



WINTER 2012

HALDIMAND-NORFOLK HEALTH UNIT

Sexual CONNECTION



Sexting

THAT PICTURE IS NOT AS
PRIVATE AS YOU THINK

What is "sexting?"

Most teens today are comfortable with documenting their lives online. Posting photos, updating their status messages, sharing rapid-fire texts, and being a click away from friends are the new normal for teens. But this "always on" culture also creates an environment where teens can make impulsive decisions that can come back to haunt them. Sexting is combining the word sex and text- is 'the act of sending sexually explicit photographs and messages primarily between cell phone'. The first known published mention of the term "sexting" was

in a 2005 article. It now occurs all around the world, including Canada.

Sexting is a result of advances in technology enabling new forms of social interaction. Messages with sexual content have been exchanged over all forms of historical media. Newer technology allows sending pictures, and videos, which are intrinsically more explicit and have greater impact, without the involvement of photo printing personnel, or the need of a photo processing. The danger with sexting is that material can be very easily and widely sent, over which the originator has no control.

When people take and send sexually revealing picture of themselves or send sexually explicit messages via text message, it's called "sexting." While experts differ on statistics, a 2010 study conducted by Pew Internet & American Life Project confirms sexting is a teen reality that's here to stay. Kids "sext" to show off, to entice someone, to show interest in someone, or to prove commitment.

Sending these pictures or messages is problematic enough, but the real challenge comes when this content is shared broadly. As far too many teens have found out, the recipient of these messages is in possession of a highly compromising image or message that can be easily posted on a social networking site or sent to others via email or text.

Why do Teens Sext?

Pew Research Centre (2009) found that most cases of teen sexting fell into the following three categories:

1. Exchange of photos solely between romantic partners in a relationship.
2. Exchange of photos between two people

not in a relationship but where one of the people sends a sext in the hope that it will help to start a romantic relationship between the two.

3. Exchange of photos between romantic partners or the sending of photos from one person to another with the hope of starting a relationship but the photos are then sent to additional people

What is the Big Deal About Sexting?

The concern with sexting occurs when that explicit photo lands in the hands, or on the phone, of someone. In a technology world where anything can be copied, sent, posted, and seen by huge audiences, there's no such thing as being able to control information. Once it is out in cyberspace the photo is now public. This explicit photo can be sent to friends, employers, posted on facebook, sent to school personnel or a parent. It may also find its way to the police. Sexting has also been used to bully teens. There are teens that have actually committed suicide because they were being harassed, called names like slut or whore. These victims were miserable, depressed and became afraid to go to school. It ended by the taking of their own life.



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What About Sexting and Canadian Law?

According to the Law Foundation of Canada, for adults, exchanging nude photos electronically is, under most circumstances, a legal activity. However, the creation and sending of nude photos of people under the age of 18 does, technically speaking, break Canada's child pornography laws. The child pornography sections of the Criminal Code of Canada are intended to prevent the sexual exploitation of young people. Specifically, the Criminal Code Section 163.1 on child pornography makes clear that the creation and distribution of images depicting sexual activity or the depiction of a sexual organ of a person under the age of 18 is a criminal offense (for the actual wording of the law, see Department of Justice, 2011). The primary objective of this law is to protect children and teens under age 18 from being exploited and harmed by adults through the creation and distribution of child pornography. In general, the intended purpose of the child pornography law does not include the prosecution of teens for the taking and sharing of nude photos as long as the photos are kept private between the original partners (Slane, 2009). Nevertheless, sending nude photos of teens under age 18 over an electronic device is, technically speaking, a criminal offense.

What's the Take Home Message?

1. Will you feel comfortable that your privacy is protected if your current partner becomes your ex partner?
2. There is no changing your mind in cyberspace— anything you send or post will never truly go away. You cannot delete a photo from cyber space.
3. There are unexpected consequences it sexting images that are eventually seen by family members, friends, people who don't like you, and even future employers.
4. Sexting may violate Canadian child pornography laws especially if the photos are of a person under the age of 18 years.



