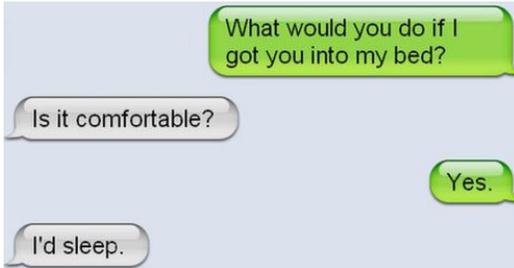


Not Into Sexting?

Then you don't have to do it.
You body, your choice.

Not sure how to say no?

- Tell them you're not comfortable, or nervous, or not interested
- Suggest something else that you'd be into instead
- Use humour (but stick to your guns)



If Someone Shared Your Nudes Online/With Others

- ♦ That's not okay. You sent that picture because you trusted that person, and they broke your trust. **Do not blame yourself for their actions.**
- ♦ It probably feels devastating right now, and you might be worried about how this could affect your future. It's not going to haunt you forever; people will eventually move on and forget.
- ♦ Find a supportive person who won't be judgmental. Visit needhelpnow.ca to get any online photos taken down.

Consent & Boundaries

All you need to keep in mind is that sexting, like all other kinds of sex, must be **consensual**. Consent means that everyone involved is enthusiastically agreeing — without guilt, pressure, or intimidation.

Basic Consent Rules for Sex & Tech:

- ♦ Choose your words carefully — autocorrects aside, you're responsible for what you say
- ♦ Ask for consent **before** sending a nude and ask nicely when inquiring about receiving a nude
- ♦ Respect other people's boundaries
- ♦ If someone trusts you with a nude, keep it to yourself — after all, it was meant for you!
- ♦ Never use nudes to hurt someone

Do what you like, with who you like, and make sure they like it too!

DOIN' IT 

For More Information

Text us anonymously
519-569-9521

www.doinit.ca

Need help removing a pic from the internet
& more? Visit: www.NeedHelpNow.ca

Funding for this brochure was provided by the Public Health Agency of Canada. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.

A Guide to Safer

SEX & TECH

Information for safely navigating sexting, sending nudes, online dating, and apps!

Tech for Sex?

Technology is an amazing tool that helps people to connect in different ways. Since the beginning of the internet, people have been finding ways to use technology for sexy purposes. So, as technology changes, so does sex!

Using tech for sex can be fun, exciting, and empowering. It is not wrong or strange to enjoy sexy technology, and it's not wrong or strange if you don't.

Some Ways People Use Tech for Sex

Sexting:

Sending sexy/suggestive messages to someone over text or through other messaging apps.

Sending Nudes:

Sending sexy/suggestive photos of yourself to someone over text or through other messaging apps.

Online Dating:

Using websites or apps to connect with others with the intention of creating a romantic, sexual, committed, casual, and/or fun connections with the intention of meeting in person, or not; may also include sexting and sending nudes.

Safer Sex & Tech Strategies

- ◆ Be clear about the kind of connection you're looking for on dating profiles
- ◆ Don't put your personal info on dating apps/websites (whole name, phone number, email, home or work address)
- ◆ Double check that you are sending the message/picture to the right person
- ◆ Set boundaries: i.e. "I want you to password protect the picture/video"
- ◆ You can protect pictures on your phone with apps like:
 - *Vaulty* (Android) or
 - *Private Photo Vault* (iPhone)
- ◆ If you are sending pictures, hide identifying features like your face, birthmarks, tattoos, etc.
- ◆ Be aware of **red flags and "no" feelings** (i.e. someone who changes their info all the time or pushes for your info)
- ◆ Understand that you are responsible for how "no" makes you feel. If someone says no to you, do not make them feel guilty for setting a boundary
- ◆ If you make plans to meet up with someone from online, make sure you; plan your own transportation, meet in a public place, tell a friend everything, arrange for them to text/call you to check in, and inform them when you get home safely

Helpful Apps!



Confide — Encrypted messaging app known for its self-destructing messaging system that deletes messages/pics immediately after viewing.



Burner App — Generates a local number so you don't have to give out your real number to strangers.



ObscuraCam — Detects faces that you can choose to pixelate, blackout, or protect with a funny nose & glasses.



Wickr — Allows users to exchange end-to-end encrypted content and expiring messages, including photos, videos, and file attachments.



Telegram—End-to-end encrypted messaging which includes options to self-destruct and delete custom messages off both devices.



Kitestring.io — Checks up on you when you're out and alerts a designated contact if you don't respond.



Rejection Hotline— a toll free number that you can give out instead of your own. Calls only.