



Teacher's Lesson Plan: Understanding the Dangers of Sexting

Objective:

By the end of this lesson, students will understand the potential risks and consequences of sexting, recognize the importance of consent and trust in digital communication, and learn strategies to protect themselves from digital exploitation.

Materials Needed:

- Video on the dangers of sexting
- Whiteboard and markers
- Handouts with key points and questions
- Computers or tablets for research (optional)

Lesson Outline:

1. Introduction (10 minutes)

- Briefly introduce the topic of sexting.
- Explain the objective of the lesson: to understand the risks and consequences of sexting and learn how to protect oneself from digital exploitation.

2. Video Presentation (15 minutes)

- Show the video on the dangers of sexting.
- Ask students to take notes on key points, focusing on the risks, legal aspects, and protective measures mentioned in the video.

3. Group Discussion (10 minutes)

- Divide the class into small groups.
- Ask each group to discuss the main points they noted from the video.
- Have each group share one or two key points with the class.

4. Key Information Review (15 minutes)

- Summarize the main points from the video:
 - **Definition of Sexting:** Sending sexually explicit messages, images, or videos through digital means.

- **Legal Aspects:** Sexting involving anyone under 16 is illegal and can lead to serious legal consequences.
- **Risks of Sexting:** Loss of control over images, potential for public exposure, psychological and emotional distress, and sextortion.
- **Protective Measures:** Consent and trust, cautious with strangers, maintaining boundaries, securing devices, and thinking before sending.
- Write these points on the whiteboard for visual reinforcement.

5. Activity: Research and Present (20 minutes)

- Provide students with a list of topics related to sexting (legal consequences, psychological effects, sextortion, protective measures).
- Assign small groups to research one topic each using computers or tablets.
- Each group prepares a brief presentation on their assigned topic, covering key points and strategies to mitigate risks.
- Have groups present their findings to the class.

6. Visualization Exercise (5 minutes)

- Guide students through a visualization exercise:
 - Imagine the potential consequences of sharing intimate content.
 - Visualize the impact on personal reputation, relationships, and future opportunities.
 - Reflect on the importance of making informed and cautious decisions.

7. Class Discussion: Making Informed Choices (10 minutes)

- Discuss the importance of making informed decisions about digital communication.
- Emphasize the role of consent, trust, and respecting boundaries.
- Encourage students to think critically about their digital behavior and its potential long-term impact.

8. Question and Answer Session (10 minutes)

- Provide handouts with questions for students to answer based on the video and discussion:
 - What are the potential legal consequences of underage sexting?
 - How can sexting affect your psychological and emotional well-being?
 - What are some strategies to protect yourself from digital exploitation?
 - Why is it important to think before sending intimate content?

9. Closing Remarks (5 minutes)

- Summarize the lesson's key points.
- Encourage students to continue researching and thinking critically about their digital communication habits.

- Remind students that understanding the risks and taking protective measures can help ensure their safety and well-being.

10. Optional Homework Assignment

- Ask students to write a brief essay on the topic: "The Risks and Consequences of Sexting" or "How to Protect Yourself from Digital Exploitation."
- Alternatively, students can create informational posters about the dangers of sexting to display in the school.