“SEXTING”

SESSION PLAN

Preparation needed

- **Projector/PC if needed**
- **Flipchart/whiteboard and marker pens if needed**
- **Relevant PowerPoint slides for the scenario.**

Reflection

- Consider the last session and spend a short length of time covering any learning points and observations since last session.
- If relevant **ask** – has anyone done anything that was influenced by this session?
- Reference any relevant news/information to update on previous session.
- Re-do/remind the group of the GROUP AGREEMENT

Setting the Scene

- **Introduce the session** – Inform the group that this session will explore the issue of sexting.
- Hands up if you recognise the term sexting? – Have group discuss the meaning of the term

Sexting is used to describe both sexually suggestive/explicit images or text messages sent via mobile phone/computer/tablet.

Recent facts –

- the legal age for sending or sharing sexual images is 18 and over
- over a quarter (28%) of British under 18 year-olds surveyed have had their intimate photos misused or have received an unwanted sexual image
- of those surveyed:
    - 1 in 100 children (1%) aged 13 to 15 years stated that they had sent a sexual message in the previous twelve months.
    - nearly three-quarters of children aged 13 to 15 years received sexual messages more than once in the previous 12 months.
    - most children (84%) received sexual messages through messages, images or videos sent to them
    - 56% told someone about the sexual messages they received. They were most likely to tell their friends (80%) followed by family (47%).

The Scene

Have a volunteer read aloud the scenario? Thereafter read the scenario yourself.

You're with a group of friends. A boy in the group starts showing pictures of his ex-girlfriend on his mobile phone. In the photos, she's naked or wearing very little clothing. Some other boys in the group ask him to forward the photos. He then sends them to everyone including you.

Ask the group whether this is a realistic and relevant scenario. **Could this happen?**

Ask individuals/groups to discuss and identify any red flags in the scenario. Clarify you are looking for the words/phrases that appear wrong or unhealthy.

Ask the group to raise their hands if they feel there is something wrong / hurtful in this scenario.

Have group look around room at the responses from their peers.

My Challenges

Ask the group to discuss with a partner or within their group what they are thinking when they read this scenario?

At end read aloud or show the following **train of thought.**

I can't believe he has those photos…. Why hasn't he deleted them?.... I'm not sure how I feel about this… I doubt she knows he's showing these around.... How would she feel if she knew?... But she did send them … Can we get into trouble for this?... If I say something, will they just laugh at me? … No one else seems to have a problem with it… What should I do?

Ask – What reasons might someone give for not getting involved? Fear, don't know what to do, might lose a friend, is it my business? Etc.

Discussion Time

Agree/Disagree/Unsure (ADU) Activity & Discussion

<u>Statement "It is sometimes ok to send a nude/partially nude photo of someone you know to a friend"</u>

After the group have moved **ask** some members why they have made their decision.
Follow up questions

1. It says "but she did send them" – Why might some people send these types of images to another person?
   - **Everyone else is doing it.**
   - **Boost self-esteem amongst peer group.**
   - **Explore sexual feelings**
   - **May be hard to say no.**

2. Why do you think the boy may have wanted this type of photo in the first place? Explore the impact of popular media including TV, Film, Porn, Computer games.

3. Do you think some of the messages in these types of media might be a factor in this issue?

4. Why do you think the boy hasn't deleted the photo?
   - **Doesn't see a problem, it's his picture surely?**
   - **To show off.**

5. Why might he send this photo to his friends?
   - **Revenge**
   - **He's been dumped!! Is this a reason to share image?**
   - **Do you think the girl would have sent this picture if she knew this was going to happen?**

6. It says in the Train of Thought that you and they may get into trouble. Could this be the case? Is the age of the person in the photograph important? Refer to the following information which relates to offences that could be relevant to this situation.

7. What are the potential impacts on the girl in the photo? Explore her feelings and possible outcomes. (eg self-esteem, confidence, not attending school etc).

The Law and Sexting

Sexting is often seen as harmless, but creating or sharing explicit images of a child is illegal, even if the person doing it is a child. A young person is breaking the law if they:

- Take an explicit photo of themselves or a friend
- Share an explicit image or video of a child, even it it's shared between children of the same age,
- Possess, download or store an explicit image or video of a child, even if the child gave permission for it to be created.

For the purposes of clarity a child is defined as a person under the age of 18.

For further information see https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/sexting/

My Leadership

- **Ask** the group to discuss with partners/in groups what is their role in this scenario?
- **Ask** them to think who they should be thinking about in this scenario.
- **Ask** the group to identify who they have a responsibility to in this scenario. To their friends? To themselves? Why?

My Plan

Provide the group with a short period of time to discuss in their groups their plan.

Say - We have discussed the 'scene' and your 'challenges' lets now think what we can do.

Ask the group to make sure that the think of any consequences that could occur.

Thereafter discuss the range of options available

Option 1- Do nothing, its none of your business.
Ask group

1. Might some people choose this option, Why?
2. What are the consequences of doing nothing?
3. What does this say to your friend / the ex-girlfriend?

Option 2 - Delete the phot, leave and hope they get the hint that you don't approve of what's going on.
Ask group

1. How might deleting the picture make things better / worse?
2. By simply leaving the group what haven't you done?
3. Does leaving the group say anything to your friends?

Option 3 - Let his ex-girlfriend know these photos are going around.
Ask group

1. How might the girl react to your involvement here?
2. How could you reassure her?

Option 4 - Ask your friend to delete the photos and tell him he shouldn't be sharing private pictures of others.
Ask group

1. What message does this send to others?
2. How might others react to this type of intervention?
3. How could you make this safer for you?

Option5 - Speak with the others in the group and discuss what to do together.
Ask group

1. Why might this be a good option?
2. Would having support make you feel safer?

Option6 - Talk about your concerns with a parent/carer/teacher/adult you trust or MVP mentor, and ask their advice on what to do.
Ask group

- What might stop people choosing this option?
- Would telling an adult to get help for a friend make you a grass or simply a friend?

Option 7 - Personal option

Final Words

Reinforce the key messages

- Sexting can be a form of abuse and hurtful to our friends but we also know it may be used within a loving relationship. Issue - Is consent present at all times?
- Sexting can be illegal
- We have options to help our friends
- We have a responsibility to keep ourselves safe.