

Sexting: To send or not to send

Learning objective

Students use the *Laugh and learn* video and a decision mapping process to explore situations where people might be asked to send a sext. Emotional, social, ethical and legal consequences of sending or not sending a sext are unpacked. WA image-based abuse laws and where to go for help are also covered.

Take Home Messages

Remind students of the take home messages:

Unwanted sexting is disrespectful, harassment and against the law.

Sharing, or threatening to share, another person's sext/nude without their consent is image-based abuse and is against the law..

There are actions that can be taken and support available if you receive an inappropriate text messages and/or pictures or if your pictures are shared without your consent.

Sending sexts/nudes can have emotional, social, ethical and legal consequences.

It is easy to lose control over who sees a sext/nude.

It is important to think about potential consequences when making decisions about sexting.

Curriculum Links

Year 8

- The impact bullying and harassment can have on relationships, including online relationships, and the health and wellbeing of themselves and others ([ACPPS074](#))

Year 9

- Impact of external influences on the ability of adolescents to make health and safe choices relating to: sexuality; and risk taking ([ACPPS092](#))
- Strategies are examined, such as communicating choices, seeking, giving and denying consent, and expressing opinions and needs that can support the development of respectful relationships, including sexual relationships, for example: investigating the Western Australian legal requirements in relation to seeking, giving, refusing and accepting the refusal of consent, and considering how these laws relate to relationships with friends, colleagues, strangers and intimate partners, in both online and offline interactions.

Curriculum Links

Year 10

- External influences on sexuality and sexual health behaviours, including the impact decisions and actions have on their own and others' health and wellbeing ([ACPPS092](#))
- Skills and strategies to promote respectful relationships, such as: appropriate emotional responses in a variety of situations; taking action if a relationship is not respectful; appropriate bystander behaviour in physical and online interactions ([ACCPS093](#))
- Effects of emotional responses on relationships, such as: extreme emotions impacting on

situations or relationships; the consequences of not recognising emotions in others
[\(ACCPs094\)](#)

Curriculum Links

Key understandings

Unwanted sexting is disrespectful, harassment and against the law.

Sharing, or threatening to share, another person's sext/nude without their consent is image-based abuse and is against the law.

There are actions that can be taken and support available if you receive an inappropriate text messages and/or pictures or if your pictures are shared without your consent.

Sending sexts/nudes can have emotional, social, ethical and legal consequences.

It is easy to lose control over who sees a sext/nude.

It is important to think about potential consequences when making decisions about sexting.

Materials

- [Laugh and learn video - sexting](#) (2 min 12 sec)
- [eSafety - image based abuse video](#) (2 min 30 sec)
- Access to [Youth Law Australia - Sexting](#) web page
- Sticky notes (or small pieces of scrap paper)
- Pens
- A large floor space or wall space to place sticky note flow chart
- Optional: PowerPoint slides - To send or not to send?
- Optional: Take home activity sheet - To send or not to send? (1 per student) - electronic or hard copy
- Optional: Posters printed from Department of Justice (link provided in Before you get started section)

Before You Get Started

- Be aware that some students undertaking this lesson may have sent or received a sext. Emphasise that you do not want to know who has or hasn't sent or received a sext.
- [Protective interrupting](#) - Teachers need to know and understand how to use this technique to prevent students from potentially disclosing sensitive information or abuse in front of other students.
- [Dealing with disclosures](#) - Teachers must be aware of the school and legal procedures if a student discloses personal issues, particularly disclosures of sexual abuse.
- [Exploring my own values](#) - Consider your own thoughts, feelings, attitudes and values on this topic and be aware of how they may influence the way you present this activity. Be aware of your own self-care and support networks. Read [The art of safe sexting](#), [How to practise safe sexting](#), [Everything you need to know about sexting](#). Ideally, these and other associated issues need to be covered and extended in more lessons.
- Liaise with the school health team (e.g. Community health nurse, school psychologist) to inform

them of the content you will be covering in class. It may be helpful to have these additional adults in these lessons or on standby for any individual or small group work that may need to take place.

