



Digital Security
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WORKBOOK

THINK TWICE:

The risks of online intimacy





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THINK TWICE WORKBOOK

THINK YOU KNOW ABOUT SEXTING?

SHARING YOUR OWN INTIMATE PHOTOS, VIDEOS, OR MESSAGES IN THE DIGITAL SPACE IS KNOWN AS 'SEXTING'. WHILST IT CAN BE AN INNOCENT PASTIME, LIKE ANY ONLINE BEHAVIOUR, IT COMES WITH RISKS. ONCE YOU PUT IT ON THE INTERNET, YOU CAN NEVER RELIABLY GET RID OF IT AGAIN.

LEARNING WHAT TO DO IF YOUR PHOTOS GET MISUSED, OR IF YOU RECEIVE UNWANTED SEXTS CAN HELP PROTECT YOU FROM BEING HARMED OR NEGATIVELY IMPACTED FURTHER DOWN THE LINE. USE THE THINK TWICE WEBSITE TO FILL IN THIS WORKSHEET AND FIND OUT WHAT YOU CAN DO TO ENSURE YOU STAY SAFE ONLINE.



SEXTING SUPPORT AND ADVICE

WHAT SHOULD I THINK ABOUT BEFORE SENDING AN INTIMATE PHOTO?

01

Once a photo is shared, it can never be erased with certainty.

02

I can only legally take and share my intimate photos or videos from the age of 18 in the UK.

03

Do I personally know and trust the person I am sending the photo to?

04

Make sure I'm in the right chat so that I only share it with the person it's for.

05

The photo should not involve any distinguishing features that could be used to identify me or my location.

HOW CAN I HELP A FRIEND OR PARTNER IF THEIR PHOTO HAS BEEN MISUSED?

01

Assure them that confiding was a good move.

02

Support the person to report the incident to a trusted adult and help resolve the incident with the police or network administrator.

SEXTING SUPPORT AND ADVICE

WHAT SHOULD I DO IF SOMEONE HAS MISUSED MY PHOTO?

01

Break contact with the person in question, but I will keep the entire communication saved.

02

Confide in someone I trust - a friend, family member, or teacher.

03

With the help of my parents or loved ones, I will contact the police.

04

Speak to organisations such as CEOP or Childline.

WHAT SHOULD I DO IF I SHARE AN INTIMATE PHOTO I NOW REGRET?

01

Ask the person I sent the photo to delete the photo.

02

Write to the support centre of the chat application or the site administrator, explain the situation and ask to remove the photo.

03

Speak to an adult I trust about the situation.



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If you found this informative useful, go to
www.eset.com/uk/thinktwice to find more.