

# What is **sexting**?



# Sexting

According to the eSafety Commissioner, the term “**sexting**” refers to the act of sending or sharing sexually explicit or suggestive text messages, images, or videos using mobile devices and the Internet.

In popular culture, it is more common to hear young people use other terms like “**sending nudes**” or “**dick pics**” instead of calling it “**sexting**.”



# Understanding the risks

## Your child may lose control of an image

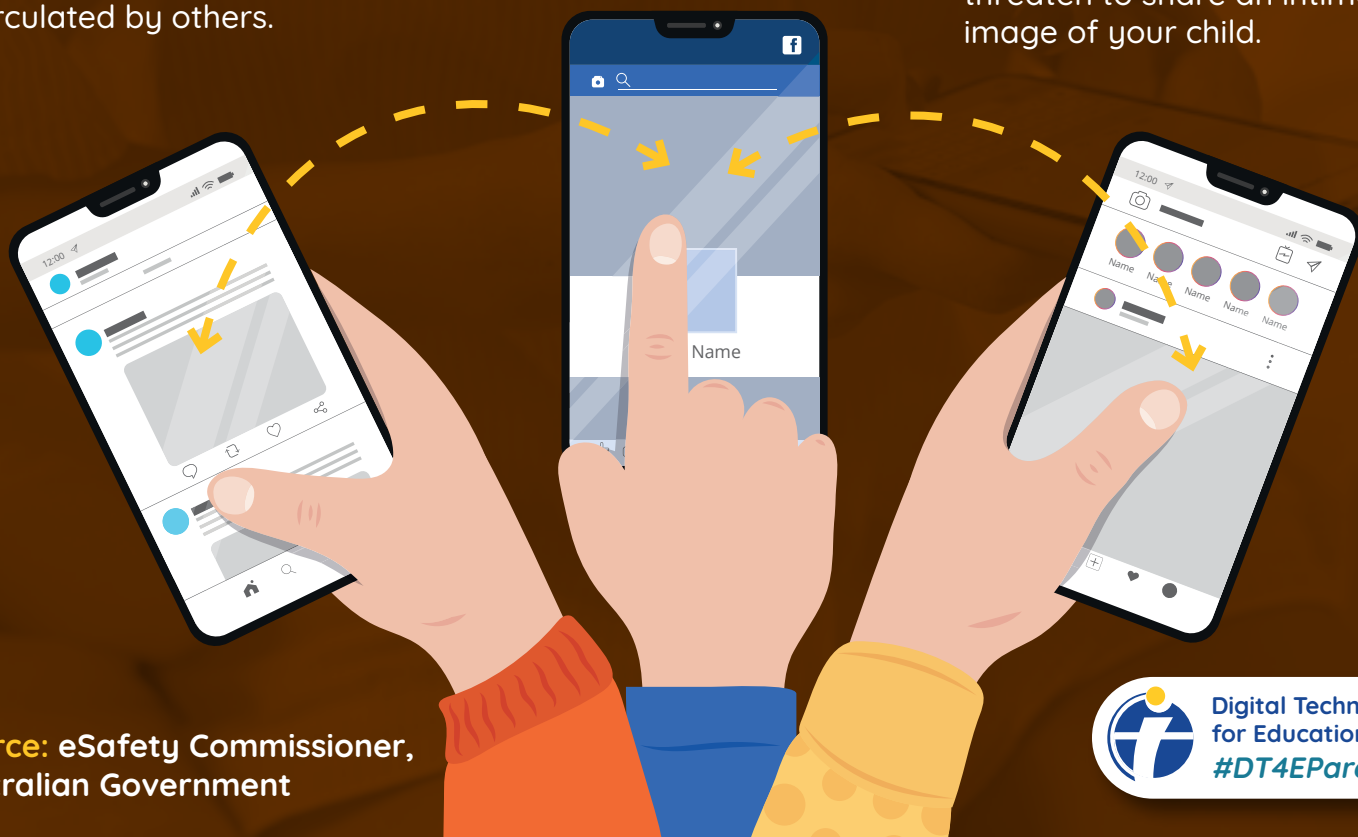
Once an image is posted online, it can be copied, saved, and circulated by others.

## “Things can go wrong – even in a trusted relationship or friendship”

Warn your child about sharing images online. An innocent image can be digitally altered to make a person appear naked, and these can be shared or used to threaten someone about sharing it. This is a form of “image-based abuse” or “revenge porn.”

## Your child may be forced to send images

Sexting can be used to ask for money and other favors, and if malicious people don’t get what they want, they can threaten to share an intimate image of your child.



**Source:** eSafety Commissioner,  
Australian Government



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## Keep in Mind



**Children sometimes act on their curiosities without minding the possible consequences.**

As a parent, remind your child that whatever they put out on the Internet can be easily shared by others even without their consent or knowledge.



**Sexting and sending intimate photos can harm your child's mental and psychological well-being** if this self-generated content falls into the hands of the wrong persons.



# Sources

1

**eSafety Commissioner, Australian Government (n.d.).  
“Sending nudes and sexting.”**

<https://www.esafety.gov.au/parents/big-issues/sending-nudes-sexting>

2

**Pexels**

<https://www.pexels.com/photo/a-woman-browsing-on-a-smartphone-6963602/>

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