Fast Facts

- 25% of teens, primarily girls, have taken and sent nude photos via cell phones and computers 22% of teens admit that technology makes them personally more forward and aggressive.
- 38% of teens say exchanging sexy content makes dating or hooking up with others more likely.
- 29% of teens believe those exchanging sexy content are "expected" to date or hook up.
- 39% of teens and 59% of young adults had sent sexually explicit text messages
- 51% of teen girls give pressure from a guy as their reason for sending.
- 66% of teen girls and 72% of young adult women claim the activity to be "fun & flirtatious."
- 17% of those who had received a sext reported that they had passed it along to one or more other people.
- 25% of teen girls and 33% of teen boys reported that they had seen nude or semi-nude sexts intended for someone else.

The Haldimand-Norfolk Health Unit has a new DVD called:

SEXTING

Sex Plus Text Equals Trouble
(sex + text= trouble)

The DVD program features 3 scenarios that deal with different aspects of the topic:

- how what seems like innocent fun can turn to embarrassment when nude pictures that are meant to be private accidentally end up in an unintended hands;
- how sexually explicit pictures can be used for revenge;
- the need to take personal responsibility for your actions; the legal consequences of sexting, including possible charges of disseminating child pornography; the consequences of not protecting a computer; cell phone, personal Ids and passwords.

If interested in borrowing this DVD please contact
Margot at 519-426-6170 Ext. 3225 or
Terri at 905-318-5367 Ext. 346
or talk to your school nurse.

SEXTING QUIZ

What is sexting?

- ☐ Sending and receiving sexual content.
- ☐ Sending or receiving images that are suggestive.
- ☐ Sending or receiving texts with sexual or profane language.
- ☐ All of the Above.

Your friend sent you a picture of his girlfriend in her underwear. Who could get in trouble for this?

- ☐ You
- ☐ Him
- ☐ His Girlfriend
- ☐ All of the Above

You and your boyfriend are flirting via text. He says something sexual. Is that sexting? Could he get in trouble for sending that?

- ☐ Yes, but it's a private message between the two of you so it's not illegal.
- ☐ Yes. If one or both of you is underage, you could be in big trouble.
- ☐ No, no one else will ever see it.

True or False: Texts can be deleted. If I send something really bad, it will be erased eventually.

- ☐ True
- ☐ False

Your friend is being pressured to take a racy picture of herself on her phone to send to her boyfriend. What do you tell her?

- ☐ "You two are totally in love. Go for it, he won't show anyone!"
- ☐ "Do you feel comfortable taking a picture of yourself? If so, do it. If not, say 'no.'"
- ☐ "Don't do it! You never know who he'll show by accident, or on purpose."

You sent a suggestive picture of yourself to a guy you like as a joke. Will he think it's a joke?

- ☐ Yes, of course!
- ☐ No, he may not react the way you think.

Your friend from bio sent a text with a photo of a girl from your gym class in it. She's not wearing a shirt. What do you do?

- ☐ Send it to your buddy who used to date her.
- ☐ Delete it and forget about it.
- ☐ Contact a teacher or trusted adult immediately

Lots of teens say they send sexy messages and pictures of themselves to people like their boyfriends or girlfriends. But what percentage of teens say they have sent this stuff to people they only know online?

- ☐ 15%
- ☐ 10%
- ☐ 3%
- ☐ 25%

What's the #1 reason teens say they've sent or posted sexy messages or images?

- ☐ In response to something sent to them first
- ☐ To be fun or flirtatious
- ☐ Because friends pressured them to do it
- ☐ As a joke

When sexy messages and photos are sent they often get seen by more than just the intended recipient. How many teen guys say they have been shown nude or semi-nude images originally sent to someone else and meant to be private?

- ☐ About 10% of teen guys
- ☐ One-third (33%) of teen guys
- ☐ About 5% of teen guys
- ☐ A quarter (25%) of teen guys

Almost every teenager has a social networking profile these days, like on Twitter or Facebook. How many teens say there is pressure among people their age to post sexy pictures and video to their profiles?

