

# SEXTING ONLY

# WITH CONSENT!



## What is sexting?

Sexting refers to sending sexually related personal content to someone digitally (for instance, through text messages, chat platforms, or emails). It can be words, sexually suggestive prompting/emojis, and the sharing of nudes or semi-nudes. Consensual sexting can be a way to:

- Have fun, especially in a relationship
- Explore your sexuality, interests, and express yourself
- Connect with someone intimately, even when apart
- Maintain a healthy sexual component in your relationship

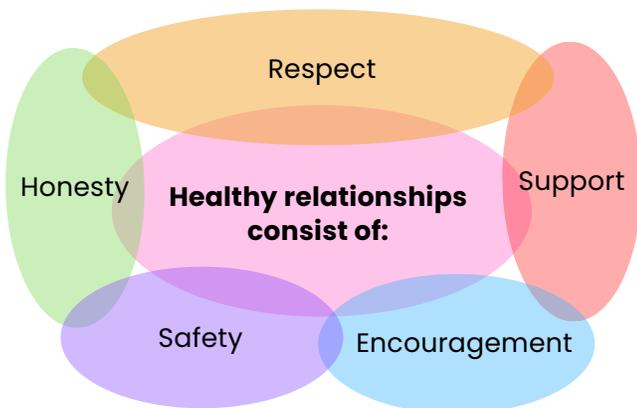
### Sexting **MUST** be something you agree to and feel comfortable with!

Just like in physical spaces, consent is essential in digital spaces as well. You should never feel pressured to send sexual content you don't want to send or to receive sexual content you don't want to receive. Likewise, any sexual content you share with an individual should not go beyond them or be posted publicly without your consent.



## Consent is essential to healthy relationships with others!

The first step to forming healthy relationships with others is to have a healthy relationship with yourself. That includes considering your sexual desires, thinking about your personal boundaries, identifying what a healthy relationship means to you, and understanding consent.



### Consider the following:

- Are you comfortable with sexting?
- Do you like to send words and/or pictures?
- What do you like to receive?
- Do you trust the person you are sexting?
- How can these sexts impact you in the future?

After, you can talk with your partner(s) about the nature of sexting, such as what you are comfortable sharing, and if and when sexts should be deleted.

## When consent is **NOT** provided, sexting is a form of sexual violence!



If you find that you are being forced to share or view sexts, or someone shared or is threatening to share your sexts – it is not your fault.

Know that there is help. You can reach out to the following supports:

<https://www.vawlearningnetwork.ca/need-help-now.html>



Western

Centre for Research & Education on  
Violence Against Women & Children

LEARNING NETWORK



Neighbours, Friends & Families