- Preview [Laugh and learn video - Sexting](#) (2min 12sec) and [eSafety - Image based abuse](#) (1min 50sec) to determine suitability for your students.
- Teachers should be familiar with the laws on [sexual consent, sexting](#) and [image-based abuse](#).
- Visit [eSafety - sexting](#) for background information on the what, why and how of sexting.
- Sexting definition: Most sexting is done with a mobile phone but it also occurs through social media and other online activities. Sexting can include a range of behaviours and content, from sending flirtatious text messages to more intimate material, like taking and sharing nude photos or videos capturing sexual acts. The term 'sexting' is not often used by young people or in popular culture. 'Nudes', 'naked selfie', 'pic for pic', 'dic pics' are some of the terms young people might use. Other terms include intimate images, sexually explicit images or messages.
- Students may bring up popular media (tv shows and movies) which deal with image based abuse, youth suicide, mental health and other issues faced by teens. Sometimes organisations like and eSafety Commissioner have created resources to support use of popular media in the classroom.
- Optional: Print Department of Justice posters.

Learning Activities

Group agreement

Teaching tip: A group agreement must be established before any Relationships and Sexuality Education (RSE) program begins to ensure a safe learning environment. Read: [Essential information: Establishing a group agreement](#) for tips on how to create one and what to include.

1. Revise the class [group agreement](#).
2. Remind students that throughout the lesson they can write any questions down and add them to the question box at the end of the lesson (if they do not wish to ask them during the lesson).
See [Essential information - Setting up a question box](#).
3. ??Trigger warning

Say:

"This lesson covers topics that can sometimes be difficult for people. Please let me know if you feel you need to take a break from the room."

Before we start, let's check that everyone knows where to go for help if you want to check anything that this lesson raises for you."

4. Ask students:

? Who are some trusted adults you can talk to?

(Possible answers: parents, grandparents, teacher, older siblings, doctor, other family members, etc)

Teaching tip: It is important not to tell students who their trusted adults are or should be. You can offer a list of suggestions of who they might be. For some students, some of the people you suggest, may not be people that are safe for them to talk to. Students should not be made to share their list of trusted adults publicly unless they wish to do so.

? Who are some people at this school that you can talk to?

(Possible answers: class teacher, other teachers, school psychologist, community health nurse, youth workers, etc)

Say:

"During the lesson we will also be learning about some services and online support that is available."

Introduction: Definition

5. Ask students what they understand by the term 'sexting'?
6. Take answers from volunteers.

Teaching tip: Students need to feel safe and supported in lessons on sensitive topics such as this. They need to know that they will never be called upon to answer questions and that you will only ever ask for volunteers for contributions.

5. Say:

"Sexting refers to using a mobile phone or the internet to take, ask for, receive, send or share intimate text, photos or videos including where someone is naked, partly naked, posing sexually or doing a sexual act. These are sometimes known as 'nudes', 'sexy pics' or 'noodz' or some of the words that you have already said. They are also known in legal terms as sexually explicit images or messages, or intimate images."

Thumb quiz: Legal, not sure, illegal

6. Teaching strategy: [Thumbs up/down quiz](#). Ask students to indicate their answers:
 - thumbs up = legal
 - thumbs down = illegal
 - thumbs sideways = not sure.
7. Read and display the following scenarios on the board (See [To send or not to send PP teacher resource - slides 7-18](#)).

Teaching tip: The language in the following scenarios deliberately limits the use of gender pronouns in order to avoid gender stereotyping who sends/shares images and to be inclusive of gender and sexual diversity. Students can make their own decisions about the gender of the individuals in the scenarios.

- An 18 year old girl sends a naked image of herself to an 18 year old guy she likes.

(Legal, but if he didn't want this, it might be sexual harassment depending on circumstances.)

- A 20 year old girl sends a naked image of themselves to their 21 year old partner

(Legal)

- A 16 year old consensually sends a nude to their 16 year old partner.

(Despite being of legal age to have sex, and legal under WA laws, this is illegal under federal laws which override state laws. If a person under 18 takes a naked picture of themselves, it can be

considered creating child exploitation material. Sending it to a partner can be considered distributing child exploitation material. These laws are designed to protect children from exploitation however, young people consensually sharing images can still be prosecuted under these laws.)

