

le PIAPI.



**LET'S TALK
ABOUT
SEXTING !**

**here's a
practical guide
to accompany
you in your
decision making.**

2020

le PAMP.

Support - Training - Information
Concerning the trade of
sexual services among youth.

Legal deposit - Bibliothèque et
Archives nationales du Québec, 2020

ISBN: 978-2-9804413-4-9

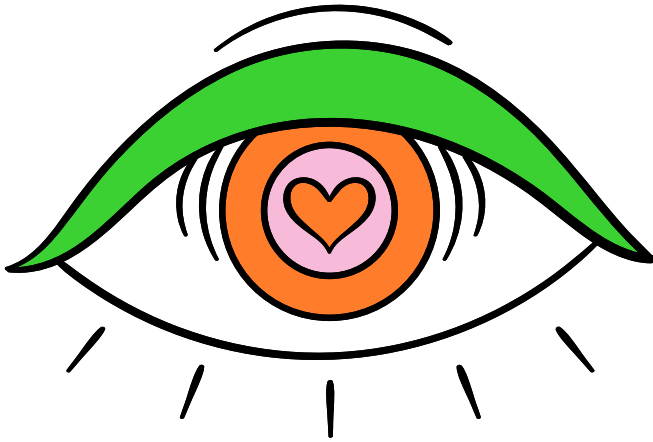


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A brief description of the PlaMP


The PlaMP is an organisation that supports youth aged under 25 who exchange sexual services for any form of remuneration. We do this through outreach and street work, and individual support. We also offer :


- a listening ear to the people close to youth exchanging sexual services for any form of remuneration;
- information and training for the professionals working with and supporting them;
- awareness workshops for youth regarding the exchange of sexual services.

To contact us :

 @lepiamp


 Le Piamp

 514-284-1267


 6500 rue de Saint-Vallier,
Montréal, QC, H2S 2P7


Coordination:

 piamp@piamp.net

 438-494-3192

Intervention workers :

 438-504-7483

 438-502-1267

Check out our website **www.piamp.net** for more details about our mission, our services and our values.



What is

sexting ?



Sexting is when you have a conversation of sexual nature via text, either by sending erotic messages or nudes.

This can be a way to (re)discover your sexuality, your **boundaries** and your **preferences**.

This can also be a part of a **job** - for example, a sex worker that shares their photos on the internet, etc.

A **nude** is simply a photo or a video of a person who is naked. It can be of yourself or of other people.

Why a guide?

Sending content of a sexual nature is a common practice amongst adults and young people, and, unfortunately, there are many cases of abuse. Often, the response given by different organisations (governmental, community based or the press) can be moralizing and stigmatising. In accordance with its values, the PlaMP wants to create a practical tool that helps youth practice sexting responsibly while raising awareness to related risks in a non-judgmental way.



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**what
the law
says.**

Canadian law considers any photo or video of sexual nature exposing a person **under 18 years** of age as **child pornography**.

It is

illegal to* :

- **possess**, i.e. have a photo or video of sexual nature in your phone of a person under 18 years of age;
- **produce**, i.e. take a photo or video of sexual nature of a person under 18 years of age;
- **have access to**, i.e. making the choice of watching or looking to obtain a photo or video of sexual nature of a person under 18 years of age;
- **distribute** these images, i.e. sending a photo or video of sexual nature of a person under 18 years of age.

*An exception is explained on the next page.

A person found guilty with a **juvenile pornography** count risks severe penalties.

What penalties are applied ?

An **adult** could be sentenced to a term of imprisonment of 1 to 14 years.

Source:
www.cliquezjustice.ca

A person
aged

12 to 17

could, for example :

- have to pay a fine or **provide** compensation to the victim;
- be ordered to complete a certain amount of hours of **community service**;
- be placed in custody or under **surveillance**;
- **lose** the device used (ex. their phone or computer);
- get the equivalent of a **criminal record** for people under 18 years of age.

