

Sexting.

Healthy relationships are all about respecting each other. You should feel loved, safe and free to be yourself.

Relationships can be confusing and it can be difficult to understand what is and is not normal behaviour.

However, disrespectful and unacceptable behaviour can come in many forms. It is not limited to just physical behaviour; it can also go way beyond that. For example, it is not OK for someone to try to pressure you into sending a nude pic, or to expect the same things to happen that they have seen in a porn film. If someone makes you do something you do not want to, makes you feel scared, intimidated or tries controlling you, it is not acceptable and is never OK.

What is Sexting?

Sexting is where someone sends or receives a sexually explicit text, image or video. This includes sending 'nude pics', 'rude pics' or 'nude selfies'. Pressuring someone into sending a nude pic can happen in any relationship and to anyone, whatever their age, gender or sexual preference.

It is easy to think that everybody is sending these nude selfies – they are not! Putting pressure on someone to send a nude pic, or sharing someone's picture without their permission, even if it is a friend and they say it is just banter, it is wrong and even illegal.

Watch video – 'Awareness video about sexting' on YouTube.

Watch video – 'The consequences of sexting part 1 & 2' on YouTube.

Signs to spot.

How are people pressurised into sending pics?

Made to feel like everyone is doing it.

Called names like 'frigid' to bully them into sending one.

Emotional pressure so they feel guilty if they do not want to. This can include comments like 'if you loved me you would' or 'I sent you one so you owe me'.

Threatened with consequences if they do not. For example, threatening to 'out' someone as gay or bi-sexual if they do not send a pic, or threatening to spread rumours about someone.

It is never OK to pressure someone into sexting and you always have the right to say no. Even if it is with someone you are in a relationship with (sexual or not) and even if you have done it before.

Watch the interactive video – 'First to a million' on YouTube.