- A 21 year old shares the image of their partner with several of their friends.

(Illegal if they did not ask for their partner's consent to share the images.)

- A teacher 'follows' students on Instagram and make personal remarks.

(Legal but breaches professional conduct. [Guidelines for the Use of Social Media - The Department of Education](#).)

- After breaking up with their 16 year old partner, a 17 year old threatens to send an intimate image of them to their mates.

(Illegal to threaten to send an intimate image (WA law) and illegal to send an intimate image of a person under 18 years of age (Commonwealth law).

Laugh and learn video - sexting

8. Watch [Laugh and learn - sexting](#) (2min 12sec).

Teaching tip: CaLD students and students with special needs could potentially be confused between pimple popping and sexting. It is important for teachers to decide the suitability of this content for their students and to address any misconceptions that may arise.

9. Ask:

? What are some of the key messages from the video?

(Non-consensual sexting is disrespectful, harassment and against the law; issues can follow you the rest of your life - whether you send, receive or share an intimate picture; it is easy to lose control over who can see an image once it is sent; there are things you can do if you receive an unwanted sext.)

To send or not to send?

10. As a whole class create a 'choose your own adventure' style flow chart using sticky notes. This can be created on the floor, on desks pushed together, on a wall or a window.

Teaching tip: This activity should not be conducted in small groups unless there are enough adults to facilitate each group. This is vital to ensure students adhere to the group agreement (e.g. no sharing personal stories). Ensure all adults facilitating groups are familiar with [protective interrupting techniques](#) and how to [deal with disclosures](#).

11. Provide each students with a small stack of sticky notes (or scrap paper).
12. Guide students through the following steps either using the [To send or not to send PP_teacher resource \(Slide 20-33\)](#) or by reading the instructions aloud.
13. Say:

" Describe a scenario in which a person might be asked for a nude. This is to be a hypothetical situation so no names of people we know and no personal stories."

? What are the names of person A and B?

? What are their genders?

? How old are they?

? How do they know each other?

? What app/device are they using to chat?

Teaching tip: It is important to remember that students in the class are likely to have experienced similar situations either directly or indirectly and it is vital for everyone to maintain confidentiality and not to disclose personal stories of their own or others. Offer students the opportunity to talk to you (or another trusted adult) in private if they have any concerns they would like to raise. The [question box](#) is another way of offering students opportunities to raise issues privately. Students can indicate that they would like time with you, the school counsellor/nurse by placing a note in the question box and including their name on the note.

Discuss some of the potential stereotypes:

? Is it always the guy asking for nudes?

? Is it always the girl being pressured?

? Is it always a heterosexual relationship?

14. Write down the scenario and place it on the floor/wall where you will be displaying the 'choose your own adventure' flow chart.

15. Say:

"What might person B's response to this request be? Write it down on your sticky note and place it along side the scenario to show the different ways the conversation might develop."

Ask:

? Do they want to send the nude?

? Do they feel safe?

? Is there trust?

? Do they feel pressured?

? How do they negotiate the situation? (diversion, humour, respectful, disrespectful)

? Do they consensually send the nude?

? Do they send a pic without showing their face or identifying features?

16. Ask:

? What might person A reply?

(anger, humour, pressure, respects answer and doesn't ask again, cuts off conversation, dumps person B, asks for more, call person B names for either sending it or not sending it)

17. Have the students continue the potential responses along the 'choose your own adventure' path.
18. Ask:

? What might happen as a result if they send the nude or if they don't send the nude?

? What are the emotional consequences?

(May feel regret for sending it; may feel mortified if it gets shared with others; may feel OK about sending it; may feel happy/sexy/flirty/etc sending it; may feel scared; etc)

? What are the social consequences?

(Friends/colleagues might judge you; may end the relationship; may start a romantic/sexual relationship; may bring person A and B closer; may cause person A and B to fall out; excluded from friends; family fall out; etc)

? What are the ethical consequences?

