

Relationships online: consent



SAFETY, TRUST AND RESPECT
DIOGELWCH, YMDDIRIED A PHARCH

Relationships should make us feel supported, safe and happy. Even though we're social distancing, you can still have fun, friendship and flirtation with someone you like, as long as it feels something like this...

YES!

YES!

YES!

Yes to the excitement of hearing from someone you fancy

Yes to feeling curious and flirtatious

Yes to respecting each other's boundaries

The thing is, it's easy to feel pressured into doing, sharing or saying something you don't want to. We all have a right to say:

NO

NO to pressure to share explicit images

NO to being told to stop texting friends

NO to being bombarded with messages

Remember: it's against the law to take, have, or send any explicit pictures of someone under 18 (including yourself). It's wrong for anybody to pressure you to send images or to threaten to share some of you. You can report them [here](#).

Find out more about sexting and online safety [here](#).

REMEMBER:

Flirting is fun. Do it safely, securely and within the law.

And remember the rule of three.



Live Fear Free Helpline
Llinell Gymorth Byw Heb Ofn
0808 80 10 800



Cymorth i Ferched Cymru
Welsh Women's Aid