



A Sexologist's Guide to Staying Safe Online and Protecting Your Practice

Have you received unwanted attention online, through social media, online directories, or email?

It is part and parcel of the client intake process that some potential clients confuse sex coaching with erotic entertainment.

Always trust your gut - if you get the feeling that a client is not seeking sex coaching, but rather something else, you are probably right.

It's up to you as a professional to maintain strong, professional boundaries to protect yourself and your practice.

Here are some examples of behavior to watch out for:

- Using language such as, "dear," "baby," "sexy," or "honey."
- Demanding same day appointments.
- Complimenting your appearance in an inappropriate way.
- Refusing to go on video, if the Discovery Call is done via Skype.
- Requesting erotic services or exchanges.
- Asking personal questions about your relationship, sex life, sexual preferences or lifestyle.





A Sexologist's Guide to Staying Safe Online and Protecting Your Practice



You also need to watch out for clients who behave inappropriately during a session.

Here are our top tips on how to protect yourself from unwanted attention:



- 1) Trust your gut. If the way a potential client is talking sets off alarm bells, listen!
- 2) Have a stock response ready to send if you feel uncomfortable.
- 3) Maintain healthy boundaries in all areas of your life. Practice saying "NO!" more in your day-to-day life, both professionally and personally.
- 4) Don't be afraid to block any offenders on social media, email, Skype or via your website.
- 5) Don't let this get you down! Every therapeutic professional receives unwanted attention. Don't engage in their behavior and don't get drawn into their energy.
- 6) Practice energetic shielding to keep your work space clean and clear.





A Sexologist's Guide to Staying Safe Online and Protecting Your Practice

Here are two examples of how you can reply that are boundaried and nonjudgmental:

1) "Thank you for your interest in my work. I do not provide erotic services or entertainment so I cannot help you. Take care."

2) "Thank you for reaching out!

I am getting the sense that you may not be looking for sex coaching, but rather for erotic entertainment.

I want to be clear that this is not the service I provide. Sex coaching is the intersection of Sexology (what people do sexually and how they think and feel about it) and coaching (a way to define goals, where you want to get to, and the action steps to get there). I do work with clients virtually, typically focusing on sexual concerns and personalized sexual education.

I do not engage in erotic or sexual behaviors with my clients.

Let me know if I've misunderstood you."

Remember that you are not obligated to work with anyone. You can always say no if you feel uneasy, uncomfortable, exploited, compromised, or anytime something doesn't feel right to you.

Staying safe is paramount to the protection and integrity of your practice. You can use these skills in all aspects of your life to keep safe.

