

# Sexting, Nudes and Dick Pics

## LEARNING OUTCOMES

Knowledge, Skills  
& Actions



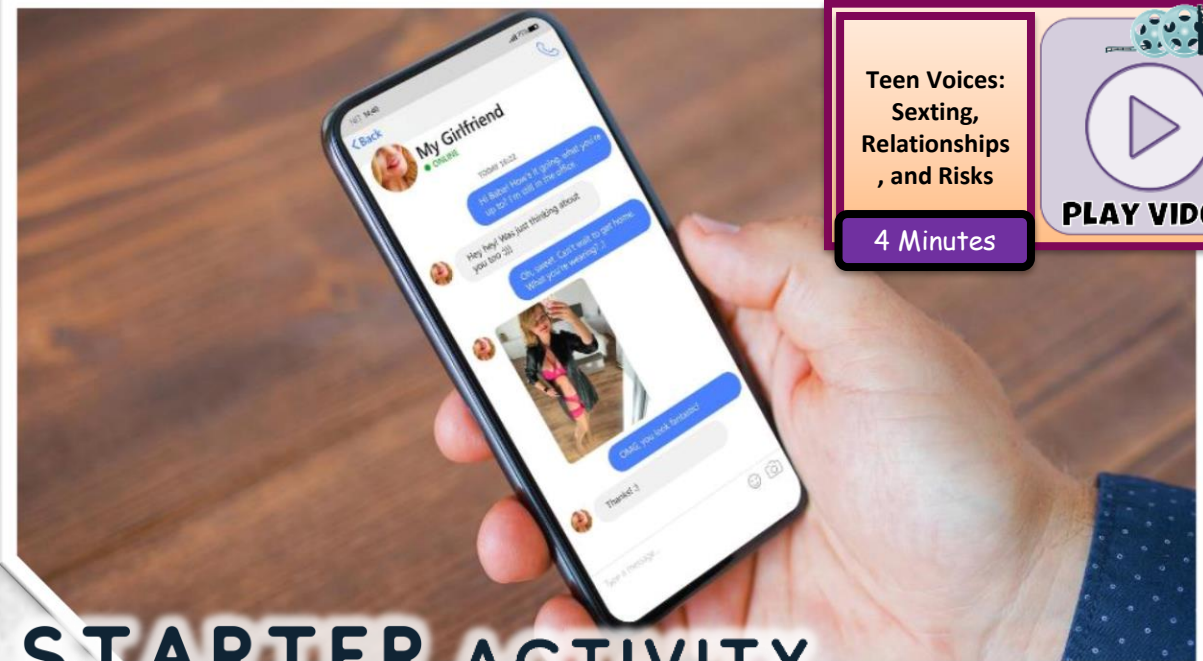
To understand the legal, emotional and social consequences of sending sexts

To explore the reasons why some young people send sexts, nudes and dick pics

To be able to deal effectively assertively with requests and pressure to send sexts

## NEW VOCABULARY

Sexting, Sexts, Nudes, Dick Pics, Peer Pressure, Consent, Revenge Porn, Take Down Policy



Teen Voices:  
Sexting,  
Relationships  
, and Risks

4 Minutes



## STARTER ACTIVITY

What is sexting?

Why do people send nudes and sexts to others?

What are the consequences of sending a sext?



3 Minutes

# GROUND RULES



Be open and honest  
**No Personal Comments**  
Discussions must be about  
'general situations'



You don't have to say  
things about yourself if  
you don't want to

**It's OK to be embarrassed**  
by a topic but don't show  
that you are embarrassed  
through silliness



## Be Respectful

Listen and don't interrupt others  
Only 1 person talking at a time  
Use the agreed appropriate  
language (avoid slang terms)



**Don't Make Assumptions**  
about people's values,  
attitudes, behaviours, life  
experiences or feelings

## **PSHE CLASSROOM RULES**

### **DEALING WITH SENSITIVE TOPICS**

### **SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART**

## Be Non-Judgemental

No put-downs. Challenge  
the opinion, not the  
person



Conversations on sensitive  
topics stay in the  
classroom unless it is a  
**safeguarding issue**

