Home

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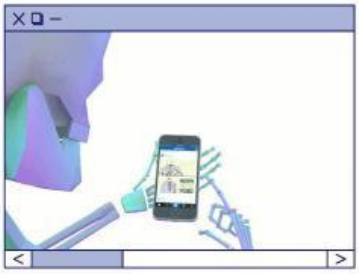

All about: Sexting

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What is "sexting"?

Sexting is when someone **shares very private photos, videos, or messages** with another person **through the internet or social media**. Teenagers and adults can take part in sexting.

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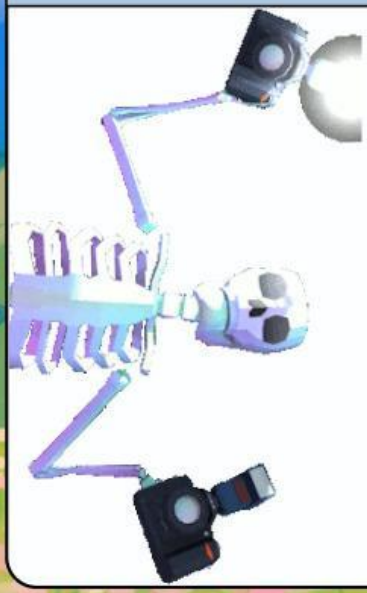

When does it become a problem?

Sexting can be dangerous when:

- Private photos or videos are shared **without permission.**
- An **adult** asks a **child** for **private pictures**.
- Someone feels **uncomfortable, pressured, or forced** to send something.

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What can we do if it became a problem?

- **Tell a trusted adult**, such as a parent, teacher, or school counselor.
- **Do not share** the photos or videos with other people.
- **Block and report** the person if they are making you feel uncomfortable.
- **Ask for help** if you feel scared, worried, or pressured.

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What should we do if a private photo of a child or teenager has been shared?

- **Do not** take away their phone or internet access; **they need support and communication.**
- Remind them that this situation **does not define their value or self-esteem**.
- Ask teachers, school staff, or other **trusted adults** for help if needed.
- Consider **legal action** if the situation is serious.

- **Stay calm** and listen without blaming them.
- Make sure they feel **supported and safe**.
- **Find out what happened** and check if the photo is still online.
- **Ask the person** who shared the photo **to delete it**.
- **Save evidence**, such as messages or screenshots.
- **Report the content** on social media platforms.

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Conclusion

Online safety is **everyone's responsibility**. We should respect privacy, never share private images without permission, and always seek help from trusted adults when needed. **Being careful online helps keep everyone safe.**

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Thank you for listening ! ♥

And as Eleanor Roosevelt said...

"No one can make you feel inferior without your consent."

Okay

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