

# Safe(r) Cyber Sex Guide

sexting

nudes

online  
work-  
shops

self-  
made  
porn

phone sex

sex-  
camming

sexy  
video  
calls

**Online sexual activities are part of the sexual repertoire of many people.**

**Follow the Safe(r) Cyber Sex Guide to sexual health, risk awareness, pleasure, and well-being.**

**The most common way of having safe(r) cybersex is to involve people you know personally and trust.**

### **FIRST THINGS FIRST**

- What are my intentions and expectations? Is it just fantasy play? What happens afterwards?
- Do I feel comfortable showing and sharing sexual content?
- Do I want to incorporate cybersex into my sexual repertoire?
- Who do I want to ask for a cybersex date and under which circumstances?
- Is it possible to check in with your cybersex partner(s), receive emotional aftercare, and exchange feedback afterwards?
- Am I prepared to accept "No" as a possible answer? Do I feel like my "Yes / No" and expressions of concern will be heard?

### **DATA PROTECTION**

- What do I want to protect and from whom?
- Am I confident to take the risk of being identifiable by showing my face, piercings, tattoos, scars, birthmarks, my hair, or my home furniture?
- Can I keep my background blurry or neutral?
- Have I kept my real name and location private?
- Do I know the people involved personally? Whether yes or no: Do I feel comfortable having cybersex with them?
- Have we talked about boundaries, terms and conditions? Who should be allowed to see and have access to sexual content or images?

**The most effective way to protect your intimacy is to make sure you are not identifiable.**

## SECURITY SETTINGS

- Did I set up a new anonymous email address that I use for cybersex activities only?
- Is my firewall and anti-virus program updated and active?
- What are the terms and conditions of the platform I use?
- Do all people involved feel comfortable with the platform?
- Does the platform have an end-to-end encryption?
- Does the platform have a virtual waiting room or host function?
- Who uses the digital devices? Will the chat history be saved? Maybe even to cloud services? Who has access to the cloud service, when and where?
- Who has access to (group) meetings? Is it possible for new members to join and how?
- To store your images and videos safely, did you password protect the folder?

## PRO TIPS

- Find an angle that highlight body parts that you like – enjoy being sexy.
- Practice getting comfortable in front of the camera and gain confidence with the application in advance.
- Play with what is visible vs. what is not visible (e.g., using a zoom function).
- Use make up / dress up / costumes.
- Music and dimmed lighting create a good atmosphere as well as security.
- Cut out elements – or do not record material in the first place – that you do not want to be seen, instead of blurring it afterwards.
- Delete Metadata / Exif Data of explicit content.
- Use a different platform for sexual activities and not the ones you use for communicating with friends and family.
- Facebook or WhatsApp might delete your account if you send kinky messages (words are filtered and indexed).
- Mobile devices tend to be safer than laptops or computers in terms of hackers.

# You have a **right** to your own image.

## RED FLAGS

- Trust the vibe you get.
- Do not let anybody pressure you into doing something you do not want to do.
- Take second thoughts and mixed feelings seriously. You can always change your mind and revise decisions.
- Be alerted if someone is gaslighting you, making you feel overly sensitive or doubt your feelings.

## KEEP IN MIND

- If somebody else can see your intimate content, they can always find a way to save it if they really want to. Even the most secure app can not replace trustworthiness and clear communication.
- Sending unwanted nudes is creepy and a form of harassment. Publication and distribution of sexual images without a person's consent is liable to prosecution.
- Accidents can happen in real life, as well as on the Internet. Do not blame yourself. In case of misuse or boundary violations, document it, break off contact, and reach out to trusted ones, the hosts, platform providers, or local counseling services.

**„There is no safe sex,  
just safer sex.“**

**(Sex-Positive Corona Safer Sex Guide,  
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