

## Sexting

**Aims:** To ensure young people are aware of the dangers and potential consequences of engaging in 'sexting'.

**Learning Outcomes:**

By the end of the session the participants will:

- know what sexting is and have considered why people sext
- understand some of the potential consequences of sexting and ways of managing them
- be familiar with some of the laws impacting on sexting

**Group size:** 8 - 10

*Due to the subject matter, consider restricting this session to young people aged 14+*

**Time:** 1 hour

**Venue:** Youth club

**Materials:**

- Flip chart & pens
- Matching pairs
- Consequences lucky dip
- Responses

Time	What	With
5 mins	<p>Introduce the session and agree ground rules. Talk about what 'sexting' is.</p> <p>The Oxford Dictionary describes it as:  <i>"Sending (someone) sexually explicit photographs or messages via mobile phone"</i></p> <p>The word is a mix of 'sex' and 'texting'. 'Sexting' is sending 'sexy' texts. The texts may be words or images. Sexting occurs not only on mobile phones, but on messaging apps and social media sites, such as Facebook, Twitter, Instagram, Flickr, Tumblr and Snapchat etc</p> <p>Sexts can include:</p> <ul style="list-style-type: none"> <li>• naked pictures or 'nudes'</li> <li>• 'underwear shots'</li> <li>• sexual or 'dirty pics'</li> <li>• rude text messages or videos.</li> </ul>	
10 mins	<p><b>Why sext?</b>                      Talk about the reasons why someone may decide to send a sext. Note them on the flip chart. They may include:</p> <ul style="list-style-type: none"> <li>• It seems like fun</li> <li>• They want a sexy pic from someone who'll only send one if they receive one first.</li> <li>• Pressure from a partner</li> </ul>	Flip chart & pens

Time	What	With
	<ul style="list-style-type: none"> <li>• To get interest from someone they like</li> <li>• Dared or encouraged by friends</li> <li>• It's part of exploring your sexuality</li> <li>• Seeking approval</li> <li>• It seemed like a good way to flirt</li> <li>• They were drunk</li> </ul>	
10 mins	<p><b>Sexting and the law</b></p> <p>Ask the young people if they have thought about whether there are legal implications to sexting.</p> <p><b><i>childlawadvice.org.uk says:</i></b></p> <p>It is an offence to make, distribute, possess or show any indecent images of anyone aged under 18, even if the content was created with the consent of that young person. The law is contained in Protection of Children Act 1978, section 1. The police must, by law, record all sexting incidents on their crime system but as of January 2016, they can decide not to take further action against the young person if it is not in the public interest. This will be at the discretion of the police.</p> <p><b><i>Childline.com says:</i></b></p> <p>Is Sexting Illegal?</p> <p>When you're under 18 it's against the law for anyone to take or have a sexual photo of you – even if it's a selfie. This means that if you pressure someone into taking a photo or you share a sexual photo with someone, you're breaking the law. The police have the power to decide whether it's for the best to record what's happened or to take things further. But the law is there to protect young people, not punish them.</p> <p>If you're both under 18 and in a healthy relationship it's unlikely that the police would want to take things further.</p> <p><b>Revenge Porn</b></p> <p>Revenge porn is the sharing of sexual images of someone without their consent and with the intention of causing them distress. There are websites which have been specifically created to facilitate this which enable social media profiles to be linked to the images and videos.</p> <p>In 2015, the government introduced new law to protect people from having explicit pictures of them shared without their consent, whether this is online or offline so will cover websites, apps and sharing by text etc. A person convicted of this offence faces up to 2 years in prison. Depending on the images being shared, it may also fall under sexual offences which carry even higher penalties.</p>	



