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GOLD COAST CENTRE
against sexual violence inc.

#WhatDoYouExpect

SEX, RELATIONSHIPS & TECHNOLOGY



Sexual violence is any sexual behaviour that a person does not consent to and that makes them feel uncomfortable, frightened or threatened.

Sexual violence can also be digital and includes:

- Unwanted sexual messages, photos, and posts on your social media
- Pressuring someone to take or send sexual photos
- Pressuring or forcing someone to have sex (even if you met on a sex site)
- Making someone watch porn or copy sex acts from porn

DID YOU KNOW?

We all have a right to feel safe when using technology in our relationships. If you are using technology to chat, flirt, or meet people you deserve to have healthy and safe experiences.

IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING DIGITAL HARASSMENT OR COERCION, HAS HAD AN UNSAFE EXPERIENCE OR WOULD JUST LIKE SOME MORE INFORMATION, THERE ARE PEOPLE WHO CAN HELP:



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#WhatDoYouExpect

I expect my boyfriend not to share the nude photos I send him - with anyone else!

#WhatDoYouExpect



I expect the person I'm talking to online to be who they say they are.

#WhatDoYouExpect



I expect my partner to respect my boundaries.

#WhatDoYouExpect



I expect to be asked.

#WhatDoYouExpect



Hooking Up & Dating

Selfies & Sexts

Porn!

The internet is a great way to meet new people who share your interests or maybe just want to hook-up. People are complicated, so it's important to trust your gut and filter out people who you are not sure about. Luckily there are loads of things you can do to make sure everyone has a great time!

REMAIN SKEPTICAL & INVESTIGATE

If someone seems too good to be true they probably are. Profiles that are brief, have no photos, or not many friends might also be a warning sign.

GET CHATTING

People who are genuine will want to talk. It is a good idea to try and have a phone call or maybe even videocall to get a better feel for the person. If someone says they don't have a webcam or won't give out their number, it may be a warning sign.

READY TO MEET UP?

You may want to meet the person you've been chatting to. Make sure you meet in a public place and someone knows where you are and who you are meeting. Make sure your phone is charged, you have your own transport, and you watch how much you drink. Alcohol can cloud your judgment and impact decision making.

REMEMBER

You don't owe anyone anything. You can block someone who is asking inappropriate questions, is giving vague answers, or just creeps you out. If you are on a date it is ok to call a friend and leave.

We all have a right to feel safe. Sending nude pictures, or sexting, can be an enjoyable and safe way to explore your sexuality. It is a great way to talk to your partner about what you like and how you feel.

Think Outside the Box!

Sexting doesn't have to be a pic of your genitals and a suggestive picture can be a lot more enticing. A photo of underwear on the floor with a condom on top is just as effective. You can even zoom right in on cleavage, biceps, ears, a hand holding a banana. Let your imagination (and theirs) run wild!

You are the only one who can decide if you want to send a pic or not. If someone is nagging or pressuring you to send naked pictures they probably aren't really someone you want to share them with anyway. Relationships are based on respect - this includes respecting the other persons decisions.

With rights come responsibilities. You have a responsibility to delete photos of your ex when you break up, to let people decide for themselves if they want to sext, and to not share private pictures or even pass on an image that wasn't meant for you.

Did you know if you are under 18 you might be committing a crime, potentially involving child pornography and sex offences? If you are thinking about sending nude pictures it is a good idea to check out WWW.LAWSTUFF.ORG.AU first so you know where you stand.

Porn is not real sex, it's fantasy, and is designed to be over the top or even shocking. A multibillion dollar industry has been built on porn and the ideas it has about sex. Have you noticed how porn is usually about only one person's pleasure? Or how minority groups are portrayed as a sexual fetish? It is normal to like some of the things in pornography however a healthy sex life relies on a few things that just aren't shown in porn.

I EXPECT CONSENT

Consent is not something we see much of in porn. Consent is an ongoing agreement that everyone is ok and happy to keep going. Good sex is when both people want it.

I EXPECT TO BE LISTENED TO

In porn, one person usually goes along with things even though it might hurt or be humiliating. If someone looks uncomfortable, scared or upset or if you feel any of these things that's a good indicator that you need to stop and check in.

I EXPECT EXPLORATION

In porn, hooking up usually follows a script that ends with male orgasm. Real sex is much better than that. You get to explore what each other likes and try new things - if you have consent you can have a safe and sexy time.

I EXPECT TALKING

Once again porn has let you down. Part of great sex is communicating about what feels good and asking the other person what they enjoy. This can be a conversation or even flirty texting.