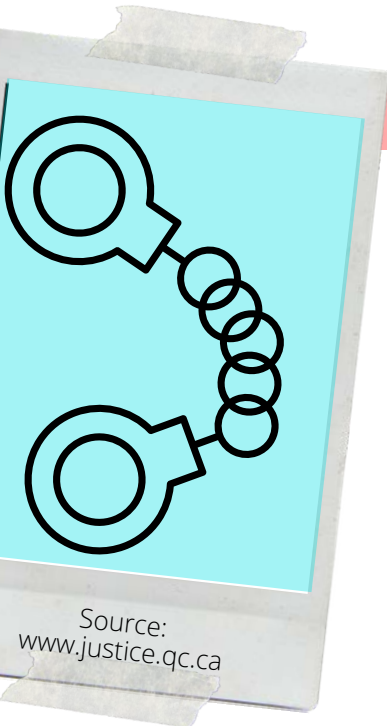
However,

Sharpe

decision introduces an exception
for "personal use".

This exception **allows minors** to take recordings of their own sexual activity, as long as the recordings produced **consensually**. Minors who participated in the production of pictures or videos can keep them, but can't show them to no one else.

This means that a teenager is not allowed to send a nude **selfie** to anyone, no matter their age. However, two minors exchanging nudes consensually have never been legally punished.





**LET'S TALK
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SEXTING!**

**sending
an intimate
photo.**

For some people, sending nudes is a **positive** experience. If you are underage and decide to send photos of sexual nature, in spite of the consequences related to the Criminal code of Canada, here are some things we recommend you take into

consideration :

- always ask for the **consent** of the people you are sending photos to. They may not want to receive these photos at that time, maybe it makes them uncomfortable - even though you have an intimate relationship together.

Consent is essential. This is more than a recommendation, it is an obligation.

- always ask people what their **boundaries** are and what they want and don't want to see. Even if this intimate exchange happens via text message, take the time to **discuss** together what you want to share.

Also:

- you can **hide your face** on the photos - this will limit the possibilities you being identified;

- you can **camouflage** any distinctive marks on your body : birthmarks, tattoos, beauty marks, etc.;

- prefer platforms where images are **deleted** or (generally) inaccessible to others : Snapchat, Signal, or even the secret conversation option on Messenger. Remain cautious, even though these are seemingly secure platforms, some apps have the option of taking screenshots without the other person being notified;

- choose a **neutral** background where we don't see holiday pictures or anything else that could identify you.

- deactivate **localisation** settings. This will prevent ill-intentioned people from finding where they were taken. To do this, go to your phone **settings** or look up how to's on the internet.

- choose a **unique** password for the application you use to send photos, this will reduce the chances of a potential hacker accessing them.

Lastly :

- you can put a **watermark** on the photo with the name of the person you are sending it to - this could **discourage** that person from resharing it.





**LET'S TALK
ABOUT
SEXTING !**

**you
receive
an intimate
photo.**

For some people, receiving naked photos of other people can be a **positive** experience. If you are underage and decide to receive and keep photos of sexual nature in spite of the consequences related to the Criminal code of Canada, here are some things we recommend you take into

consideration :

- you should always make sure the person in the photos gave **consent** to be in those photos, and that they did so in a context that did not reduce their capacity to give consent. There is no consent when nudes are obtained under **pressure**;

- you can be clear about the type of photos you are comfortable receiving and state your **boundaries** to the people sending you photos;

- if you decide to **save** a naked picture of someone on your phone, make sure you have their **consent**.

Someone may want to send you a picture but not want you to save it.



In the case where the person accepts,

you could use a secure application to store the photos.

This would prevent anybody with your phone in hand from having access to them.

- when you or your partner end the relationship, you should always offer to **delete** any images they sent you or that you sent each other.

If someone sends you a photo of someone you know,

break the chain



You should **warn** the person who is on the photos and make sure you do it in a **caring** manner.

Be prepared to direct the person towards different resources (NeedHelpNow.ca or Cyberaide.ca), as they could potentially experience very difficult emotions as a result of this news.

