

IOMH	In Over My Head
BRD	Bored
IDK	I Don't Know
DKDC	Don't Know, Don't Care
IMO	In My Opinion
AFAIK	As Far As I Know
NM	Never Mind
BTW	By The Way
FYI	For Your Information
FWIW	For What It's Worth
BRB	Be Right Back
AFK	Away From Keyboard
LOL	Laughing Out Loud
ROTFL	Rolling On The Floor Laughing
K	Okay
JK	Just Kidding
SLAP	Sounds Like A Plan
PLZ	Please
TY or THX	Thank You; Thanks
YW	You're Welcome
NP	No Problem
G2G	Got TO Go
BFN	Bye For Now
TTFN	Ta Ta For Now
L8R	Later
CYA	See You (later)
CYT	See You Tomorrow

For additional examples of internet and text messaging lingo search the web for the phrase "texting lingo."

**Below are some discussion starters to help you have the "sexting talk" with your child.....**

- Have you ever received a sexual message or naked picture on your cell phone?
- Has anyone ever asked or pressured you to send a nude or sexual picture?
- Do you think it's OK to send "sexy" messages or images? Why?
- What could happen to you if you send or forward a sexual text message or naked picture with your cell phone?
- How likely is it that images and messages intended for one person will be seen by others?

**ADVICE FOR YOUNG PEOPLE:**

- *Think about the consequences* of taking, sending, or forwarding a sexual picture of yourself or someone else underage. You could get kicked off of sports teams, face humiliation, lose educational opportunities, and even get in trouble with the law.
- *Never take* images of yourself that you wouldn't want everyone—your classmates, your teachers, your family, or your employers—to see.
- *Before hitting send*, remember that you cannot control where this image may travel. What you send to a boyfriend or girlfriend easily could end up with their friends, and their friends, and their friends.
- *If you forward* a sexual picture of someone underage, you are as responsible for this image as the original sender. You could face child pornography charges, go to jail, and have to register as a sex offender.
- *Report* any nude pictures you receive on your cell phone to an adult you trust. Do not delete the message. Instead, get your parents or guardians, teacher, and school counselors involved immediately.

Source: National Center for Missing and Exploited Children, Tips to Prevent Sexting; [http://ncmec.vo.llnwd.net/o15/downloads/special/Sexting\\_Prevention.pdf](http://ncmec.vo.llnwd.net/o15/downloads/special/Sexting_Prevention.pdf)

Visit [www.NetSmartz.org](http://www.NetSmartz.org)

**What You Need to Know About**

**SEXTING**



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Many youth believe that anything that they want to do with *their* bodies and *their* phones is *their* business. Youth enjoy the privacy and freedom that cell phones give them from their parents or guardians. But when they use that freedom and their cell phones to explore their budding sexuality, it's easy to understand why 1 in 5 teens (13-19) reported having sent a sexually suggestive image or message. However, when youth engage in sexting, the sending or posting of nude or partially nude images of minors, the law takes a very different view.

Help your children avoid the potential life consequences of sexting by learning more about the issue and talking to your children before they put themselves in a compromising position.

### **Q: Why do youth sext?**

A: Youth sext for many reasons. They may be pressured by friends or trying to impress a crush. Some are responding to a sexual text message they've received and others willingly send nude photos of themselves to a boyfriend or girlfriend. Youth make these decisions without thinking about how their futures may be affected. It's important for parents and guardians to understand that as technically savvy as their children are, they often don't think about the implications of how quickly digital information can spread via cell phone and the Internet.

### **Q: What are the consequences of sexting?**

A: Youth who sext may face charges of producing, possessing, and/or distributing child pornography. For example, if Sue takes a nude picture of herself and sends it to John, she may be charged with the production and distribution of child pornography. If John forwards the image to Tim, John may be charged with the possession and distribution of child pornography. There is always the possibility of having to register as a sex offender for as long as 10 years, 15 years or a life time. As long as the image circulates, anyone with it may face charges.

Legal consequences are not the only outcomes that children face. They may face social repercussions, such as being judged or excluded by their peers, communities, and families. Youth that send the images may become targets of mean comments, rumors, and harassment. Furthermore, the image may follow them forever, damaging academic, social, and employment opportunities.

Sexting may also profoundly affect the emotional and psychological development of a child. Trust is broken when an image is forwarded without the creator's consent, such as when a boyfriend takes revenge on an ex-girlfriend by forwarding images intended to be private. Once an image is spread via cell phone or posted online, it is impossible to get back and can potentially circulate forever; youth who engage in sexting risk reoccurring embarrassment and victimization. These pictures can even find their way into the hands of those individuals who prey on children and collect child pornography. This kind of exploitation can be psychologically devastating.

### **Q: What can I do to help prevent my child from sexting?**

A: Make sure to review your house rules for online conduct with your children before giving them access to new Web-enabled technologies. Along with discussing your expectations for their behavior, discuss the consequences for failing to meet those expectations, such as limited access to Web and texting functions. If children ignore the rules, consider removing cell phones all together; however, this should be your last resort. Technology is not going anywhere, and it's important that children learn how to use it appropriately.

Talk to them early and often about how digital information and images may travel very far, very quickly. Make it absolutely clear to youth that the moment they send a digital image of themselves from their cell phone, they completely lose control of what happens to it next.

### **Q: How do I know if my child is sexting?**

A: No parent or guardian wants to be the last one to know that their child is sexting. Try to maintain open lines of communication with your children so that they are not afraid to talk to you if they receive inappropriate photos or are being pressured to send them.

### **DO you know LINGO?**

POS	Parent Over Shoulder
PAW	Parents Are Watching
P911	Parents In Room (alert)
AITR	Adult In The Room
TPTB	The Powers That Be
KPC	Keeping Parents Clueless
A/S/L	Age/Sex/Location
MorF	Male or Female
BF or GF	Boyfriend or Girlfriend
BFF	Best Friends Forever
BM&Y	Between Me And You
LUV U	Love You
LYSO	Love You So Much
TOY	Thinking Of You
H&K	Hugs And Kisses
QT	Cutie
ADDY	Address
A3	Anytime, Anywhere, Anyplace
WH5	Who, What, When, Where, Why?
F2F	Face to Face
IRL	In Real Life
WK	Week
WKD	Weekend
2NITE	Tonight
OMW	On My Way
WRUD	What Are You Doing
RUOK	Are You Okay?
PTB	Please Text Back
DIKU	Do I Know You?
TMI	Too Much Information
411	Information
MYOB	Mind Your Own Business
NOYB	None Of Your Business