(Is it ethical to ask for a nude or should you wait to be asked? Is it ethical to assume a partner would be OK receiving a nude image? If someone has shared nudes with lots of other people, is it OK to share the image? What if there is a large gap in the age of the people sexting? etc)

What the law says

19. Have students read the [Youth Law Australia - Sexting](https://yla.org.au/wa/topics/internet-phones-and-technology/sexting-laws/) webpage (<https://yla.org.au/wa/topics/internet-phones-and-technology/sexting-laws/>) . This could be as a whole class, on individual devices or printed copies.

Teaching tip: Ensure that the Youth Law Australia website is set to 'Showing laws for WA' so that the information displayed is accurate for WA.

19. Say:

"It is against the law for ANY person to take, keep or share intimate images when it involves someone under 18. It is against the law to share or threaten to share an intimate image of a person of ANY age without their consent. No doubt there are many people - adults and young people alike - who are unaware of these laws. Why do you think not knowing this information could be very dangerous for some people?"

20. Ask:

? What are the legal consequences?

(If under 18, could be charged with creating/distributing child exploitation material; could be put on child sex offenders register; could impact future employment and housing options; could be fined or imprisoned; could be no legal consequences; may be completely legal; etc)

? Who could get prosecuted in each of the scenarios we looked at in Too send or not to send?

(Any that involve people under 18. Any that involve harassment)

? Who would get prosecuted in each of these scenarios?

(It is impossible to tell. Laws are designed to protect young people from exploitation but the laws are still written in such a way that young people can potentially be charged. The laws place the emphasis on non-consensual sharing of images, pressure, harassment and 'sextortion' - threatening to share images)

Where to go for help

21. View [eSafety what is image-based abuse video](#) (2 min 30 sec)

22. Ask:

? Where can a young person go for help in these situations? What can they do?

(Tell a trusted adult, block the person on social media, report it on the eSafety site, contact Headspace, Kidshelpline, a school counsellor)

23. Show students the [eSafety Commissioner website](#) and go through the steps of 'What to do?'

24. Ask:

? What strategies have you seen in this process that you might recommend to a friend who was in a similar situation?

Teaching tip: It is important to keep questions 'a step removed'. Asking students what they would recommend to a friend allows them to think of useful strategies for themselves without having to say, 'I would do this' which could make them feel vulnerable and/or potentially disclose personal information.

3-2-1 Reflection

25. Ask students to share with another person:

? What is the most important thing you have learnt from doing this work on sexting?

? Who will you share this information with?

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3-2-1 Reflection

Take home activity

1. Ensure students have internet access at home to access the [Youth Law Australia - Sexting](#) website or provide each student with the handout [Western Australia's new intimate intimate laws: Frequently asked questions](#).

2. Give each student the [Take home activity sheet: Sexting - To send or not to send?](#)

Health Promoting Schools

Health promoting schools strategies

Background teacher note: [Health promoting schools framework](#).

Partnerships with wider community

- [Talk soon. Talk often: a guide for parents talking to their kids about sex](#) is a free resource that can be bulk ordered by schools and interactive website. Consider sending a copy home to parents prior to starting your RSE program or providing a link to your website/e-news for parents and carers. The booklet offers age and stage related information on sex and relationships so that the topics covered in class can be reinforced at home. ([How to order hardcopies](#).)
- Send copies of the free resources [Relationships, sex and other stuff](#) and/or [Send noods?](#) home or provide in the lesson. ([How to order free copies](#).)
- Run a parent and carer workshop prior to delivering RSE lessons so that parents and carers can see the resources used, ask questions and find out how to support the school program by continuing conversations at home.
- Keep parents informed of the WA intimate image laws by adding these links to your school newsletter/social media/website
 - [Western Australia's new intimate intimate laws: Frequently asked questions](#)
 - [eSafety Commissioner - Sending nudes and sexting \(parents\)](#)

Health campaigns - sexual health

Learning objective

Students explore the purpose of health campaigns and identify the components of a successful campaign. In groups, they develop their own campaign with a sexual health theme.