- ☐ 20%
- ☐ 32%
- ☐ 57%
- ☐ 43%

One in five teens say they have sent or posted nude/semi nude images of themselves and 39% say they have sent or posted sexually suggestive messages. What percentage of teens say that doing so can have serious negative consequences?

- ☐ 15%
- ☐ 50%
- ☐ 75%
- ☐ 35%

Sexting True or False

Read each of the questions below and mark true (T) or false (F).

1. ___ Sexting on your cell phone is no big deal.
2. ___ Sending sexual pictures to your friends is ok.
3. ___ No one can access your pictures on your cell phone.
4. ___ If a picture of you is on facebook, you can ask that facebook remove it and it won't be in cyber space any longer.
5. ___ Things that you post on facebook can only be seen by your friends.
6. ___ Your boyfriend/girlfriend would never send a picture of you after you break up.
7. ___ An employer would not think differently of you if they saw a nude photo of you.

Sexting

J	H	H	E	S	O	P	K	V	G	W	V	R	T	D	T	M	E	J	E	K	U
I	P	U	B	L	I	C	R	E	S	P	O	N	S	I	B	I	L	I	T	Y	K
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O	X	Y	B	I	L	A	N	I	M	I	R	C	X	I	O	X	W	O	P	K	N

AUDIENCES

CHILD

CODE

CRIMINAL

CYBERSPACE

EMPLOYER

EXPLICIT

FRIENDS

PARENTS

PHOTOGRAPHS

PORNOGRAPHY

PRIVATE

PUBLIC

RELATIONSHIPS

RESPONSIBILITY

REVEALING

SEXTING

TECHNOLOGY

TEENS

TEXTING



SEXTING QUIZ

Answers

What is sexting?

All of the Above. Sending and receiving any type of sexually suggestive content whether it's photos, links, texts, etc. is considered sexting. Even if the message or image is not of or directed to you, and it has been passed from someone else, it's still sexting and could get you in trouble.

Your friend sent you a picture of his girlfriend in her underwear. Who could get in trouble for this?

All of the Above. If your friend's girlfriend is underage, you and your friend could be charged with possession of child pornography. Yeah. Really. His girlfriend could get in trouble in other ways, including with her school, with her family and perhaps mostly important -- by losing her self-respect.

You and your boyfriend are flirting via text. He says something sexual. Is that sexting? Could he get in trouble for sending that?

Yes. If one or both of you is underage, you could be in big trouble. 40% of teens say they've received sexually explicit texts that were meant to be "private." And, out of those people 20% shared a message with another person.

True or False: Texts can be deleted. If I send something really bad, it will be erased eventually.

False!!! Anything you send via text or on the internet is never truly gone. Do not send something you may regret later meaning do not ever send something you wouldn't want your parents, teachers, college admissions office or future employers to see.

Your friend is being pressured to take a racy picture of herself on her phone to send to her boyfriend. What do you tell her?

"Don't do it! You never know who he'll show by accident, or on purpose." If you or a friend is being encouraged to send something you feel uncomfortable with, don't give in. Not only could those photos end up in the wrong hands, if he's caught with them on your phone and either one of you is underage -- you could be charged with possession of child pornography. Plus, again, think of yourself, and your self-respect, first.

You sent a suggestive picture of yourself to a guy you like as a joke. Will he think it's a joke?

No, he may not react the way you think. 4 out of 10 girls in a recent study said boys did not react the way they thought they would when they were sexting. Many of the boys thought it was ok to pressure them to "hook up" after.

Your friend from bio sent a text with a photo of a girl from your gym class in it. She's not wearing a shirt. What do you do?

Contact a teacher or trusted adult immediately. You need to tell an adult who can handle the situation appropriately and PRIVATELY, which means, keep it to yourself.

Lots of teens say they send sexy messages and pictures of themselves to people like their boyfriends or girlfriends. But what percentage of teens say they have sent this stuff to people they only know online?

15% of teens who say they've sent sexually explicit messages or images to people they don't know in real life, only online. Remember before you press send that if even if someone doesn't know you by



anything other than your screen name or social networking profile or cell phone number – if they really want to find you they probably can if they try hard enough.