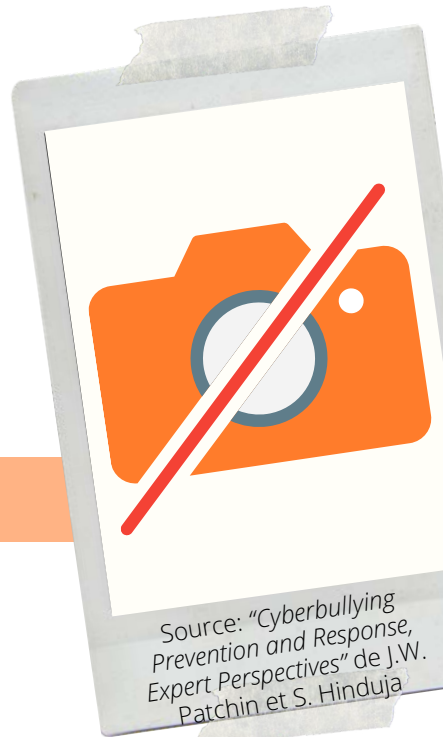
Do not re-share this photo and **inform** the person that sent it to you of the **penalties** they could face by sending photos of a sexual nature.

Are you thinking about **sharing** an intimate photo you received?

Don't do it.

Re-sharing a photo can have **serious consequences** on a person, particularly on their mental health. This action would be considered an assault and could lead to **intimidation** and **violent** moqueries from other people. It has indeed been proven that victims of cyberbullying are more likely to attempt suicide.

Be aware that if you use a device that was **bought** by your **parents** to share photos, they also risk serious **legal consequences**, as they are the owners of the device.





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SEXTING!

**your
intimate
photo has
been re-shared.**

Even though you share a naked photo of you to someone you **trust**, it could still be shared without your **consent**.



Some

examples :



- your ex-partner has photos of you and decides to **distribute** them or **threatens to**;

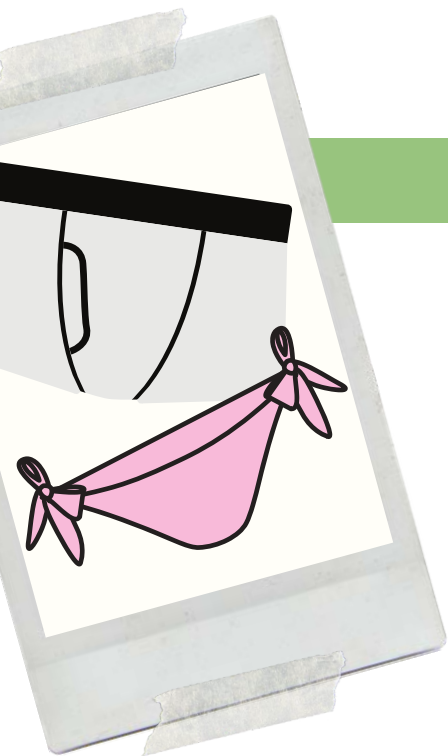
- your phone or the phone of the person you sent the photos to gets **stolen**;

- you send a photo to a phone number or email address that are **connected** to Cloud or a sharing space.

It is important to consider that once you send a photo, you can't really **control** what people will do with it.

If someone **re-shares** a photo or a video of you :

You will probably go through a variety of **emotions** : you could feel shame, sadness, fear, rage, powerlessness... Or, the situation may not affect you that much. All of these emotions are **legitimate** and valid. If you feel like you have no way out of the situation, remember that you still have **agency** and that different resources are available to help you face these difficulties.



What to do ?

You can go on the **NeedHelpNow** website - it offers advice, information and practical solutions for youth aged 13 to 17 who need help in these types of situations..

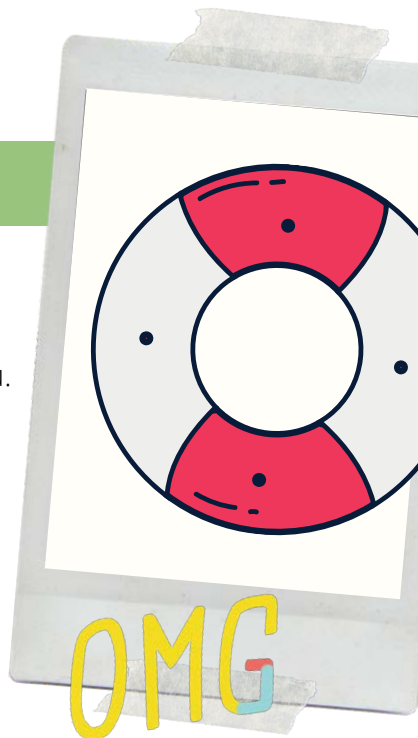
You can also go to the **Cyberaide** website - it offers report cards that are adapted to your situation and will also offer help and support in your **procedure**.