Take Home Messages

- Health literacy is having the knowledge to find, understand and use information about our own health and health care from sources such as health websites to make healthier and safer decisions.

Materials

- Student Activity Sheet: KWL – Health campaigns [one per student]
- Student Activity Sheet: Health campaign case studies [one per pair]
- Teaching Resource: Health campaign topics PowerPoint slides [one per student/group]
- Student Activity Sheet: Health campaign plan [one per student/group]
- Student Activity Sheet: Campaign evaluation [one per student/group]

Before You Get Started

- This is a recommended 4-6 week unit of work. Students will require access to the internet. Prior to starting the unit, check websites and associated campaigns are accessible on school networks.
- Teachers need to understand the concept of health promotion to facilitate the delivery of this learning activity.

The World Health Organization defines health promotion as

“...the process of enabling people to increase control over, and to improve, their health. It moves beyond a focus on individual behaviour towards a wide range of social and environmental interventions”.¹

Health promotion interventions include policy development; legislation and regulation; re-orienting health services; community development; creating healthy environments; and raising public awareness and engagement through health campaigns. This learning activity focuses on the impact of health campaigns on changing health behaviours through the use of mass media, social media and/or community events.

1 World Health Organization. http://www.who.int/topics/health_promotion/en/ Retrieved 18/9/2015

Learning Activities

Whole Class

Students explore their understanding of health campaigns and determine what they need to know in order to develop a health campaign of their own.

1. Give each student a copy of the Student Activity Sheet: KWL – Health campaigns. Allow 5 minutes for each student to complete the 'What I know' about health campaigns section individually. Discuss student answers as a class.
2. Explain to the class what a health campaign is:

A health campaign aims to raise awareness and understanding of a health issue, and often aims to change people's health behaviours. This can be done in a number of ways including mass media, social media and community events.

3. Allow 2 minutes for each student to complete the 'What I want to know' section of the KWL chart. Discuss student answers as a class.

Note: Students will complete the 'What I have learnt' section at the end of this unit of work so should be encouraged to keep in a place easy to find later.

Independent or Small Group

Access to a computer lab and internet will be required for this activity as students will investigate case studies of local and national health campaigns. They will then develop a health campaign of their own on one of five sexual health and/or relationships topics: Growing Bodies; Respectful Relationships; Staying Safe; Emotional Wellbeing and/or Diversity.

1. Students form a pair or group of three. Provide each pair/group with one of the case studies from the Student Activity Sheet: Health campaign case studies.
 - Ask the students to visit the campaign website and familiarise themselves with the campaign. They then complete the activity sheet by identifying the target group; the positives, negatives and issues of the campaign; and if the campaign worked.
 - All students who worked on the same campaign are then joined together in a larger group to discuss their results. Each group then nominates a spokesperson to present their findings to the class.
2. Explain to students that they will be developing their own health campaign on a sexual health

and/or relationship topic of their choice. This can be done individually, in pairs, or in small groups.

- Display the Teaching Resource: Health campaign topics PowerPoint slides. Discuss ideas for health campaigns that can be developed for each of the topic areas. Explain that students will need to decide on a topic area and then a subject for their health campaign.
- Distribute the Student Activity Sheet: Health campaign plan to each student or group. Explain each section of the activity sheet.
- Each student/group has 4-6 weeks to research and develop their health campaign.

3-2-1 Reflection

1. Students present their health campaign to the class or to others (e.g. peers, parents, school or other community members).
 - Seek feedback from the audience as to how effective they thought your campaign was using a Rating Scale: use Student Activity Sheet: Campaign evaluation (students may decide to design and use their own format to seek feedback).
2. Students complete the 'What I have Learnt' section of their KWL chart to describe what they have learnt from this activity.

External related resources

[The practical guide to love, sex and relationships](#)

A teaching resource from the Australian Research Centre in Sex, Health and Society, La Trobe University.

[Topic 8: Authenticating online information](#)

- Accessing and evaluating information on sexual health and relationships online.

Influence of the media

Learning objective

Students explore the impact of sexualised imagery on young people's sexual identities and sexual behaviours through the use of music clips and newspaper articles.

