

# FACT SHEET

## Phone and video sex – keeping safe during Covid-19



### Human touch is a powerful thing, but so are human voices, photographs and videos. During Covid-19, avenues for hook-ups are limited.

More and more of us are going online to get our sex fix. Porn is a great distraction but sometimes you want to interact with someone 'real'. This is where good old-fashioned phone sex along with cam sex and swapping pictures on apps comes in.

Just remember when it comes to cam/video, especially on public sites, nothing is guaranteed to stay private.

Consent still counts, sharing your picture or videos with another person does not mean you are giving up ownership of these images.

It is important to understand that it is okay to share images and videos of yourself with others online. What is not okay is to share images and videos of others online without their consent.

Consent is just as important when it comes to images of you as it is when you have sexual contact with someone. When someone violates that consent it can impact your self-esteem and self-worth. It is important that victims of revenge porn are treated the same way as someone who has been sexually assaulted.

If someone has posted explicit images of you online, report this to the website they are posted on and ask for them to be removed.

If you decide to report this crime to the police, keep evidence of this incident by taking a record and screenshot of any posts or messages.

### Support

If you need further advice on how to get explicit online materials removed, contact:

**The Revenge Porn Helpline on 0845 600 459.**