What's the #1 reason teens say they've sent or posted sexy messages or images?

To be fun or flirtatious. But just remember, just because you think something is fun or flirty doesn't mean the other person will see it at that way. You also don't know how you'll feel about it a few hours or days or months or years later – and once you send something you can't take it back.

When sexy messages and photos are sent they often get seen by more than just the intended recipient. How many teen guys say they have been shown nude or semi-nude images originally sent to someone else and meant to be private?

One-third of guys say they have had such images shared with them, and a quarter (25%) of teen girls say the same thing. That might be funny for those who get to see it, but think about that before you send something yourself

Almost every teenager has a social networking profile these days, like on MySpace or Facebook. How many teens say there is pressure among people their age to post sexy pictures and video to their profiles?

43% of teens say there is pressure to post those kinds of things to their profiles. This is another kind of peer pressure you should resist

One in five teens say they have sent or posted nude/semi nude images of themselves and 39% say they have sent or posted sexually suggestive messages. What percentage of teens say that doing so can have serious negative consequences?

75%. But 100% of teens should be aware that once something is sent or posted it never really goes away, even if you delete it, and it could come back to haunt you in the future – when you apply to college, look for a job or if someone else discovers it.

Sexting

True or False Answers

1. ☐ *Sexting on your cell phone is no big deal.*

False - it is a big deal. If those pictures are seen by others it could be embarrassing or the police may become involved.

2. ☐ *Sending sexual pictures to your friends is ok.*

False. It is not okay to send sexual pictures to your friend.

3. ☐ *No one can access your pictures on your cell phone.*

False. You have to password protect your cell phone, and what happens if you accidentally send the pictures or a friend sees them.

4. ☐ *If a picture of you is on facebook, you can ask that facebook remove it and it won't be in cyber space any longer.*

False. Facebook might be able to assist you in removing the picture, but once it is in cyber space you will have no control over who sees the pictures. There are websites that link sexually explicit pictures of people to their facebook page. Scary, but a reality.

5. ☐ *Things that you post on facebook can only be seen by your friends.*

False. There are safety and security settings, but sometimes they are re-set and you do not know and everyone can view your pages.

6. ☐ *Your boyfriend/girlfriend would never send a picture of you after you break up.*

False. An angry or hurt person might do very mean things and forward your picture to your friends, parents, family.

7. ☐ *An employer would not think differently of you if they saw a nude photo of you.*

False. An employer would probably question your decision making skills and may choose not to hire you.

Sexting



Clinic Schedule



All of the listed clinics require an appointment. Please call:

- Terri Hartwick RN, BScN, Caledonia
905-318-5367 Ext. 346
- Margot Fournier RN, BScN, Simcoe
519-426-6170 Ext. 3225

For an appointment with Kristal Pitter RN(EC), BScN, our Nurse Practitioner, please call 519-426-6170 Ext. 3246 or 519-875-4485 Ext. 1851.

Haldimand	
Cayuga Secondary School	1st and 3rd Wednesday of the month
Dunnville Secondary School	2nd Wednesday of the month
Hagersville Secondary School	3rd Thursday of the month
Nurse Practitioner available in the Caledonia office 2nd Wednesday of the month by appt only	
Norfolk	
Waterford District Secondary School	2nd and 4th Tuesday of the month
Port Dover Composite School	2nd Thursday of the month
Delhi District Secondary School	1st and 3rd Wednesday of the month
Valley Heights Secondary School	4th Thursday of the month
Nurse practitioner available in the Simcoe/Langton offices Monday – Friday by appt only	

Public Health Nurses in your School

Your Public Health Nurse will be in your high school once a week. Please look for her.

Lynda Burville	Valley Heights Secondary School
Sabine Murphy	Waterford District Secondary School - Delhi District Secondary
Angie Swick	Simcoe Composite School - Port Dover Composite School
Ashley Malo	Holy Trinity Catholic School
Frances DeBoer	Cayuga Secondary School - Dunnville Secondary School
Leia Bulosan	McKinnon Park Secondary School
Gillian Raffay	Hagersville Secondary School

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