Take Home Messages

- Adolescence is a period of dramatic physical, social and emotional change involving many new feelings and experiences.
- Sexual feelings are a normal part of adolescent change and need to be managed appropriately.
- Sexual activity has physical, social, emotional and legal implications.
- Individuals are responsible for the decisions and choices they make regarding their sexual behaviour.
- People have different attitudes, values and beliefs towards sex and sexuality.
- The digital world is dominated by sexualised imagery that can influence sexual identities and

behaviours.

Materials

- Internet access
- Teaching Resource: Digital Era online article [one per pair]

Before You Get Started

- Pornography is something that is becoming much more accessible for young people and something that they are being exposed to much earlier than in the past. Pornography is how some young people receive sex education. Current thinking suggests that these factors can affect young people's expectations of each other and themselves, and also how young people form healthy relationships with others. See the Guide: [Young people and the accessibility and influence of pornography](#) for more information on this topic.
- It is possible that a student may have been involved in a traumatic experience relating to pornography and sexual harassment. It is important that teachers are familiar with the Guide: [Dealing with disclosures](#) and have a risk management strategy in place.

Learning Activities

Whole Class

Using a case study, students discuss the necessity of sexualised imagery in the media.

1. Read the lyrics to the Miley Cyrus song Wrecking Ball without telling the students the name of the song or artist (the lyrics can be downloaded from the internet).
 - It's likely students will know this popular hit first released in 2013, but may never have thought about what the lyrics mean.
 - Ask students to consider what the song is about and what it means using the [think-pair-share](#) strategy, and then share responses with the class.
2. Show the students the Wrecking Ball YouTube clip (<https://www.youtube.com/watch?v=My2FRPA3Gf8>) [3:41min]. Ask:
 - What are your initial thoughts and feelings about the clip?
 - Do you feel the sexual behaviour in the video clip is consistent with the message of the song?
 - How does the video clip accurately reflect or not reflect the lyrics?
 - If you were 11 or 12 years of age watching this video clip, what impression do you think it would have on you?

Independent or Small Group

Using an online article, students analyse the impact pornography has on young people and their intimate behaviours. Students extend their knowledge to assess whether pornography is contributing to the normalisation of sexual violence and gender equity in our community.

1. Provide each pair of students with a copy of the Teaching Resource: Digital Era online article to read independently.
2. In small groups, students discuss the following questions.
 - What is the article about and who is it aimed at?
 - How are men and women represented in mainstream advertising, music videos and popular culture? (think about the setting, the activities they are engaged in, the language

that is used by, and about, men and women, etc.)

- Women are often underrepresented in the media, creating the message that women are unimportant or invisible. Can you think of examples of this?
- How do you feel about the article? Do you agree with the claims made?
- How does today's violent pornography found in advertising, music videos and popular culture negatively impact young people and their intimate behaviours?
- How is pornography contributing to the normalisation of sexual violence and gender inequity in our community?
- What might young people think about gender and sexuality if they only got their information about these topics through advertising, music videos and popular culture and did not receive sex education like you are getting?

3-2-1 Reflection

1. Ask students to share their responses from the group task.
2. Discuss differing views and any misconceptions (e.g. sex vs gender).
3. Highlight the [Think u know](#) and [esafety.gov.au](#) websites for support and further information.

External related resources

[The practical guide to love, sex and relationships](#)

A teaching resource from the Australian Research Centre in Sex, Health and Society, La Trobe University.

Year 7/8

[Topic - Porn, what you should know](#)

- critically thinking about sexual imagery - what is
- Working things out.

Sexual consent and the law

Learning objective

Students analyse sexual consent and the law through real life scenarios.

Take Home Messages

Consent is the free agreement to do something.

Sexual consent must be mutual, freely given, informed, certain, coherent, clear and ongoing.

Sexual consent can be withdrawn at any time.

Sexual activity without consent is against the law (sexual assault).

The laws around sex and consent are there to help protect people from harm and abuse.

Understanding what consent is and the laws around consent is a foundation for respectful relationships and contributes to the prevention of sexual assault.

