

Send Me A Pic

EXERCISE-IN-A-BOX LESSON PLAN

OVERVIEW

This lesson educates students about the consequences of sexting, the pressure to send nudes, and emotional blackmail, highlighting the risks, legal implications, and emotional toll. By understanding these issues, students are empowered to make informed decisions, maintain a healthy self-image, and develop resilience against emotional manipulation. **Discretion Advised:** Teachers are advised to review the lesson plan and slides as this topic may not be suitable for all school environments.

LEARNING OBJECTIVES

Students will be able to:

- Discuss the legal and ethical implications of engaging in sexting, including potential ramifications for oneself and others.
- Recognise the factors that contribute to the pressure to send intimate images, including peer pressure and manipulation.
- Analyse the tactics used by individuals to engage in emotional blackmail, including guilt-tripping, threats, and manipulation.

DURATION

60 minutes + project work (duration as needed)

KEYWORDS

- **Sexting:** Sexting refers to the act of sending or receiving sexually explicit or suggestive messages.
- **Pressure to Send Nudes:** When someone is repeatedly asking or pressuring you to send them nude or sexually suggestive photos or videos of yourself, even if you are not comfortable doing so.
- **Emotional Blackmail:** When someone is repeatedly asking or pressuring you to send them nude or sexually suggestive photos or videos of yourself, even if you are not comfortable doing so.

INTERNET INDEPENDENT FRAMEWORK

The learning objectives in this workshop are aligned with the **Online Relationships** pillar of the Internet Independent Framework. Visit cyberlite.org for more information.

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WARM-UP 5 MINUTES

Slide 1

Say: Today, we will be learning about online relationships in a more intimate setting.

Slide 2

Ask: How do you think technology and social media have changed the way we communicate and form relationships?

Technology and social media have allowed people to connect with others, regardless of location and physical boundaries. The internet also facilitates a lot of online relationships and friendships – which can be positive if it's healthy but have potential negative consequences. Discuss with students how they use social media and technology to form and establish relationships with others, and some of the positive and negative things that have come out of it.



DEFINE THE KEYWORDS 15 MINUTES

Slide 3

Ask: Does anyone know what sexting, pressure to send nudes, or emotional blackmail mean?

Allow students to guess or extrapolate meanings. Guide them to think about it in the lesson's context of online relationships.

Slide 4

Read the contents of the slide aloud.

Discuss: What are some potential consequences of sexting, both short-term and long-term?

In the short term, sexting can feel fun and adventurous because of its risky nature. However, students need to consider the long-term impact of having an intimate image of themselves in cyberspace. If the photo is leaked without consent, sexting can lead to feelings of shame, guilt, anxiety or fear. It can damage someone's reputation and mental health.

Slide 5

Read the contents of the slide aloud.

Discuss: Where might the pressure to send nudes stem from?

The pressure can come from romantic partners or friends who may say it's not a big deal or that everyone else their age is doing it. The pressure can also come

from more sinister sources such as online strangers or abusers to might coerce someone into sending nude photos with threats or manipulation.

Slide 6

Read the contents of the slide aloud.

Discuss: How can emotional blackmail be related to sexting and the pressure to send intimate images?

Emotional blackmail is a manipulative tactic in which one person uses another person's emotions, such as fear, guilt, or shame, to control or exploit them. In this context, someone may use emotional blackmail to pressure someone to sext or send nudes.



INVESTIGATE THE SCENARIO

30 MINUTES

Slide 7

Say: In this next section, we will explore a sensitive scenario about a group of girls, Gayathri, Adele, and Kyra, and their experience with Chuck. Remember to keep the keywords we've just learned in mind. I will be showing you five pieces of evidence which we'll investigate together. Think critically about the information we're examining and consider the discussion questions.

(Optional) Select five students to read as these characters: Chuck, Gayathri, Kyra, Adele, and Mr. Pierre Green.

Slide 8

Read this private conversation between Gayathri and Chuck.

Discuss the following questions:

1. In what way does Chuck pressure Gayathri to send him explicit images?

Chuck pressures Gayathri to send him explicit images by making her feel inferior by calling her "lame" and saying that "everyone's doing it." He also emotionally blackmails her by threatening to stop hanging out with her if she doesn't comply.

2. What are some potential consequences of sexting for Gayathri, especially if she wasn't emotionally prepared for it yet?

Gayathri might feel regret or shame after giving in to the pressure Chuck has put on her, especially if she doesn't feel emotionally prepared for it. Once Gayathri sends out the image, she no longer has control over what Chuck does with it. Chuck could potentially use it to emotionally blackmail her as well.

Slide 9

Read this group chat between Gayathri, Kyra, and Adele.

Discuss the following questions:

1. How do societal expectations and peer pressure play a role in encouraging teens to send explicit images?

When friends like Kyra react to Gayathri's first message with "Finally! It's about time you sent one," it normalises the behaviour of sexting and sending nudes, when in fact most teenagers are not comfortable with this. This type of language can create unrealistic and stressful societal expectations on young people to send explicit images without fully thinking about all the consequences that can occur.

