

# Sexting

Ages 16+



THE CYBERSMILE FOUNDATION

# Sexting

## OBJECTIVE


To be aware of what sexting is.

## OUTCOME

To be aware of how sexting can negatively impact a person's life.

# **SEXTING**

The creation and distribution of explicit, nude or semi-nude images via the internet or by phone.



How might sexting  
impact different areas  
of a person's life?

**SCHOOL**

**EMOTIONAL HEALTH**

**WORK**



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## MATERIALS

A copy of the definition below of sexting (you can use the accompanying slides) and access to YouTube to present the video below.

## INSTRUCTIONS

1. Introduce the exercise to the class, and present the objective and outcome.
2. Ask everyone what they think "sexting" is.
3. Present them with the following definition: "Sexting is the creation and distribution of explicit, nude or semi-nude images via the internet or by phone."
4. Present the following video: <https://www.youtube.com/watch?v=92QBpFKcXcU> (3 minutes)
5. End the exercise by explaining to everyone the seriousness of sending explicit pictures and videos of one's self or of others on the internet or by phone. Warn everyone that they may be encouraged to do this by someone they know well, but that they always have a choice to back out to protect their dignity and their future prospects.

## EVALUATION

- Using the video and everyone's own ideas, discuss what effects sexting can have on a person's life. Encourage everyone to think of how different areas can be impacted such as relationships at school and mental health.