Materials

- Item belonging to another person in the class (e.g. pencil)
- Video: [Tea and consent](#) (2min 50sec video)
- 1 x Y chart for each group of 4-6 students (electronic, photocopy or butchers paper)
- 1 x Teaching Resource: Consent scenarios student activity sheet for each group (or individual)
- 1 x Teaching Resource: Consent scenarios teacher answer sheet (electronic or photocopy)

Before You Get Started

- Consider the timing of this lesson given the possible triggering content. It may be best delivered before a lunch break or at the end of the day so that students have time to process information before another lesson and have time to seek help if required. Be aware that discussing topics such as sexual consent and sexual assault can be upsetting for people as they reflect on their own experiences or that of people close to them.
- Liaise with the school health team (e.g. Community health nurse, school psychologist) to inform them of the content you will be covering in class. It may be helpful to have these additional adults in these lessons or on standby for any individual or small group work that may need to take place.
- [Protective interrupting](#) - Teachers need to know and understand how to use this technique to prevent students from potentially disclosing sensitive information or abuse in front of other students.
- [Dealing with disclosures](#) - Teachers must be aware of the school and legal procedures if a student discloses personal issues, particularly disclosures of sexual abuse.
- [Exploring my own values](#) - Consider your own thoughts, feelings, attitudes and values on this topic and be aware of how they may influence the way you present this activity. Be aware of your own self-care and support networks.
- Preview [Tea and consent](#) (2min 50sec video) to determine suitability for your students. NB: There are a number of versions of this video online. Some contain expletives and some are spoofs of the video - please check that you have the correct video before use.

Learning Activities

Group agreement and self care

Teaching tip: A group agreement must be established before any Relationships and Sexuality Education (RSE) program begins to ensure a safe learning environment. Read: [Essential information: Establishing a group agreement](#) for tips on how to create one and what to include.

1. Revise the class [group agreement](#).
2. Remind students that throughout the lesson they can write any questions down and add them to the question box at the end of the lesson (if they do not wish to ask them during the lesson).
See [Essential information - Setting up a question box](#).

??Trigger warning

3. Say:

"This lesson covers the topic of sexual consent and sexual assault. These topics can sometimes be

difficult for people. Please let me know if you feel you need to take a break from the room.

Before we start, let's check that everyone knows where to go for help if you want to check anything that this lesson raises for you."

4. Ask students:

? Who are some trusted adults you can talk to?

(Possible answers: parents, grandparents, teacher, older siblings, doctor, other family members, etc)

Teaching tip: It is important not to tell students who their trusted adults are or should be. You can offer a list of suggestions of who they might be. For some students, some of the people you suggest, may not be people that are safe for them to talk to. Students should not be made to share their list of trusted adults publicly unless they wish to do so.

? Who are some people at this school that you can talk to?

(Possible answers: class teacher, other teachers, school psychologist, community health nurse, youth workers, etc)

? What services and online support is available?

(Possible answers: [Sexual Assault Resource Centre \(SARC\)](#), [Kidshelpline](#), [Headspace](#), GPs, [Sexual Health Quarters](#), [Beyond Blue](#), [Lifeline](#), [1800 Respect](#))

What is consent?

5. Ask for a volunteer to bring an item belonging to them (e.g. a pencil) to the front of the class to model the following examples of consent/not consent.

Person 1: "May I borrow your pencil please?" Person 2: "Yes" (hands pencil) Person 1: (takes pencil)

"This is clear, affirmative consent."

Person 1: "May I borrow your pencil please?" Person 2: (no answer) Person 1: (takes pencil)

"Even though, I asked politely, I did not get consent. The absence of a 'no' is not a 'yes'."

Person 1: "May I borrow your pencil please?" Person 2: "No, sorry." Person 1: "Awww, come on. I let you use my pen last week". Person 2: "Errr, hmm, OK I guess."

"Is this consent?" (no, it has been coerced or pressured).

Person 1: "May I borrow your pencil please?" Person 2: (nods head, smiles and hands pencil)

"Is this consent?" (yes, non-verbal consent)

"What if they weren't smiling and nodding?" (unclear if consent has been given).