There are **no stupid questions**  
It's OK to get things wrong

**Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support**

# **STARTER ACTIVITY - BATTLE POINT**

*Pick a number and you have 1 minute to debate the topic.*

**Rule 1: Pick first or second**

**Rule 2: Make a point let the other person rebuttal**

**Rule 3: If they take too long make another point (Count up who makes the most points)**

***Being in a Relationship vs Being Single***

***Dumping vs Being Dumped***

***PSHE vs Maths***

***Being Passive vs Being Aggressive***

***Boys vs Girls***

***Tell a teacher vs Not telling a teacher***










# Sexting, Nudes and Dick Pics

ASSESSMENT  
FOR LEARNING

## BASELINE CONFIDENCE CHECKER

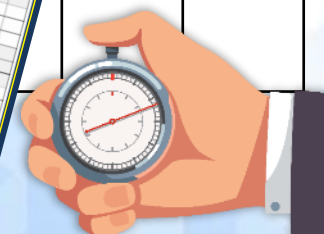


BEFORE THE LESSON	NOT CONFIDENT		CONFIDENT		VERY CONFIDENT
Knowledge, Skills & Actions	1  2	3  4	5  6	7  8	9  10
I can explain possible consequences linked to sending and receiving sexts					
I know a good range of responses to a request for a sext message					
I know where to get help with sexting issues and explicit images ending up online					





Complete a baseline assessment of where you think you are at for this lesson

(Discuss or complete sheet)





2 Minutes

 I'm not confident at all on this topic

 A little confident

 Confident

 Very confident

 I am super confident on this topic



# Discussion Topics



What two words make up sexting?

Why might people sext?

After a sext message has been sent what could happen?

What are the possible long term consequences of sexting?

What does the law say about sexting at your age?

Who sexts more girls or boys?

Make up a discussion topic

# What Actually is Sexting?

## Definition

A mash up of sex and texting, Sexting is the act of sending sexually explicit messages or photos electronically, primarily between mobile phones and/or the internet.

## Did you know?

*Sexting is illegal for anyone under 18. This is child pornography.*

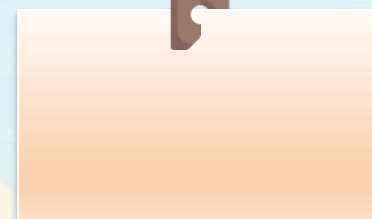
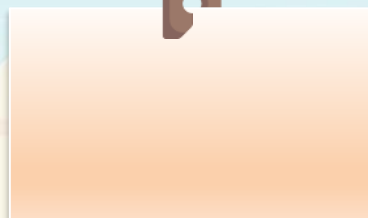
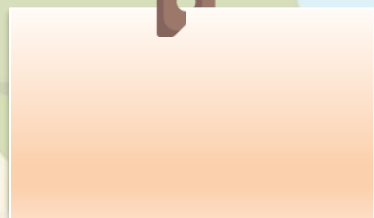
It can occur between consenting adults in consensual relationships, or it may involve minors, which can raise legal and ethical concerns.

Sexting can be an extension of cyberbullying when someone (or a group of people) deliberately attempts to hurt, upset, threaten or humiliate someone else using their sexts.

There have now been legal cases in the UK and an update in the law to cover revenge porn (releasing of images without consent to others).

This cyberbullying also includes when a recipient feels uncomfortable as a direct result of the content, or asked to do something which makes the recipient feel distressed.

