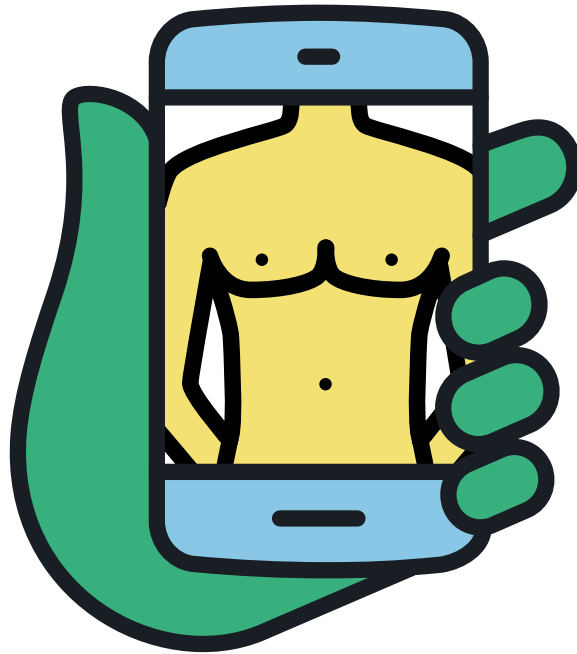


# Sexting



This information sheet is about what sexting is and things you should think about if you send or receive sexts.



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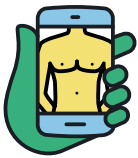
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**sieccan**  
Sex Information & Education Council of Canada  
Conseil d'information & d'éducation sexuelles du Canada

## What is sexting?

Sexting (or sending a sext) is when one person sends sexual messages, pictures, or videos to another person by text message, email, or on social media (by direct messages or “DMs”).

### A sext can be:



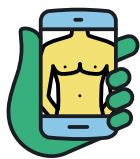
A naked or sexy picture or video of yourself, sometimes called “nudes”



A written message or a voice message about sex

Some people might use sexting to flirt or communicate sexual feelings with a partner. In some cases, a person may prefer to sext when they do not want to or are not ready to have physical sex with a partner.

## Laws about sexting in Canada:



**If someone sends you a naked or sexy picture/video of themselves or another person,** it is ***against the law*** to share that picture/video with anyone else. It does not matter if other people shared it first.



**If you are over 18,** it is ***legal*** to send a sext to another person if the other person says that they want to receive a sext from you. Ask the person if they want to receive a sext from you before sending one.



**If you are under 18,** it is ***against the law*** to send sexts to anyone. That means it is possible you could get in trouble for sending a sext, especially if the person does not want to get a sext from you.

The law is meant to protect young people from getting unwanted sexts or having their image shared without their permission.

If you sent a sext to someone who agreed to receive the sext, and that person has shared the sext with other people, you should report it to the police or to [Cybertip.ca](https://www.cybertip.ca).

**Always ask a person if they want to receive a sext before sending them a sext.**

You can find more information about the laws for sexting here:

<https://kidshelpphone.ca/get-info/sexting-privacy-and-law>

## Things to be careful of if you do send naked or sexy pictures/videos to someone you like

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When you send a naked or sexy picture/video of yourself to another person, there is always a chance that the person will show your picture/video to other people, even if you do not want them to.

**As soon as you send a picture/video to someone else, you *cannot* control what happens to that picture/video.**

## What can you do to keep yourself safe?

Do not feel pressured to send a sext to someone if you do not want to. It is always okay to say no.

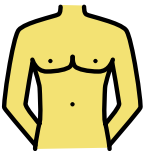
If someone is pressuring you to send them a sext and it is making you uncomfortable, you can:



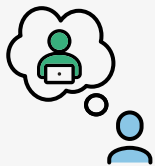
- Ignore them.
- Ask them to stop. You can say “No, stop pressuring me. I will not send you a picture.”
- Block them.
- Report them. If you are talking to the person on social media, you can report them to the social media site. You can also report them to the police if they threaten you.
- Take screenshots or save the conversations so you have proof.
- Talk to an adult you trust. If you feel there is nobody you can talk to about it, call **(1-800-668-6868)** or message **(686868)** Kids Help Phone.



Do not pressure someone else to send you sexts.



If you want to send naked or sexy pictures/videos of yourself to another person, try to take pictures/videos that do not show your face or other unique parts of your body like tattoos or scars. This can lower the risk of the picture/video being linked to you if the picture/video gets shared without your permission.



Before sending naked or sexy pictures/videos of yourself to another person, think about what that person could do with your naked or sexy pictures/videos.

For example, they could post the picture on their social media.

## What can you do to keep yourself safe?



If you are thinking about sending naked or sexy pictures/videos of yourself to a boyfriend or girlfriend or partner, think about what could happen if you break up with that person.

For example, they could become angry and send the picture/video to other people to hurt you.



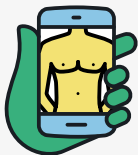
If someone posts a naked or sexy picture/video of you on the Internet, ask them to take it down. If they do not take it down, you can:

- Talk to an adult you trust.
- Report the situation to [Cybertip.ca](https://www.cybertip.ca).
- Talk to the police. The police can force the person to take down the picture/video and stop the picture/video from being shared.
- Talk to a lawyer.

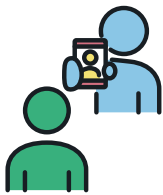
Sharing a sext without permission is against the law, no matter how old the person in the sext is.



If someone shares a sext of you with other people without your permission, talk to somebody you trust about what is happening. If you feel there is nobody you can talk to about it, call **(1-800-668-6868)** or message **(686868)** Kids Help Phone.



If someone sends you a naked or sexy picture/video **with** your permission, do not show it or send it to anybody else.



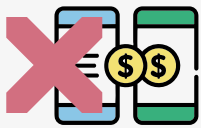
If someone sends you a naked or sexy picture/video **without** your permission, tell someone you trust or talk to the police. In this case, it is okay to show a trusted person or the police the picture/video so that they could help you.

**If someone who has a naked or sexy picture/video of you is threatening you, here is what you can do:**

**For example, the person says they will show the picture/video to your parents or friends unless you pay them or give them more naked or sexy pictures/videos.**



Block the person and stop talking to them right away.



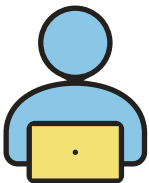
Do not give the person money or more pictures/videos, or anything else they ask for.



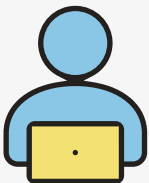
Save the message that the person sends you and show it to someone you trust so they can help you stay safe.



Report the person to [Cybertip.ca](https://www.cybertip.ca) or the police.



If your picture/video was posted on the Internet, go to [NeedHelpNow.ca](https://www.needhelpnow.ca) for help to get the picture off the Internet.



You can find more information about what you can do if someone sends a picture of you to other people without your permission here: <https://mediasmarts.ca/teacher-resources/help-someone-shared-photo-me-without-my-consent---tip-sheet>