



**“SEXTING” -**  
the act of sending  
sexually explicit  
messages or photos  
electronically, primarily  
between cell phones

Mountain View Prevention Services is a non-profit, private agency dedicated to the prevention of alcohol, tobacco and substance abuse. Our vision is one where all Lewis County residents practice a healthy lifestyle; where both adults and young people understand the ramifications of abusing alcohol, drugs and addictive substances; to their lives and those of their families and friends.

As Lewis County’s primary resource for alcohol and substance abuse information, we strive to link our clients with appropriate services. Our continual networking provides our clients access to all local health care agencies.

Understanding prevention is key. We consistently aspire to offer services to the public combining a variety of strategies which include awareness of the dangers of substance abuse and making alternative, positive choices.

## “Sexting” Facts & Prevention



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## Facts

- 22% of teen girls and 18% of teen boys have participated in “sexting.”
- 38% of teens say exchanging “sexting” messages makes dating or hooking up with others more likely.
- If the “sexting” message is sent to another state, it is a federal felony.
- Even if the photo is of you or you pass the message around, you can still be charged with producing or distributing child pornography.
- Once something is sent via cell phone or Internet, it exists permanently; this could affect a teen’s future, like applying to college or getting a job.
- “Sexting” is treated as child pornography in almost every state.

## Prevention

- Warn your children about the consequences of “sexting.”
- Remind children to think before they act.
- Tell children that sending or possessing child pornography is illegal
- Parents should learn how to use and monitor their children’s mobile phones.
- Give your children clear rules on what they can and can't do with their mobile phones.
- Don’t wait for an incident to happen before you talk to your child about “sexting” and the consequences of it.
- Don’t assume that one talk with your teen about “sexting” is enough to keep them safe; revisit the discussion regularly.

## Prevention continued

- Keep cell phones and computers in a public area when the teen goes to bed.
- Warn your children about sexual predators.
- Limit the amount of text messages your teen is able to send.
- Parents should check photo galleries on their children’s Facebook or MySpace accounts.
- If your children have sent any nude photos of themselves, be sure they stop immediately.
- Help children discover positive ways to seek attention!



For more information, go to:  
**[www.connectsafely.org](http://www.connectsafely.org)**