# Peg the three most common reasons young people under 18 send sexts, nudes and dick pics



To impress a partner

Forced into doing it  
(felt trapped no other  
option)

To feel more confident

Drunk / judgement was  
impaired

Flirting

Being brave about a  
naughty photograph

Doing it for a dare

Unaware of the risks  
and consequences

Sent accidentally

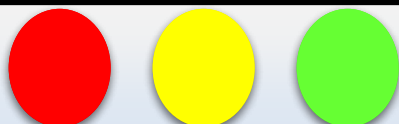
Feeling sexually  
confident

Peer pressured into  
doing it

For fun, for a good  
laugh

# Are there any good reasons to send nudes, sexts and dick pics?

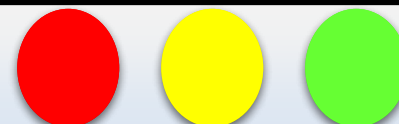
To impress your partner  
(Showboating)



Forced into doing it  
(Felt trapped no other option)



To feel more confident  
about yourself



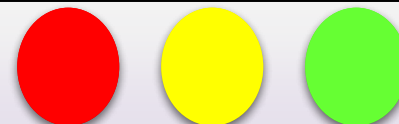
Flirting



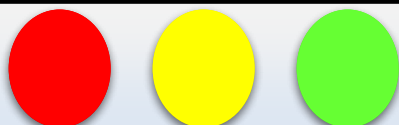
Being brave about a  
naughty photograph



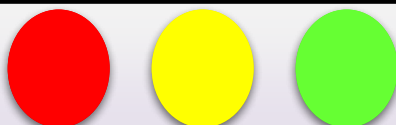
For fun, for a good laugh



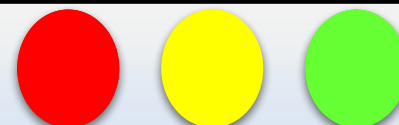
You didn't see the harm in  
doing it



Peer pressured into doing it



Feeling sexually confident



## Task

Discuss each answer and decide if it is a valid reason (Green)  
Not sure or Mixed View (Amber)  
Not a valid reason (Red)





# Listen to your Selfie



## Listen to your Selfie

**Task:** Pick one or two coloured hats and answer all the related questions



3 Minutes



What facts do I know? What else do I need to know? What do I want to know?

**INFORMATION**



How do I feel about this? What don't I like about this? What do I like about this?

**FEELINGS**



Can something be done? New ideas? What are the solutions/suggestions?

**CREATIVITY**



What thinking is needed? Next steps? Where are we now?

**THINKING**



What is wrong? Is it safe? Can it be done?

**JUDGEMENT**

# Key Aspect of the Law on Sexting and Child Pornography

If you are worried about sexting or porn or anything else you must talk to a responsible adult that you trust.

Social media websites will all have a takedown policy allowing you to flag and get non-consensual content removed.

## **Revenge Porn**

Known as Image Based Sexual Abuse

This criminal offence broadly has three elements which need to be proven:

1. Disclosure of a private sexual photograph or film
2. Without the consent of the person depicted
3. With the intention of causing that individual distress

Punishable by up to 2 years in prison

*Criminal Justice Act 2015 – Revenge Porn*

## **Child Porn**

It is illegal to take, make, distribute, show or possess for the intent of showing or distributing an indecent photograph.

These are punishable by up to 14 years in prison.

*Protection of Children Act 1978 ("the 1978 Act") – Child Porn*



## **Did you know?**

*Once a sext is sent, it can end up online anywhere for anybody to see or save or sell on. You have the right and responsibility to keep your body and relationship private without fear of being pressured or bullied.*



# Dorset Police Stories



**The Consequences of Sexting -  
Story one**

**The Consequences of Sexting -  
Story two**

**Task:** Pick one or two coloured  
hats and answer all the related  
questions



**1.5 Minutes**



**1.5 Minutes**



What facts do I  
know? What else  
do I need to know?  
What do I want to  
know?

**INFORMATION**



How do I feel  
about this? What  
don't I like about  
this? What do I like  
about this?

**FEELINGS**



Can something be  
done? New ideas?  
What are the  
solutions/  
suggestions?

**CREATIVITY**



What thinking is  
needed?  
Next steps?  
Where are we  
now?

**THINKING**



What is wrong?  
Is it safe?  
Can it be done?

