

# Sexting Rules

## #DoThisThing: The Rules of Sexting\*

### 1. Send words, not photos

If he pressures you for the photo, tell him to get f@cked. That's bullying and one thing we don't do is share our bodies with bullies.

### 2. Keep the saucy stuff for IRL

Here's the deal—if you like him and he likes you, go do something! Hang out. Hook up, whatever. Get to know him in person before you allow yourself to be vulnerable online.

### 3. If you feel uncomfortable, say so

For example, "Dude, you're creeping me out. Don't ask again."

### 4. Say, NO to nude requests early and often

How TF do you say "no?" Here's a few ideas: NO. F@CK OFF. Yyuck. Blocked (then you block him). Felony much? OR simply ignore and hit block. TYVM.

### 5. Confide in your most trusted adult

Is he continuing to badger you? Now's a good time to loop in backup. Don't worry about getting in trouble, you're already in trouble in that you have a creep bullying you.

### 6. Delete, delete, delete

If you do decide to send, erase that shit from your phone immediately. You never know who's going to go thumbing through your albums.

### 7. Know your value

I would advise you NOT to send pics or videos. You have no way of predicting the future or knowing how someone will react when your friendship or relationship is on thin ice or over. Desperation creates craziness.

### 8. Talk it out

Regardless of your decision, talk it through with your closest, most trusted bff. Don't go it alone.

### 9. Feeling regret following an impulsive send?

Ask him to delete the photo and screenshot the evidence that he followed through. If he won't, then ditch him. Block him. Move on with your day. Don't stress.

### 10. Get help

Is he continuing to badger you? Now's a good time to loop in backup. Don't worry about getting in trouble, you're already in trouble in that you have a creep bullying you.

\* These 10 rules are written in my objective, trusted adult tone. As a mom, I can tell you—DON'T DO IT. Trust no one. Any person your age doesn't have a fully-formed frontal lobe. That means all of you, senders and receivers, are impulsive, often don't recognize consequences and do stupid shit that feels good NOW, not later. This is me, letting you borrow my frontal lobe. You're welcome.

**#NOTTHERAPY**