

What You Should Know about Sexting

Project Prevent and Address Bullying (PPAB)

for Students with Disabilities

Northern Illinois University | School Psychology Program

What is Sexting?

Sexting is the sending or receiving of sexually explicit words or pictures over text or messaging. Sending explicit (nude) images or videos is illegal if you or the other party is under 18, and it can get you in trouble with your parents, your school and the police. These messages/pictures could also be sent through social media apps (i.e., Snapchat, Instagram).

Consider the consequences before taking explicit photos of yourself and sending them to another person. Follow these rules to keep your private pictures private.

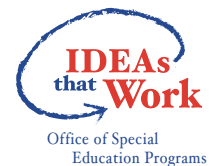
Responding to Requests or Obtaining Explicit Photos:

1. Delete any explicit images sent to you.
2. Do not distribute explicit images (of yourself or someone else).
3. Reject any requests from others for explicit images.
4. Block people who make you uncomfortable with how they talk to you.
5. If you get (or someone shows you) an explicit image of someone you know, let that person know that their pictures are being sent around.
6. If you are worried about the person whose pictures are being sent, let an adult you trust know.
7. If you receive an inappropriate message that could damage someone's reputation, be responsible and report it to an adult. Do not continue to send the message to others.

If Sexting Comes Up in Your Romantic Relationship:

1. Before sharing pictures with romantic partners, it's important to do so safely, responsibly and appropriately.
2. Sexting doesn't define a healthy, functional romantic relationship. In fact, if you are being pressured to send explicit photos, this is a sign of an unhealthy relationship. Don't support your own objectification (you want people to like you for you and not your body).

Find additional handouts on our website at go.niu.edu/PPAB



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