

SEXTING CHECKLIST

A Do's and Don'ts List to Practice Safe Sexting
by the Centre of Safer Sex & Violence

BEFORE SEXTING

It's all about trust, comfort and communication

Don't push it; if someone has expressed that they are not interested, then don't force it!	Ask for consent
	Ask questions
	Consent to giving
Be detailed & descriptive with your Sexting partner(s) beforehand!	Consent to receiving
	Make a contract
State what you want to get out of this sexting experience	Negotiate your terms & conditions
	Make sure you are comfortable
Set your boundaries	Know your province's privacy laws
Your suggestions:	Don't be scared to say no

DURING SEXTING

Don't take yourself too seriously. Lean into the awkwardness

Be gracious and thank the person who sent you a picture!	Give genuine compliments
	Affirm them
Consider you identifying marks i.e. Tattoos or birthmarks	No Body Shaming
	No Screen-shotting
Explore what you are interested in	Make sure you are comfortable
Make a contract	Know your province's privacy laws
Negotiate your terms & conditions	Don't be scared to say no
Your suggestions:	



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AFTER SEXTING

No body shaming

No revenge porn

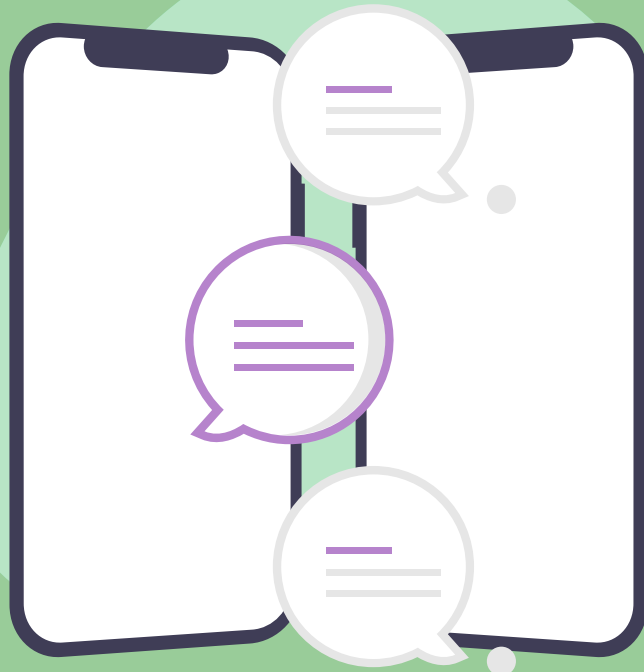
Your suggestions:

WHAT TO DO IF SOMEONE SENDS YOU UNSOLICITED PICS

"No thanks"

You are entitled to not engage,
block, etc.

Your suggestions:



Centre for
Safer Sex and
Sexual Violence
Support

 **RSU**
Ryerson Students' Union