

## Who can help?

School



Police 999



Childline



CEOP  
<https://www.ceop.police.uk/>



## Staying Safe



## What is Sexting?



*"to be the best we can be"*

## What is Sexting?

Sexting is when someone sends or receives a sexually explicit text, image or video on their mobile phone, usually in a text message.



This could include:

- rude messages or videos
- naked pictures or underwear shots
- Sexual pictures

## How does it happen?

**Sexting can happen for lots of reasons.**

You might feel like everyone else is doing it so you want to fit in.

You might feel proud of the way you look and want to show other people.

Sometimes someone who you know may be putting pressure on you to send a picture or pose in an unacceptable way.

## Why is it wrong ?

Once you send or post a picture or video you have no control over it. It can be sent anywhere on the internet.

Don't send anything that you wouldn't want a parent, teacher or friend to see.

Even if you delete an image or text they can still be recovered .

No one has the right to pressure you into doing something you are uncomfortable doing.

**Your body is yours!**