Time	What	With
10 mins	<p><b>Consequences</b> Ask the young people to imagine they've sent a sext or sexts – get everyone to pick a 'consequence' out of the lucky dip. Talk about the consequences that come up:</p> <ul style="list-style-type: none"> <li>• How would they feel in that situation?</li> <li>• How could they avoid it?</li> <li>• How would they react to try and make the situation better?</li> </ul>	Lucky dip
10 mins	<p><b>Receiving a sext</b> What should you do if you receive a sext? Your response may be different depending on whether you want to get the sext or not.</p> <p>Go through the responses showing various ways people have responded to sexts and discuss whether you think their response was good or bad. Was it fair to the other person? Would it make the situation better or worse? Would you ever consider responding in this way?</p>	Responses
10 mins	<p><b>What to do</b> Cut up the 'matching pairs' cards and place them randomly on a table or around the room. Get the young people to work together to match up each situation with the best solution.</p> <p>Talk about why they made the choices they did and if they can think of anything else they could do to improve the situation.</p>	Matching pairs
5 mins	Evaluate the session to find out if it was useful to the young people.	

# Sexting session plan

## Consequences Lucky Dip



<p>Your partner loves the picture you sent over Snapchat. They didn't screengrab it so it's there's no copy and it's made you closer.</p>	<p>The next day nearly everyone at school has seen your pic and are laughing at you and making fun of parts of your body.</p>
<p>They saved the picture and have said if you don't do 'certain things' for them, they'll send it to everyone...including your family!</p>	<p><b>You sent sexts back and forth for the evening and then both deleted them all. It was a bit of fun!</b></p>
<p>You split up with your partner and they've shared your photos on a 'revenge porn' site, along with your social media details. Some of the messages you're getting now are awful.</p>	<p>The person you were sexting turns out to be much older than they said. The police have turned up to talk to you about child pornography.</p>
<p>Other people have heard that you sent some sexts. They have been hassling you all day to send them pictures too.</p>	<p><b>Nothing much happens straight away, but when you go for a job interview they tell you they do an internet search as part of their recruitment and ask about the nude pictures you've posted!!!</b></p>
<p>Your ex has shown the sexts you sent to your new partner. You have a massive argument as you try to explain that they're old messages and you're not cheating.</p>	<p>You sent a cheeky pic to someone you like and they responded straight away. They loved it and you're going on a date tomorrow.</p>



# Sexting session plan

## Matching Pairs

Situation	Response
<p>You sent a really raunchy message to someone you like. It described some pretty graphic sexual acts. You feel really embarrassed now and are scared people will see what you wrote.</p> 	<p>Ask the person you sent the sext to delete it.</p> 
<p>Someone you know has told you they've seen a photo of you in your underwear on a website. They've sent you a link to the site.</p> 	<p>Contact the website featuring the image and ask them to remove it.</p> 
<p>You've been chatting to someone online. You haven't met them and they seemed nice to start with, but now they're asking you for nude pictures. Something about the situation is making you feel very uneasy.</p> 	<p>• Tell your parents • Report it to the Police • Contact CEOP (Child Exploitation and Online Protection Centre)</p> 

**Situation**

Your friend is really upset. They sent some sexts and really regret it. They don't know what to do and they can't speak to their parents.

**Response**

Encourage them to call Childline for advice and support

**Situation**

Your parents have just found out you've been sexting. They are not happy!

**Response**

Talk to your parents about the situation and agree how you will behave in future. Ask an adult you trust to 'mediate' if necessary.



# Sexting session plan

## Responses

A man sent this woman an unsolicited photo of his penis. Her response...

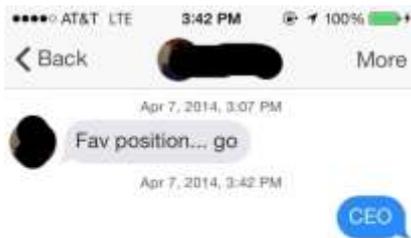
So I creeped your Facebook profile.

You're mom, Debby? She left the cutest comment under your profile pic

Man, was she upset after she received my concerned message regarding her son that was sending women pictures of his eggplant against their will

I sent her one of your pictures for good measure.

She said she'll be talking to you after dinner tonight



Delete All [Redacted] Cancel

You sent me a nude photo. I don't know you so I assume it was a mistake

I've deleted the pic. Don't send anymore, it'll just get embarrassing.

Message Send