Other options :

You can contact **Jeunesse, J'écoute** (1 800 668-6868) : an anonymous and confidential psychological support service. The intervention workers are there for you.

You can also reach out to an intervention worker at your **school** or consult the internet to find a help center near you.

Finally, you can also contact the intervention workers at the **PIaMP**, they will offer you support.





**LET'S TALK
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SEXTORSION !**

**someone
threatens
you with
sharing your
intimate photo.**

What is

sextorsion ?

Sextorsion is a serious **crime** where someone tries to get **money** from someone (or other forms of retributions) by **threatening** to share intimate photos or videos or making them public.

Sextorsion can be a very **difficult** situation to find yourself in. It can trigger various emotions (shame, fear, embarrassment, sadness, etc.) which are all normal and valid emotions to go through in such a **violent** situation.

In the long term, these feelings can also transform into **depression** and lead to **suicidal ideation**. Of course, not all people experience sextorsion this way - this could also not affect you that much and it is **legitimate** for you to experience it that way.


In any case, we suggest you take the time to **think about** the situation and try to identify the consequences it has on you.




Talking about it :

You do not have to experience this alone - you have a right to receive **support** and be **heard**.

Even though it might seem difficult to talk about, remember the intervention workers are there to listen to you without judgement and that sharing your experience can help you find **ways to act** on the situation.



Don't hesitate to talk about this to someone **important** to you. The intervention workers at the **PiAMP** are also there to support you in these types of situations.



Here are a few **examples** of resources that could help you face the situation. There are also other possibilities, depending on your needs, values and perception of the situation you find yourself in.

In a **sextorsion** case,
Cyberaide.ca



recommends :

- you **cease** all communication immediately;
- you do not give in to the **threats** (although this may seem difficult to do, the threats could continue if you give in once);

- keep **proof** and screenshots of your communication;
- you can make a **report** directly on Cyberaide.ca's page

Other

examples



There are some **judicial clinics** that could offer you advice in your situation. Visit their website for more information on services and eligibility criterias.

You could also mention to the person threatening you that you know what **sextorsion** is, that you know what the legal consequences are and that you plan to **report** their actions.

You could also think about reporting the situation to the **police** and lodging a complaint. The choice is yours to make.

Remember that various youth organisations have intervention workers that could help you, maybe even the sexologist at your school could support you in the **judicial procedures**.





LET'S TALK
ABOUT
STIGMATISATION

!!

of sexting.



It is not rare for society and the media to perpetuate the idea that sexting is a new marginal practice, **deviant** even. In the case of non-consensual re-sharing of content, the **responsibility** is often put on the person that sent the nudes in the first place.

Is it a marginal practice ?

A **study** from 2008 done in the US with 1280 **youth** aged 13 to 26 shows that 20% of **teenagers** and 33% of **young adults** have already sent photos of sexual nature.

This shows that this practice is indeed not that rare, nor is it marginal. Many people, **regardless** of their gender, social status or cultural background send nudes.

For some, sexting can be a source of discovery and **exploration**. Similarly to other sexual practices, sending content of sexual nature (videos, messages, photos) involves **risks** that need to be **evaluated** by each person.



However

in a situation that involves **sextorsion** or the redistribution of **content without** the consent of the person in the photos, the **responsibility** should be carried by the person redistributing the photos or threatening to do so.

Many studies show that people suffer sextorsion go through feelings of **shame** and **guilt**, which often prevents them from reporting the aggressor, and sometimes even from sharing their story.

