

Unit Aims: To understand the impact sexting can have to relationships, families and to future career choices.

Lesson duration: 1 hour

Organisation: Mixed Sex

Resources required:

- ✓ *Sexting & The Law PowerPoint*
- ✓ *Sexting scenarios*
- ✓ *Sexting Scenario Notes*
- ✓ *Flipchart paper & pens*

Intended Learning Outcomes:

- To understand the consequences of sending a nude pic and how this can affect future career choices
- Recognise why young people feel the need to send sexts and strategies to deal with this pressure
- Information on what to do of an image has been sent and where to go for help and support

Introduction:	Time	Grouping
<p>1. Establish/Recap Ground Rules In a circle, go through the ground rules that you have set for these lessons. Ensure you explain - don't ask personal questions, confidentiality and the right to pass.</p>	5mins	Whole Group
<p>2. What is Sexting? Ask the group to ask discuss in pairs what is meant by sexting and feedback their answers?</p> <p><i>Sexting is the sending of provocative or sexual photos, messages or videos. They are generally sent using a mobile phone but can also include posting this type of material online. While sharing suggestive images or text messages may seem like innocent flirting or be considered funny for young people, sexting can have serious social and legal consequences. Sexting may also be called:</i></p> <ul style="list-style-type: none"> • <i>trading nudes</i> • <i>dirties</i> • <i>pic for pic</i> <p>Ask the group to discuss in pairs the reasons why they feel young people might send a 'sext' and again, feedback.</p> <p><i>Reasons why a young person may want to send a naked or</i></p>	15 mins	Whole Group

<p><i>semi-naked picture, video or message to someone else.</i></p> <ul style="list-style-type: none"> • <i>Joining in because they think that 'everyone is doing it'</i> • <i>Boosting their self-esteem</i> • <i>Flirting with others and testing their sexual identity</i> • <i>Exploring their sexual feelings</i> • <i>To get attention and connect with new people on social media</i> • <i>They may find it difficult to say no if somebody asks them for an explicit image, especially if the person asking is persistent</i> <p>Also discuss with the group the following explaining that it will be discussed more later:</p> <ul style="list-style-type: none"> • What could happen to an image? • Who might see it? • What are the risks? • Is sexting legal? <p>3. Sexting & The Law, what to do and where to go for help PowerPoint</p> <p>Use the <i>Sexting & The Law PowerPoint</i> to discuss:</p> <ul style="list-style-type: none"> • The Law around Sexting • What happens to pictures • Pressuring someone to send an image • What to do if a picture has already been sent • How quickly images can be passed around <p>Show both video links from the PowerPoint which demonstrate the pressure to send and how quickly an image can be passed around.</p> <p><i>The most important message to young people is that they can be given a criminal record that will stay with them for life. If they are sending or receiving sexts from anyone under 18 (even if the image is of themselves) they will have a record stating 'In possession of child pornography'. This has consequences around future careers - careers in the Police, Nursing, Midwifery, Dancers, Nursery Nurses, and Teachers etc would not be possible as they would need to prove no criminal record through a DBS form.</i></p>	<p>15 mins</p>	<p>Whole Group</p>
<p>4. Sexting Scenarios</p> <p>Give 7 groups one of the <i>Sexting Scenarios</i>. Ask them to read through the scenario and answer the questions on flipchart. Each group to spend 3 minutes on each one (if time allows) and then rotate the scenarios. Alternatively each group can focus on the one scenario and feed back answers after 5 minutes.</p> <p>See prompts in the <i>Sexting Scenario Notes</i> for further information.</p>	<p>20 mins</p>	<p>7 Small Groups</p>
<p>5. Introduce Zipit App (Childline)</p>	<p>5 mins</p>	<p>Whole Group</p>

<p>If someone's trying to get young people to send them naked images of yourself, they can use the images on Zipit to keep the situation in control. Zipit helps you get flirty chat back on the right track. It's packed with killer comebacks and top tips to help you stay in control of your chat game.</p> <p>For information on the Zipit App see:</p> <p>https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/zipit-app/</p> <p>5. Signposting Inform the young people where to go for help and support. Check your schools SRE policy and inform pupils of how an incident would be dealt with in school.</p>	<p>5 mins</p>	<p>Whole Group</p>
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