

## If you're not into sexting...

...then you don't have to do it. Your body, your choice. Not sure how to say no?

- Tell them you're not comfortable, or nervous, or not interested
- Suggest something else that you'd be into instead
- Use humour (but stick to your guns)

 **Marcus**  
send me a pic of you in bra 😊

 **Denise**



## If someone shared your nudes online/with others

- ♦ That's not okay. You sent that picture because you trusted that person, and they broke your trust. **Do not blame yourself for their actions.**
- ♦ It might feel devastating right now, and you might be worried about how this could affect your future. It's not going to haunt you forever; people will eventually move on and forget.
- ♦ Find a supportive person who won't be judgmental. Visit [needhelpnow.ca](http://needhelpnow.ca) and use Google Removal to get any online photos taken down.

### For more information

**DOIN'**   **ACCKWA**  
the center of asking, asking, asking

Text us anonymously  
519-569-9521

[www.doinit.ca](http://www.doinit.ca)

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 .com/doinitsafer

 doinitsafer.tumblr

Need help removing a pic from the internet  
& more? Visit: [www.NeedHelpNow.ca](http://www.NeedHelpNow.ca)

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## Guide to Safer

# Sex & Tech

## Sexting, sending nudes & hooking up online

## Let's talk about sext, baby

What would you do if I got you into my bed?

Is it comfortable?

Yes.

I'd sleep.

Sexting (texting sexy/suggestive messages and/or pictures) can be **fun, exciting, and empowering**. It's not wrong or weird if you like sexting, and it's not wrong or weird if you don't.

All you need to keep in mind is that sexting, like all other kinds of sex, must be **consensual**. Consent means that everyone involved is enthusiastically agreeing — without guilt, pressure, or intimidation.

### **Basically:**

- ◆ Do what you like, with who you like, and make sure they like it too!
- ◆ Offer support to friends looking for advice (don't judge or shame them)

## Safer sext strategies

- ◆ Double check the number (and make sure it's not a group text)
- ◆ Don't include your face in the pic, crop it out, or use *Obscuracam*
- ◆ Also be aware of birthmarks, tattoos, etc. that could identify you
- ◆ Set boundaries: "I want you to delete the pic/vid from your phone today", or "You can't show anyone"
- ◆ Hide your pics on your phone with apps like *Vaulty* (Android) or *Private Photo Vault* (iPhone)
- ◆ Videos: film a few seconds of nothing first (so the thumbnail is blank and looks boring)

## Consent & Boundaries

- ◆ Choose your words carefully — autocorrects aside, you're responsible for what you say
- ◆ Ask for consent **before** sending a nude; ask nicely when requesting
- ◆ Respect other people's boundaries
- ◆ If someone trusts you with a nude, keep it to yourself — after all, it was meant for you!
- ◆ Never use nudes to hurt someone

## Hooking up online

- ◆ In your profile, be clear about what you're looking for
- ◆ Don't put your personal info online (whole name, phone #, email, home or work address)
- ◆ Be clear about your boundaries upfront: "I use condoms," "STI tested as of last month," etc.
- ◆ **Red flags:** someone who changes their info all the time, or pushes for your personal info
- ◆ If you make plans to meet up:
  - Meet in a **public place**
  - Tell a friend everything: your date's name, description, when and where you're meeting
  - Arrange to have a friend call or text to check in, or "coincidentally" show up



**Burner App** — generates a local number so you don't have to give out your real number to strangers



**Kitestring.io** — checks up on you when you're out and alerts your friends if you don't respond