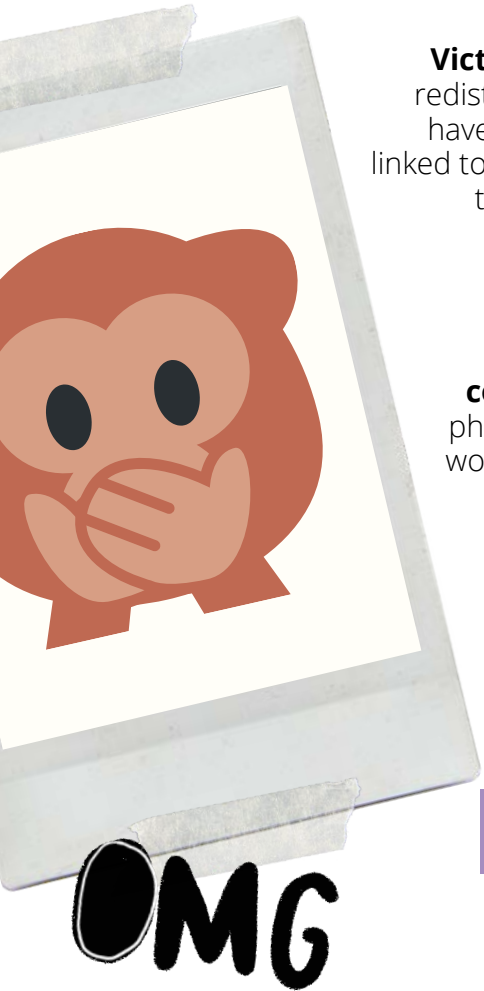
Victims of sextorsion or non-consensual redistribution of intimate photos shouldn't have to go through the **negative** feelings linked to the perception of others, nor should they have to carry the weight of moral responsibility.

Sextorters are often very skilled and **convincing** when it comes to getting a photo out of someone, they know which words to use. There is no reason for you to feel guilty or shameful about this.

This is why the PlaMP invites us to **restructure** the discourse around people sending content of sexual nature **online**.

When we stigmatize

and designate people as being responsible of the abusive situation they find themselves in, we reduce the **chances** that they will reach out and take action to put an end to the abuse.



Someone you are **close** to sent photo of sexual nature and is now in a situation where someone **shared** their photos without consent?

Support

your friend without judgment.

Take the time to talk to them about their needs in order to see in what way you can support them.

For example :

- you could accompany them to make a **complaint** if that's what they want;
- you could be present during their **calls** to help lines;
- you could offer to **look for** resources together.

The most important thing is to **listen** and **validate** their feelings, and to make sure you don't make them **feel guilty**.





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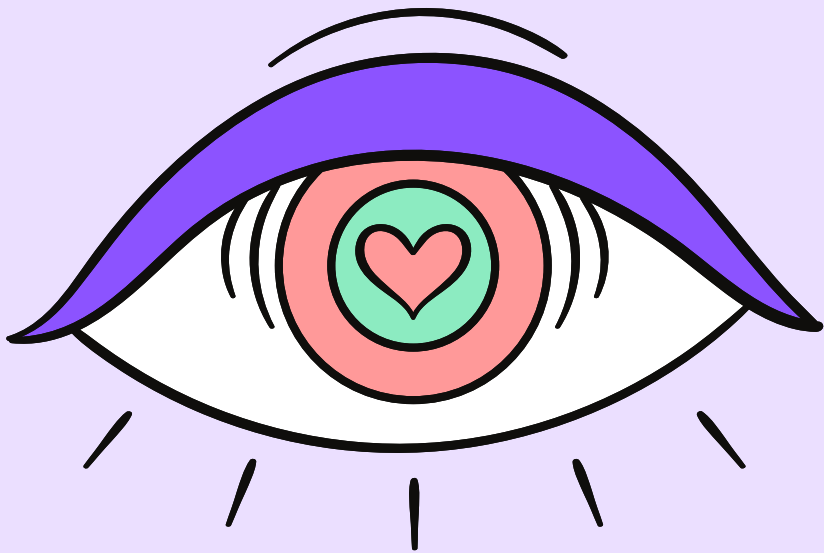
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6500 rue de Saint-Vallier,
Montréal, QC, H2S 2P7



piamp@piamp.net

piamp.net



@lepiamp