2. How has Chuck influenced the way these girls perceive and engage in intimate behaviours such as sexting?

Chuck has made the girls believe they have to send him intimate images in order to prove their worth to him, so he can decide whether or not he wants to hang out with them. This is an extremely toxic behaviour that should not be accepted by anyone. Sharing intimate images should be reserved for people you trust and have a consensual relationship with.

Slide 10

Read this conversation between Chuck and Kyra.

Discuss the following questions:

1. What are the long-term consequences of sending nudes and other intimate images?

The long-term consequences of sending nudes and other intimate images can be significant and far-reaching. Once an image is sent, the sender loses control over how that image is shared or distributed. This can lead to the image being circulated among peers or even publicly, causing embarrassment, social isolation, and damage to one's reputation.

2. What does Chuck blackmail and threaten Kyra with?

Chuck blackmails and threatens Kyra by saying that if she does not send him more explicit photos, he will share all the existing photos he has of her and her friends with everyone at school, their teachers, and their families. This threat is an example of emotional blackmail, as Chuck is using fear, intimidation, and the potential for humiliation to manipulate Kyra into complying with his demands.

3. What should someone do if they realise they are a victim of emotional blackmail?

If someone is a victim of emotional blackmail, they should reach out to trusted adults for help, such as parents, caretakers, teachers, or counsellors. With the support of a trusted adult, they should consider reporting the blackmail situation to the appropriate authorities and social media websites.

Slide 11

Examine the notifications.

Discuss the following questions:

1. Chuck has engaged in non-consensual dissemination of intimate images of the female students at his school. What serious repercussions of such online abuse will Chuck face?

Chuck is likely to face legal repercussions, as distributing explicit images without consent can be considered a crime in many countries. Chuck may also face disciplinary actions from his school, such as suspension or expulsion. His actions may also damage his reputation and relationships with his peers, as well as negatively impact his future educational and employment opportunities.

2. Do Gayathri, Kyra, and Adele deserve to have their intimate images shared online without their consent?

No, these girls do not deserve to have their intimate images shared online without their consent. Sharing intimate images without consent is a violation of their privacy and trust. It is essential to recognize that every individual has the right to control their own body and the way it is portrayed, including in digital spaces. The non-consensual sharing of intimate images can cause emotional, psychological, and social harm to the victims, and should never be considered acceptable or justifiable.

Slide 12

Read this important update from Evergreen Academy.

Discuss the following questions:

1. Research the legal implications of sharing explicit images of minors in your country.

It is important to have students understand the legal implications of sharing explicit images of minors in your country as many teenagers act recklessly without consideration of the law. It is suggested to take this time to have a discussion on the importance of other people's privacy.

2. What strategies can be used to resist the pressure to send explicit images?

Some strategies to resist the pressure should include establishing clear personal boundaries and values of what you feel comfortable with. If the pressure is overwhelming, seek support from friends, families, or support centres who can help you work through the situation. If the pressure feels abusive and threatening, you should report the abuse to the relevant authorities or platforms.



PROJECT WORK

DURATION AS NEEDED

Slide 13

Say: Your project assignment is to design and develop a mobile app or interactive website that educates users about the implications of sexting, how to deal with the pressure to send intimate images, and what to do if they face emotional blackmail. The app or website should feature engaging and interactive content to help users understand how to build safe and healthy online relationships. You can create a digital prototype, or draw mock-ups for the app or website's design and functionality.

Slide 14

Say: Read the instructions and questions carefully.

1. What unique features or content will your app or website offer that sets it apart from existing resources on online safety and relationships?
2. Who is your target audience? What kind of content will they find informative and engaging?
3. Create engaging, informative, and interactive content for each of the key features and sections, such as articles, quizzes, videos, personal stories, and resources.
4. How will your app or website empower users to make informed decisions and take appropriate action when faced with sexting, pressure to send intimate images, or emotional blackmail?
5. Create Mock-ups or a Digital Prototype: Depending on your skills and resources, create detailed mock-ups or a digital prototype of your app or website, showcasing the design, functionality, and user flow.
6. Create a presentation that explains the purpose of your app or website, highlights its key features and content, and showcases your mock-ups or digital prototype.

Note for Teachers

This project-based learning assignment is open-ended by design, so you have the flexibility to direct the project outcome as desired. It can be carried out individually or in collaborative groups.

Slide 15

Ask: Would anyone like to share the solution they have come up with?
Call on volunteers to share their projects.**KEY TAKEAWAYS**
10 MINUTES

Slide 16

Say: Here are some things we've learned from this lesson.

1. Sending sexual or intimate images can have long-term implications that affect your wellbeing if a situation gets out of hand.
2. Many countries have strict laws against minors creating and sending sexually explicit images, so do not engage in sexting if you are under the legal age of consent.
3. The pressure to send intimate images can be overwhelming. It is important to be clear on your personal boundaries and have strategies to resist the pressure if you find yourself in that situation.

4. Emotional blackmail is a manipulative tactic that should be reported on. Always identify an adult you trust, whether it's a parent, caretaker, teacher, or older sibling, to share your situation and take action immediately.

Ask: What are some key takeaways you've learned from this lesson?

Call on volunteers to share what they've learned.