

www.help-line.gr



GREEK SAFER INTERNET CENTER

help
saferinternet **line**
210 6007686



safeLine
www.safeline.gr

Sexting



What does it really mean?

Sexting is the exchange of sexually oriented/explicit messages or nude photos via the internet or mobile phones. These type of messages can be send to one or more people whilst the most common medium where sexting can take place are social media sites where a person can upload or share such content (i.e. Facebook, Instagram, Skype etc.) and through the use of mobile phones ((MMS, Viber and more).

Many people think that this practice is normal within a relationship...but have we really thought about the consequences?

What can happen?

The truth is that sexting can cause many issues at school, with friends, our classmates, parents, the law, or even our future friends, colleagues and workplace!! It can also cause great issues and difficulties even in our emotions and the way we see or perceive ourselves!

Let's take an in depth look at this phenomenon so that we can decide what we will choose to do!

Besides... Knowledge is power!

At first let's examine **WHY** something like this may happen:

- Sometimes sexting is deliberate. In other words, a person intends and wishes to send these photos to his/her boyfriend or girlfriend.
- Someone can be pushed by his/her peers, boyfriend or girlfriend. There are times where distributing naked or semi naked photos becomes 'fashionable' hence someone might feel socially pushed to do the same without really wanting to.
- If someone has such photos in his/her mobile phone and the phone gets stolen then these photos might be distributed to many people.
- A person can choose to send such a message or photo to feel liked or because he/she thinks that this will boost his/her confidence!

For someone to send such photos it may only be a spontaneous act. Besides, it only takes a 'click'!

But is it really like this?

Photos or messages can be distributed to many people and/or be published/uploaded to various online pages hence all websites within a very short timeframe! In addition, it might be that someone wants to deliberately share our photos!

Let's just think for one minute... what will happen if I break up with my boyfriend or girlfriend? What might happen with the photos I have sent?

Can I really get in trouble?

Any disclosure of sexual related messages or photos to third parties relating to non-adults/children is a serious act that can, depending on the case, be subject to legislation that prohibits collecting and processing sensitive personal data (2472/1997 Act) or it can be even be constitute to a child pornography offence (article 348 A PK).

Hence the sexting phenomenon can lead you to the attorney!





Remember that:

Anything that I share online through websites or mobile phones can end up anywhere without me EVER knowing as anything I upload or post is immediately accessible by many people who can store it! Anything that gets uploaded online is out of my control!



I take full responsibility of my private life and personal data! How?

- Always be aware of your social media privacy settings. Can anything I upload be visible to anyone?
- Are the online friends of my friends, my true friends? I choose who my 'friends' are on the internet! Having many online friends does not make me famous!
- I think before I post, share any of my personal content or someone else's online.
- If I see or if I am sent such photos of another person, whether it is a friend or an acquaintance, I always inform an adult whom I trust.
Under no circumstances do I share such photos myself because I might have to deal with the legal consequences.
- I do not send or store any of my photos that I would not like my classmates, parents, teachers or my future friends and colleagues to see, online or on my mobile phone!



What if I have already send such photos?

First of all, do not panic. Even if you feel that it would be a nightmare for your parents to find out such an act, it is important to ask for their help or to ask help from an adult you trust. You can also make an anonymous call to the Helpline of the Greek Safer Internet Center.

You have the right to get support even if you have made a mistake!

www.help-line.gr

We offer personalized and anonymous support via chatting from our experienced personnel. Anyone interested can contact us during any working day between 15:00-17:00. **Contact number 210 6007686, email: info@help-line.gr**