

Student Handout: Understanding the Dangers of Sexting

Objective:

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

Key Points from the Video

1. **Definition of Sexting:**
 - Sending sexually explicit messages, images, or videos through digital means.
 2. **Legal Aspects:**
 - Sexting involving anyone under 16 is illegal and can lead to serious legal consequences, including being convicted of creating child pornography.
 - Sexting is legal if both parties are 16 or over and it is consensual.
 3. **Risks of Sexting:**
 - Loss of control over images and messages.
 - Potential for public exposure and spread on social media.
 - Psychological and emotional distress, including depression and suicidal tendencies.
 - Risk of sextortion and blackmail.
 4. **Protective Measures:**
 - **Consent and Trust:** Only engage in consensual sexting with trusted individuals.
 - **Be Cautious with Strangers:** Avoid sharing explicit content with people you don't know well.
 - **Maintain Boundaries:** Establish and communicate your boundaries with your partner.
 - **Secure Devices:** Keep your devices secure with passwords and regular software updates.
 - **Think Before Sending:** Consider the potential consequences of sharing intimate content.
 - **Report Suspicious Activity:** Report any coercion or blackmail to the police.
 - **Seek Support:** Reach out to parents, teachers, friends, or professionals if you need help.
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Discussion Points

- Why is it important to understand the risks of sexting?
 - How can legal consequences impact your future?
 - What strategies can you use to protect yourself from digital exploitation?
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Research Activity

In your groups, research one of the following topics related to sexting:

- Legal consequences of underage sexting
- Psychological effects of sexting
- Sextortion and blackmail
- Protective measures against digital exploitation

Prepare a brief presentation covering:

- Key points about the topic.
 - Strategies to mitigate risks and protect yourself.
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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.
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Questions

Answer the following questions based on the video and our discussion:

1. What are the potential legal consequences of underage sexting?
 2. How can sexting affect your psychological and emotional well-being?
 3. What are some strategies to protect yourself from digital exploitation?
 4. Why is it important to think before sending intimate content?
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Making Informed Choices

- Making informed decisions about digital communication is crucial for your safety and well-being.

- Consent, trust, and respecting boundaries are essential.
 - Think critically about your digital behavior and its potential long-term impact.
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Optional Homework Assignment

Choose one of the following:

- Write a brief essay on the topic: "The Risks and Consequences of Sexting" or "How to Protect Yourself from Digital Exploitation."
 - Create an informational poster about the dangers of sexting to display in the school.
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Resources for Further Research

- Visit reliable websites for information on digital safety and sexting risks.
 - Use search engines to look up more information about the legal and psychological effects of sexting.
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Remember:

Understanding the risks of sexting and taking measures to protect yourself is crucial. Make informed decisions, practice safe digital behavior, and seek support if you need it.

Thank you for participating in today's lesson. Stay informed and stay safe!