Having the Conversation

- Find out what they already know and what sites or apps they are using/have access to
- Override any instinct to steer the conversation solely in the direction of risks or negatives. Try to offer a balanced conversation that recognizes the appeal of sexting/social media
- Equally prioritizing safety and fun will help you to establish yourself as a person they can come to with questions
- Validate positive attitudes and behaviours around respect and safety, and empower them to continue
- Verbalize the obvious – "You can say no", "Be nice," "Respect boundaries"
- Role play chat conversations – recognizing red flags, saying no
- Help them sort out appropriate vs. inappropriate information to share (charts can be helpful)

OK to share	Ask first	Never share

"To share or not to share – what do you think?"
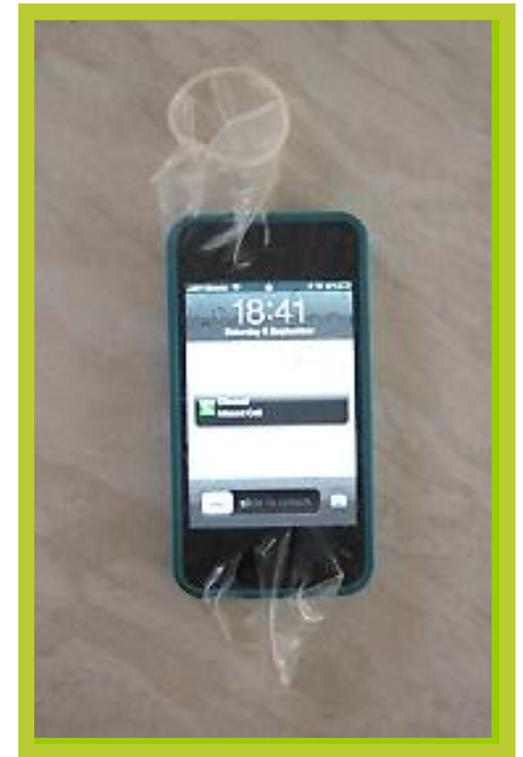
Apps for Safer Sex & Tech

- **Snapchat (Android, iOS)**
  Allows you to set timer before the picture "expires." Can be screenshot and saved

- **Vaulty (Android) or Private Photo Vault (iOS)**
  Allows you to password-protect pictures in a separate gallery

- **Burner (Android, iOS)**
  Generates a local phone number so you don't have to share your real number with strangers

Helpful Websites

- **Kitestring.io**
  Checks up on you while you're out and alerts your emergency contacts if you don't respond

- **ICanBeSafeOnline.com**
  Tips for people with developmental disabilities to safely navigate online

- **NeedHelpNow.ca**
  Help removing a picture from the internet, dealing with cyberbullying, and helping friends

- **CyberTip.ca**
  Age-appropriate internet safety resources for parents/caregivers

DOIN' iT   **ACCKWA**
The AIDS Committee of Cambridge, Kitchener, Waterloo & Area

18:41

Talking to Youth about Safer
Sex & Tech

March 2016

Sex & Tech

Sexting, social media, and online dating provide new channels for meeting people and connecting with those who share your interests, as well as new ways of flirting and hooking up.
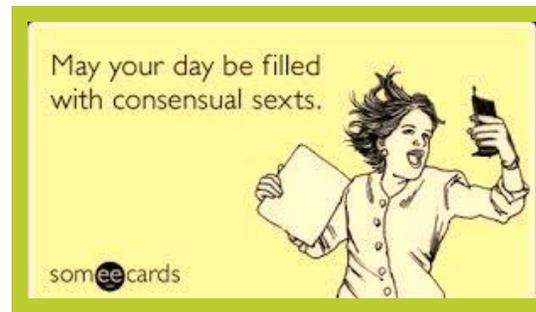
The world of sex & tech is ever-evolving, and full of grey areas around proper 'sextiquette,' which make it challenging to navigate.

There are many benefits to technology intersecting with sex: meeting people outside your regular social circles, screening people out, overcoming shyness, saying "no" to unwanted attention, and zero risk of STI transmission or pregnancy!

It is not without its drawbacks, however: bullying, creepers, scams, and social risks (humiliation, rejection) still exist, and are sometimes magnified. This brochure will look at how to have a balanced dialogue about sex & tech.

Terminology

- **Apps:** applications that allow programs to run using cell phone functionality (ie. Facebook, Snapchat)
- **Creeper:** someone trying to get personal information, preying on vulnerability
- **Nudes:** naked pictures
- **Screenshot:** taking a picture of what is currently visible on a computer or phone screen
- **Sexting:** sending sexy/suggestive messages and/or pictures
- **TMI:** too much information

May your day be filled with consensual sexts.

someecards

Sexting & Sending Pics

Sexting can be a fun, exciting, and empowering way for people to experience their sexuality with others.

In order to talk with someone about the risks of sexting, it is important to examine your own biases and values, and make sure that your discussion of sexting is not founded on judgment, shame, or panic.

What You Need to Know

- Once a picture or message is sent, it is out of the sender's control
- Anything that can be seen can be copied with a screenshot
- Even "deleted" files can be retrieved or saved on a phone
- Always double check the phone number before sending a nude!
- Don't include face or identifying tattoos/birthmarks in the pic
- Set boundaries, like explicitly telling the recipient to delete the pic (but be aware that the person may not listen)

Keep the conversation open

"I'm glad you're having fun online. If it ever stops being fun and starts being stressful, I want you to know that I'm here for you."

Online Dating

Profiles

- Be honest (but not too specific)
- Use recent pictures (not nudes)
- Say what you are looking for, instead of what you don't like
- A mostly-empty profile is a red flag (not invested, could be fake)
- Profiles that change info often or people with multiple profiles are also red flags
- Acknowledge that anything a person says in their profile or chat could be untrue
- Be vague (no phone numbers, address, where you work/volunteer)
- Meeting up? Meet in a populated public place, daytime, have your own rides planned, and schedule check-ins with friends or family

Privacy

- Set strict privacy settings and check them periodically
- Have someone you trust view your profile and (tactfully) tell you if anything is inappropriate or TMI
- Don't share passwords. If you write them down, keep them somewhere where they won't be found