



SEXTING RESOURCE SHEET

FOR PARENTS

SEXTING

- Sexting is the sending of sexually explicit messages, photos and or videos electronically through phones, websites and applications
- Sexting is a growing problem among today's youth, starting as early as middle school
- The majority of teens who sext report being pressured or coerced to participate
- Nearly 1 in 5 sext recipients have passed the picture onto someone else
- Teens who participate in sexting are more likely to participate in other risky sex behaviors

POPULAR WEBSITES / APPLICATIONS

- Snap Chat
- Texting – KIK, TextPlus, WhatsApp
- Secret Calculator
- FaceBook, Twitter, Instagram

PREVENTION

- Talk to your child about the Internet. Nothing online is private and you have no control over who sees photos/videos.
- Set up an expectation (and follow through!) that you will be regularly checking your child's phone and screening all messages, texts, videos, pictures, etc.
- Talk with your teen about healthy relationships; specifically that pressure to send a naked photo or sexually suggestive message is not part of a healthy relationship and is disrespectful
- Encourage them to think before they post: reputations could be damaged and may result in depression or anxiety
- For younger children talk with them about how text messages should never contain inappropriate material and if they see something, talk to you about it
- Sexting is a crime and young teens can be charged with transmitting and possessing child pornography

WHAT CAN YOU DO?

- Contact the school resource officer and local police to investigate inappropriate photos and/ or videos
- Do not forward photos or videos
- Support your child and keep the conversation going.
Check on how your child is coping and if any other issues have occurred
- Stay up to date with the latest apps and social media platforms—use these apps and sites yourself
- Consider blocking photo/video capabilities or putting a limit on internet use on cell phone
- Consider using cell phone or computer monitoring (example: My Mobile Watchdog)

WEBSITES & ON-LINE RESOURCES

Websites with sexting and healthy relationship information including internet safety tips, information for teens and parents, pamphlets, toolkits, fact sheets, and much, much more!

www.athinline.com | www.loveisrespect.org | www.thatsnotcool.com
www.netsmart.org/sexting | www.marccenter.org | www.futureswithoutviolence.org

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