Sexting

DO IT IF YOU DARE!

DON'T IF YOU CARE!

Notes to assist in educating people in the dangers of sexting.

These notes are designed to be used in conjunction with the sexting video.

Definition: Sexting is the sending/receiving sexually explicit texts, pictures and videos on mobile phones or devices.

Most common reasons for sexting include intimate relationship, peer pressure, media influence and exploitation. Each of these reasons have been touched on in the video.

Intimate Relationship – A romantic relationship between two people who care/love each other. Relationships between adults over 18 and young people U16 are illegal, both online and offline. Sexting between adults over 18 and young people U16 is illegal.

Peer Pressure – is the feeling of having to do something just because other people are doing it. It is often done from a need to fit in or been seen as part of a group. Peer pressure often influences young people into activities they wouldn't otherwise participate in such as drinking alcohol, smoking, taking drugs, sexting and bullying.

Media Influence – Young people are targeted online by the media. Many online sites provide the media with tools to target specific ads, videos and campaigns focusing on young people. Not all online advertising is labelled as advertising. Often bloggers and vloggers (video bloggers) are promoting products, services and lifestyles without stating they are being paid to advertise a message. Online advertising and promotions have proven to be very influential and manipulative.

Sexual Expliotation – Manipulation, coercion or control over a person in order to extort sexually explicit material. Child Sexual Expliotaiton is prevalent both online and offline. It is known that sexually explicit material of children is being traded online. Young people are being groomed and taken advantage of online wherever chat or contact can be made. (for more on grooming see our other videos)

Common effects of Sexting:

Blackmail – When a device is lost, cloud storage hacked or accessed, relationship/friendship ends, and the explicit material is used to extort more material, money or something of value.

Revenge Porn – when a relationship ends and one partner posts explicit material online.

Exposure – when someone accesses the data legally or illegally and posts it online or shares it with others.

Humiliation – when a relationship moves on or grooming is exposed people can be left with a feeling of sadness, devastation and or humiliation.

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Suggested Activities

Discuss each of the above common reasons for sexting and how they can influence a person to participate in sexting. Consider why sexting happens, how the internet plays a part and the possible outcomes.

Discuss why young people feel the need to sext and what possible benefits may or may not come from sexting.

Discuss and research how and where to get help online and offline.

Discuss possible ways to say no if you are asked to participate in sexting and don't want too.

- It is ok to say no. If someone really cares they won't want to make you uncomfortable
- Express your concern about the consequences
- Say you know someone who did it and it went badly so you don't want to do it
- Suggest not having mobile devices in the room when engaging in sexual activity
- You prefer to keep private activities offline

Discuss what advice you would give your best friend if they were or are being effected by sexting.

- It is not the end of everything even if it feels like it
- Seek help and counselling
- Delete content and close accounts if necessary
- Seek police help if there are legal issues even if it is really embarrassing. They are trained to help and you are definitely not the first person it has happened too.
- Report all Child Exploitation to the police

Discuss ways to approach a helpline when you are feeling humiliated, exposed or possibly suicidal. (As discussed in the video)

Research other people sexting stories online and discuss.

Role play scenarios.