing, bullying, or blackmailing the person in the photo
- ▷ Name-calling (slut, hoe, thot, etc.)

What if I
want to
sext...
but am
concerned
about the
risks?



Alternatives to Sending Nudes

- Send a link to something flirty
- Give them a call
- Record audio messages
- Send text-only messages



Giving & Getting Consent

- Asking before sending nudes or sexual messages
 - Option to talk about it in person first
 - Doesn't have to be boring or "ruin the mood"
 - Discuss boundaries
 - Risk reduction options
 - Privacy agreements
 - Get ongoing consent

When someone says “no”

- **Give yourself some time:** your feelings might hurt and that's normal
- **Take the high road:** thank them for being honest with you & continue to be respectful
- **Get support:** What are healthy ways to cope when you feel rejected?



Telling someone “no”

- **Refuse:** “I don’t want that”
- **Delay:** “Let’s wait until...”
- **Negotiate:** “Yes, if we can both agree that...”
- **It’s okay to have different boundaries:** most people do, and it doesn’t mean you’re in an unhealthy relationship!



What if my photos are exposed?

Social & Legal Options

- ▷ Work with school (and SAVE) to create safety plan
- ▷ Report photos to social media platform
- ▷ Involve school, parents/caregivers or other trusted adults
- ▷ Track down digital copies
- ▷ Restorative justice
- ▷ Restraining order
- ▷ Contact police

Self-Care

- ▷ Surround yourself with supportive people and services
- ▷ Take space or time off
- ▷ Remember you have the right to explore and express your sexuality
- ▷ Know that someone else's actions are not your fault

What if I've exposed someone's photos?

Social & Legal Options

- ▷ Delete photos
- ▷ Track down digital copies
- ▷ Work with & comply with school and law enforcement
- ▷ Comply with requests of the person harmed
- ▷ Participate in restorative justice
- ▷ Comply with restraining order

Self-Work

- ▷ Take responsibility for the impact of your choices and seek to understand why you made them
- ▷ Seek support services
- ▷ Become an advocate for healthy relationships
- ▷ Read up on consent

Safer Sexting Worksheet

**What is one thing
that you will
remember from
today?**



Thank you very much
for your time!

If you have any questions please don't hesitate to
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- mayag@save-dv.org



