



Texting & Sexting

Next to talking one-on-one, texting is currently one of the most instant forms of communication. While texting might be the perfect platform to say a quick “hi,” there are some things to watch out for in a textual relationship with your partner.

Texting Too Much

If your partner texts too much, it’s not only irritating, but unnecessary. Keeping in touch with your significant other throughout the day can be thoughtful, but constant contact is probably over-doing it. Consider talking to your partner about giving you a little bit of space. Remember, if they’re using texting messaging to monitor everywhere you go, that is a warning sign of abuse.

Reading Someone Else’s Texts

Does your partner ask to read your texts? Or read them behind your back? Healthy relationships are built on trust, not jealousy. You have the right to privacy and the ability to talk to whomever you like. You may want to explain to your partner that you have nothing to hide, but don’t like them going through your phone or deciding who your friends are. If your partner refuses to change, you could be in an unhealthy relationship.

Threats over Text

Threats over text should be taken seriously — try not to write them off as angry venting. Keep track of threatening texts and think about talking to someone you trust about what is happening. Being in a violent relationship is dangerous — don’t go through it alone.

What Can I Do?

Whether you feel like your partner is already using their cell phone in an abusive way or you’re trying to prevent it, here are tips to keep you safe and healthy:

- Remember, it’s ok to turn off your phone. Just be sure your parent or guardian knows how to contact you in an emergency.
- Don’t answer calls from unknown or blocked numbers. Your abuser can easily call you from another line if they suspect you are avoiding them.
- Don’t respond to hostile, harassing, abusive or inappropriate texts or messages. Responding can encourage the person who sent the message and won’t get them to stop. Your messages might also get you in trouble and make it harder to get a restraining order or file a criminal report.
- Save or document troublesome texts as you may need them later for evidence in case you file a criminal report or ask for a restraining order.
- Many phone companies can block up to ten numbers from texting or calling you. Contact your phone company or check their website to see if you can do this on your phone.
- If you are in or coming out of a dangerous relationship, avoid using any form of technology to contact your abuser. It can be dangerous and may be used against you in the future.
- It may seem extreme, but if the abuse and harassment don’t stop, changing your phone number may be your best option.



Sexting Coersion

Does your partner ask for inappropriate pictures of you? Or send them to you? Even if you trust that your partner will be the only one to ever see the pictures, you can never guarantee that they won't end up on someone else's phone or online. Seriously consider playing it safe and making a policy of not sending and instantly deleting inappropriate photos. The same goes for webcams and instant messaging, too. Remember you never have to do anything you aren't comfortable with, no matter how much your partner pressures you. Sexting can also have legal consequences. Any nude photos or video of someone under 18 could be considered child pornography, which is always illegal. Even if whoever sent the image did so willingly, the recipient can still get in a lot of trouble.

Sexting coercion is when someone pressures or forces someone to digitally send explicit pictures or sexts. It's a form of digital and sexual abuse and can be very traumatizing to the victim. We know that digital abuse is serious not only because it is traumatic, but also because once you send something electronically to someone else (whether it's words or pictures) it's no longer under your control. It can be copied, altered or shared with anyone else, and never completely erased. This can often intensify the trauma that a victim feels. Sexting coercion is on the rise. Some people think this is normal behavior; that having your partner pressure you into sexting is just "something that happens" to everyone. It isn't "normal," although it may be common, but it is abusive. You have the right to protect your own body and choose when/with whom to participate in any kind of sexual activity.

What Should I Do? My partner is pressuring me to sext, and I don't want to.

It's important to understand that this is a form of digital and sexual abuse. You have the right to say "no" to anything you're not comfortable with, and that includes sexting. Pressuring or guiltting you into doing something you are not comfortable with is not okay and never something you deserve. If you feel safe doing so, tell your partner that you are not comfortable sexting and would like them to respect your boundaries.

While we never advocate for someone to send explicit pictures of themselves because we know this can be a safety threat later on, we do believe that each person is an expert in their own situation. If you feel like sending an explicit picture is the best way to protect your immediate safety, there are some things you can do to stay as safe as possible. For example, if you're afraid to say no to your partner's demands for explicit pictures, consider leaving out identifying features (such as your face, tattoos, birthmarks etc.). This precaution can help protect your anonymity if your partner tries to use the pictures for blackmail later.

I sexted with my partner, and now they're threatening to share it if I don't do whatever they tell me to do.

These types of threats are often referred to as "revenge porn." If this is happening to you, DoVE may be able to put you in touch with a legal advocate who can help you explore your options. There are some useful resources, like undox.me, that help survivors of revenge porn get explicit photos taken down. If you are feeling threatened or suffocated by your partner's constant calls or texts or being coerced into sexting, it may be a sign that you are in an unhealthy and potentially abusive relationship. When your partner says or does things that make you afraid, lowers your self-esteem or manipulates you, it is called verbal or emotional abuse.

DoVE offers FREE & CONFIDENTIAL help, advice, and resources.

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