



# Sexting



By definition, sexting is the act of sending sexually explicit context via text, social media, or any private messaging tool. Sexting has become a huge part of society. It is a timeless trend that never fades. Sexting can affect anyone with access to a camera and an instant messaging app. The dangers that come with sexting are endless; and, the most prominent is that once sexually explicit content leaves your hands there is no telling where it will end up.

## **Sexting Safety Tips:**

- First and foremost, ensuring your child understands the consequences of sexting is vital. This can be achieved by instilling an open line of communication between you and your child. This will create a safe space for your child to be open and honest when they've been approached by a person demanding a sexually explicit photo/video from them.
- Monitoring your child's private messages, texts, and social media can help prevent the act of sexting.
- Setting time restrictions for cell phone usage could be very beneficial. This will help ensure your child does not grow a dependency to texting and social media apps.
- If they are not old enough to understand the impact pictures may cause, consider turning off the camera feature in their phone or installing a parental control app that can monitor or limit the sharing of pictures.
- Know your state laws when it comes to picture sharing. While your child is young, your state may have a law pertaining to children about picture sharing.
- There are so many consequences to sexting. It can affect everything in a person's life: school, jobs, scholarships, family life, relationships, friendships, and so much more!

## **Scott's Tips:**

Throughout my career in law enforcement and as an educator, I have seen the negative impact of sexting far too many times.

Anyone, at any age, who sends or shares nude/private/pornographic photos needs to understand there are short and long term consequences that can have serious effects on a person, family and/or personal relationships.

Once you send a picture you give up control, so we all need to think carefully about the pictures we share.

*Be Safe!*

**Scott Driscoll**

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