



INITIATIVE

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Join the Movement Events, Inc. (501c3 non-profit) P.O. Box 133, Elkhorn WI 53121 – dawn@jtme.org - 262-374-1491

Sexting & Sextortion

What You Need to Know - A Quick Guide for Teens

FIRST—THIS MATTERS:

You deserve to feel safe online.

If something uncomfortable or scary happens, **it is not your fault**, and **help is available**.

WHAT IS SEXTING?

Sexting is sending or sharing **sexual messages, photos, or videos** through phones, apps, games, or social media.

Why it's risky

Once something is sent:

- You **lose control** of where it goes
- It can be **saved, shared, or used against you**
- Even people you trust can break that trust

If you're under 18, sexual images of teens are illegal to make or share—even if it's your own image.

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WHAT IS SEXTORTION?

Sextortion = blackmail.

Someone threatens to share private images or messages unless you:

- Send more images
- Send money
- Do what they want

This often starts with:

- A “friend” online who gives lots of attention
 - Flirting that slowly becomes sexual
 - Requests to move to a different app or private chat
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RED FLAGS ▶

Be cautious if someone online:

- Pushes sexual talk or images
- Rushes the relationship
- Can’t video chat or avoids showing their face
- Has a new or fake-looking profile
- Pressures you after you say “no”

Trust your gut. **Pressure is not normal.**

IF SOMEONE ASKS YOU FOR SEXUAL CONTENT

You can say:

- **“No.”**
- **“I’m not comfortable with that.”**
- **Block and report them.**

You don’t owe anyone an explanation.

IF YOU’RE BEING SEXTORTED

Remember:

- ✓ **It’s not your fault**
- ✓ **You are not alone**
- ✓ **You can get help**

Do this:

1. **Stop responding** – don’t send anything else
 2. **Do not delete messages or images** (they are evidence)
 3. **Block the person** on all apps
 4. **Tell a trusted adult** (parent, guardian, counselor, teacher)
 5. **Reach out for help right away**
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FREE, CONFIDENTIAL HELP (24/7)

- **988 Suicide & Crisis Lifeline** – Call or text **988**
- **Crisis Text Line** – Text **4HOPE** to **741741**
- **Center for Missing & Exploited Children can assist you in removing the images online.** Image removal help: <https://takeitdown.ncmec.org/>
- **Join the Movement** – **262-755-8707** (ask for an advocate)

You can talk to someone even if you're scared or embarrassed.

HOW TO PROTECT YOURSELF ONLINE

- Keep accounts **private**
 - Don't share personal info (school, location, schedule)
 - Use **strong passwords** (don't share them)
 - Be careful with new "friends," even in games
 - If something feels wrong—**tell someone**
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IMPORTANT TO KNOW

- Predators rely on **silence**
 - Asking for help takes **strength**
 - Getting support can **stop them from hurting others**
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Final Reminder
You matter.
You deserve respect.
Help is always available.

ABOUT JTM / J11 INITIATIVE

J11 Initiative is a division of JTM (Join the Movement Events, Inc.) is a 501(c)3 non-profit organization.

J11 Initiative provides a sexting/sextortion toolkit for families to assist in prevention. We also have resources for social media for teens and another toolkit for families. All are available on our website.

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