

COMMUNICATE **SAFELY**



# SEX TING



COMUNICAR  
EM SEGURANÇA



altice  
fundação



Penis



Boobs



69



Vagina



Oral sex (women)



Orgasm



Butt



Oral sex (men)



Touching



Striptease

# NUDES...

**LH6** (let's have sex)

**TDTM** (talk dirty to me)

**GYPO** (get your pants off)

**ASL** (age/sex/location)

**WTTP** (Want to trade pics)

**PIR** (parents in the room)

**99** (parents gone)

**F2F** (Face to Face)

**IWSN** (I want sex now)

**OMG** (Oh My God!)

# SEXTING

The Internet and technological development make it easier to have social interaction at a distance.

Sexting is a word used to describe sending intimate, erotic photographs or videos over the Internet. Sexting is a form of online seduction. This is a common practice among adults, but also young people and adolescents, who, most of the time, do not realise the impact and possible negative consequences an intimate photo or video can have in a few minutes. From the moment a person sends a photo/video, he/she has no control over that content, and it may be exposed on the Internet, becoming viral.

In personal and love relationships, there is always a great degree of trust, so people send these intimate/erotic contents without thinking about the consequences.

At the end of relationships, photographs and videos can be used as a form of revenge. However, this type of content can also be disseminated on the Internet and become viral in situations of lost or stolen equipment, because of being sent to other people by mistake or when Cloud accounts or photo/video storage services are hacked.

Sexting can be a healthy practice in a relationship, but it can lead to Cyberbullying, Stalking, Revenge Porn, Grooming, Love Scams or states of depression and anxiety.

# STALKING

Word used when someone chases a person through the Internet, whether by messages, social networks or games. This situation can happen between known people, but it often happens with strangers. In other words, a stalker is someone who uses the Internet, Social Networks, online information which is available, to find out more about a certain person. Although this behaviour is not considered a crime, as soon as it becomes repetitive and leads to situations of online persecution - such as the systematic and abusive sending of messages, threats, abusive, provocative and unwanted messages - it must be taken into account and the messages saved, in order to be used as evidence in a criminal complaint.

# SEXTORTION

One of the worst consequences of sexting. Threat and unauthorised disclosure of the victim's photographs and videos if the perpetrator doesn't receive any more photos or videos, or if the victim doesn't meet him in person.

# REVENGE PORN

Common behaviour at the end of relationships as a form of revenge. Non-consensual disclosure of intimate images by one partner towards the other at the end of a relationship.

# GROOMING

Form of children and young people solicitation and manipulation. It starts with a non-sexual approach, in order to convince the victim to meet the attacker personally, so that he/she may consummate the sexual abuse, or also with the aim of encouraging minors to produce and send photographs of themselves.



# HINTS/ SUGGESTIONS

**Important to explain** the importance of respecting the body and intimacy.

**Essential** to have a relation of trust with young people, so that they feel comfortable whenever exposing their intimate photos/videos.

**Fundamental to not forbid Internet use.**

Young people will always find a way to use devices and the Internet.

**Think before sending.**

Avoid sending intimate content over the Internet.

**The moment a photo/video is sent,** we lose control over the images.

**Always keep devices with updated antivirus,** in order to avoid illegal access from third parties.

**Always have strong codes or passwords,** to prevent third parties from accessing devices or in situations where they are lost or stolen.

**Always have a private profile on Social Networks.**

**Limit personal information on the Internet.**

**Not accept unknown people as friends or followers.**

**Block abusive users.**

**Report the situation and the user,** on Social Networks/Games.

**Keep/ File** messages, photos or videos that can be used as evidence. Evidence is essential to file a complaint of Stalking, Revenge Porn or Grooming.

**Ask for help and report the situation through the Online Safety Helpline**

**800 21 90 90 (free call)**

# SAFE EDUCATION

ONLINE **SAFETY HELPLINE**

**800 21 90 90**

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**PROJECT**



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