Teen Dating 102:
SAFER SEXTING
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?
THE SPECTRUM OF SEXTING
Healthy, Unhealthy, and Abusive Behaviors
<table>
<thead>
<tr>
<th>Healthy</th>
<th>Unhealthy</th>
<th>Abusive</th>
</tr>
</thead>
<tbody>
<tr>
<td>▶ Connecting with partner</td>
<td>▶ Trying to “save” a failing relationship</td>
<td>▶ Threats, pressure, manipulation or coercion</td>
</tr>
<tr>
<td>▶ Consensually exploring sexuality</td>
<td>▶ Trying to “keep” a partner’s attention or interest</td>
<td>▶ Sending pics after someone said “no”</td>
</tr>
<tr>
<td>▶ Practicing talking about sexy things</td>
<td>▶ Bragging about getting nudes</td>
<td>▶ Using photos or videos as blackmail</td>
</tr>
<tr>
<td>▶ Talking about things you’re interested in trying with partner</td>
<td>▶ Sending nudes without getting consent</td>
<td>▶ Forwarding photos to humiliate partner</td>
</tr>
<tr>
<td>▶ Having a safe place to talk about fantasy</td>
<td>▶ Playing mind games with trust</td>
<td>▶ Violating partner’s boundaries while sexting</td>
</tr>
</tbody>
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RESPONDING TO SEXTING WHEN IT GOES PUBLIC

Healthy, Unhealthy, and Abusive Behaviors
<table>
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</tr>
</thead>
<tbody>
<tr>
<td>▶ Kindly &amp; privately let someone know if you've seen their photo</td>
<td>▶ Gossiping about person in photo</td>
<td>▶ Forwarding, posting, or otherwise showing people the photo</td>
</tr>
<tr>
<td>▶ Delete photo if forwarded to you</td>
<td>▶ Blaming the person in the photo for being exposed</td>
<td>▶ Harassing, bullying, or blackmailing the person in the photo</td>
</tr>
<tr>
<td>▶ Talk to your friends who are exposing nudes</td>
<td>▶ Spreading lies and victim blaming (“it was their fault for taking the photo” or “they wanted to be exposed”)</td>
<td>▶ Name-calling (slut, hoe, thot, etc.)</td>
</tr>
<tr>
<td>▶ Be vocal in speaking out against victim blaming or name calling</td>
<td></td>
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</table>
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 contact us at:

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- mayag@save-dv.org