**JUDGEMENT**

## HOW CAN YOU RESPOND TO SOMEONE REQUESTING A TEXT MESSAGE FROM YOU

### 5 ways to respond



### Did you know?

*Sexting is seen as a very risky behaviour that can hurt a teen's self-esteem and leave them susceptible to revenge porn (the sharing of explicit images without permission)*

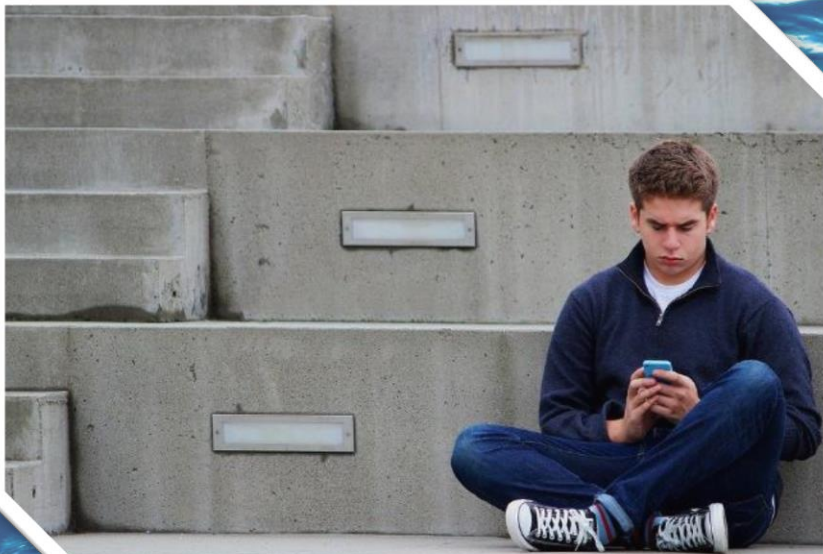
### 5 specific 'text responses you could send'



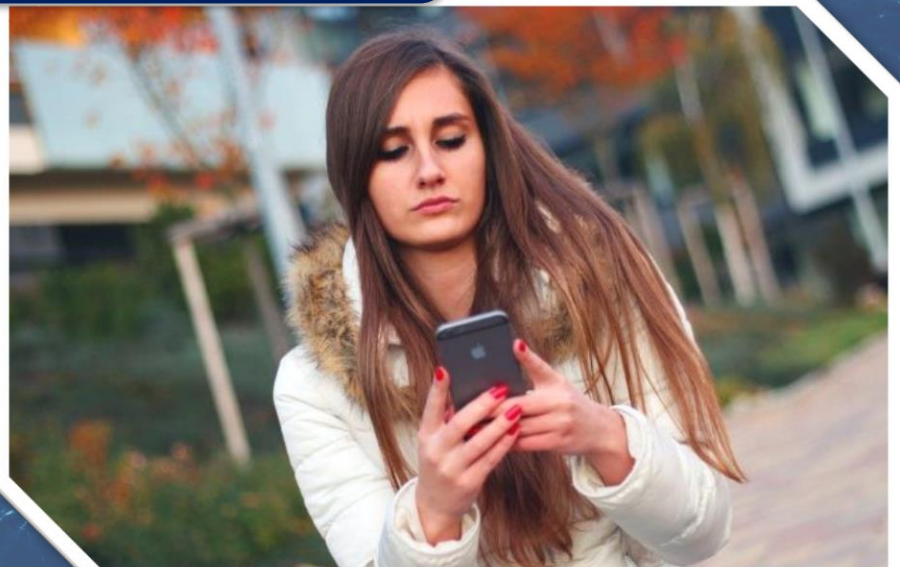
### Task

Are some responses to a sext better than others?





**Write your own sexting story using these images as inspiration**



# HOW TO RESPOND TO A REQUEST FOR A SEXT MESSAGE

If you can, try to be assertive (not passive or aggressive) and don't give in to pressure.

"I appreciate your interest, but I'm not comfortable with sexting."

"I prefer to keep our conversations focused on other topics. Let's not go down that route."

## Task

Why is it important to delete a sext message if someone sends you it?

