

SEXTING

SEX PLUS TEXT EQUALS TROUBLE

HOW TO SAY NO

The best way to avoid the dangers and other possible consequences of sexting is to never take, or allow others to take, sexually explicit pictures of you. But sometimes it can be hard to say no and withstand the pressure put on you to give in. Here are some strategies that will help you be assertive and stand up for yourself.

- State your position : Say No in a firm, positive way so the other person knows you're serious.
Don't shout or raise your voice. But don't waver and sound wishy-washy.
- Stop the conversation as soon as you can.
The less talking, the less opportunity the other person has to change your mind.
- Don't give a lot of reasons for your decision. If you have to say anything, say "Because I don't want to"
- Walk Away. When all else fails, call it quits.

Here are some ways that will make it easier for you to stop the conversation, cut off the pressure to go along, and get you out of a difficult spot.

• CHANGETHE SUBJECT

Your Friend: Let's take some sexy pictures. I'll be fun.

You: Did I tell you about this great website I just found. You'll love it.

• AGREE, BUT STILL SAY NO

Your boyfriend: I want to have pictures of you to look at.

You: I know you do – but there's no way I'm doing that. So let's drop it.

• SPELL IT OUT

Your girlfriend: I want a picture of you. Hannah has one of Alex.

You: Well that's Alex, not me.

• TAKE THE OFFENSE:

A group of friends : We don't get why you won't do this.

You : I don't get why you won't take no for an answer.

• TELL IT LIKE IT IS

Your boyfriend: The picture will be just for us. Who'll know?

You: I will.

• PLAY DUMB

A group of friends: Come on. Everyone's doing it.

You: Everyone? You mean like every single person in the world. That's amazing!



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FACTS ABOUT SEXTING

- Nothing sent by cellphone or posted online is ever private or totally secure. And nothing is ever going away. Once it is sent, you have lost control of it.
- Don't take or send pictures of yourself that you wouldn't be happy to show to your family, friends, teachers or anyone else you know.
- A sext picture or message sent from one friend to another can end up in the hands of someone who is not a friend and can be used as an instrument of revenge – for everything from making you look bad, to embarrassment and humiliation, to blackmail, and serious legal trouble.
- Laws regarding sexting differ from state to state. There are penalties for sending nude pictures of a person under 18 years of age, even if the sender is the subject of the picture. The penalties range from a summary charge similar to a traffic ticket to a felony, which can lead to time in jail and registering as a sex offender. If the sender is over 18 and the subject of the picture is a minor, then more serious charges will usually apply.
- If someone sends you a naked or sexually explicit picture of someone underage do not send it to anyone else. Forwarding it could put you in the circle of distributing child pornography.
- Always remember that sexting can result in very serious legal consequences.
- Think before you act. Remember, every action you take has a consequence and that consequence can come back to haunt you.
- The best way to avoid the bad consequences that come with sexting is to never take, or allow others to take, sexually explicit pictures of you. Stand up for yourself and say no.