*Communicate your boundaries*



*Respectfully decline*



*Redirect the conversation*



*Set boundaries for future interactions*



*Report them/ speak to an adult if the problem persists*



***Pick a scenario and demonstrate your knowledge of the topic by giving this young person good advice about what they could do.***

This girls keeps asking me for a dick pic.  
How can I tell her no without her getting angry with me?

My ex boyfriend has lots of pictures and videos of me I'd rather he didn't have now that we have split up.  
What can I do?

I am being bullied at school by a group of people who keep posting naked bodies with my head on them  
It's not me but what can I do?

I've recently met this new girl and she wants me to share revealing pics of my breast online with her.  
Should I do it?



I have been contacted by a stranger online that has footage of me on web cam with my top off and is threatening to email it to my parents and put it on social media if I don't send him new pics. Please help me!

# "Sexting is a serious societal problem that needs to be addressed"

## THOUGHTS & FEELINGS

What is your opinion on the statement above?

STRONGLY  
DISAGREE

DISAGREE

AGREE

STRONGLY  
AGREE

Start with one of these cards

Or one of these

There is  
evidence  
that...

Surely...

I'm not  
convinced  
that...

I understand  
that, but...

I'm not sure I  
understand,  
please could...

So, are you  
saying that...

In my  
opinion...

I think...

Therefore...

Clearly...

Yes, but on  
the other  
hand...

Perhaps...

So, you think  
that...

Does this  
mean...

So if ... does  
that mean  
that...

I wonder if...

I would  
contest...

Why do you  
think that...

Unlike...

I disagree...

I partially  
agree...

Consequently  
...

Obviously...

Something  
else to  
consider is...



**Task 1:** Discuss/debate with your partner your personal views towards this statement, using the cards to help get you started.

**Extension:** Can you think of specific examples of recent events that would support this statement, and other specific examples that would go against this statement?



2-3 Minutes





# REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT  
FOR LEARNING

## CONFIDENCE CHECKER



AFTER THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I can explain possible consequences linked to sending and receiving sexts										
I know a good range of responses to a request for a sext message										
I know where to get help with sexting issues and explicit images ending up online										



Complete the confidence checker of where you think you are at for this lesson

(Discussion or complete sheet)



3 Minutes

I'm not  
confident at all  
on this topic

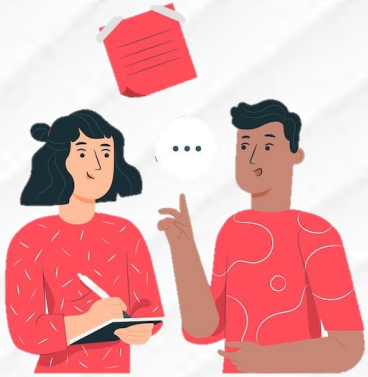
A little  
confident

Confident

Very  
confident

I am super  
confident on  
this topic

# HOMEWORK SUGGESTION



## Homework Explained

Write three assertive responses you could use in the future if someone were to send you a sext or ask you to send one to them.

### DUE DATE

It must be submitted  
by...

Hand/ Google Classroom





# IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT  
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,  
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW,  
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ <https://www.loveisrespect.org/> : This website is dedicated to providing information and support to young people who are experiencing dating abuse.
- ☐ <https://www.gottman.com/> - provide a research-based approach to relationships
- ☐ <https://www.childline.org.uk/> - support on all sorts of topics
- ☐ Information on sexting and the law is available on [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

RELATIONSHIPS  
& SEX EDUCATION



## SEEKING SUPPORT

# REFLECTION PLENARY



A problem I overcame today was...

Before I only knew...  
now I also know...

The key words for this lesson  
were...

I'm really proud of the way I have...

Today I have tried to...

The most important thing I have  
learnt today is...

I used to feel ... but I now feel ...

Before I would have done...  
Now I will ...

Next lesson I would like to...

A question I would like to ask  
is...

I would like to learn more  
about...

I know if I need further support  
or help I could speak to... or  
contact...

I now know I can supported  
others by...

One thing I didn't realise was...  
this will help me to...

2 Minutes







# REFER TO MINDFULNESS POWERPOINT