"How could we check to make sure we have consent?" (ask the person again, ask for clarification, not take the pencil until we are sure).

"What if they let me borrow their pencil yesterday?" (Not consent - consent has to be given on each occasion).

"What if I took the pencil and used it to scratch under my armpit?" (Not consent. It is unlikely the person understood what they were agreeing to).

"What if I borrow the pencil and then they change their mind and want the pencil back?" (consent has been removed and the pencil should be returned).

6. Say:

"The same principles apply to consent in sexual situations. Consent must be certain, clear, informed, freely given, and it can be removed at any time. Consent is important for all people, of all sexualities and in all kinds of relationships. Consent is a fundamental part of respectful relationships. Now we are going to look at consent in more detail"

Optional activity: Video - Tea and consent

7. Say:

"We are going to watch a 3 minute video that uses drinking tea as an analogy for sexual consent"

8. Watch: [Tea and consent](#) (2min 50sec video)

9. Ask:

? What did you think about the video?

? What were the key messages of the video?

(Possible answers: consent can be removed, you can't make someone consent, you can change your mind, it's ok to change your mind, unconscious people can't consent, consenting last week does not mean consenting this week)

What consent looks like, feels like, sounds like

10. Divide class into groups of 4-6 using [Grouping strategy: Birthday line up](#)

11. Ask:

? How difficult was it to line up without talking?

? How did you communicate your birthday to others?

(Using my fingers, wrote it down, pointed to a calendar /display in the room, etc)

? Were there any miscommunications?

? What would make it easier to check the non-verbal communication?

(Ask them, verbal communication, etc)

12. Say:

"Communication is vital for sexual consent. Consent and communication between sexual partners is the

foundation for respectful, safe, mutual sexual experiences. It is everyone's responsibility to check that their sexual partners are enthusiastically consenting to any sexual activities. Let's explore some different ways that consent may be communicated."

13. Use [Teaching Strategy: Y chart](#) to explore what consent looks like, feels like, sounds like.

Teaching tip: Depending on your classroom demographics, you may wish to have additional adults assisting with this activity or to do the activity as a whole class if you feel the class require closer guidance.

Possible answers:

Looks like	Feels like	Sounds like
Kissing you back Touching you back 16 years and older Someone voluntarily taking their clothes off	Everyone involved wants to be there Pleasurable Not drunk or drugged Freely given (not pressured or coerced) Safe Them pulling you closer	Enthusiastic 'Yes!' "That feels good" "Keep going" "Sure" "Do it again" Clear! Continually checking in by asking: Asking 'Is this OK?', 'Does this feel good?' 'Would you like to try?'

14. Say:

"It is important to remember that consent is an ongoing conversation. Each of these answers are just examples of things that might help to determine if someone is consenting. It is important to keep checking in with a partner.

When it comes to consent, the absence of no does not mean a 'yes'. Uncertainty, hesitation, umming and ahhing are NOT signs of enthusiastic consent. It's important to be aware of verbal or non-verbal signs from sexual partners.

Saying 'Stop', 'I'm not sure', 'Can we slow down?' or changing the subject are all examples of how people might indicate they are not consenting. A person who is not consenting might give non-verbal signs instead of saying 'no', like not responding to touch, silence, turning away, pushing a partner away, crying or freezing.

Although we can communicate and consent non-verbally, the only way to be sure a partner consenting is to ask. And the best, most clear way to give enthusiastic consent is to say it - 'Yes!'

Without consent, sexual activity is sexual assault. Experiencing sexual assault can have significant impacts on a person's physical and mental health throughout their lifetime. The harm caused by sexual assault impacts individuals, families and communities.

If you are not sure if your partner is consenting but you keep going anyway, it is not only not ok and harmful — it is against the law."

Sex and the law

15. Look at the [Youth Law Australia](#) website and demonstrate how to navigate to the WA laws and the section on Sex and consent.

16. Discuss:

? What is legal age of consent in WA?

(In WA, the legal age of consent is 16. This means when you are 16 years or older, you can have sex with another person aged 16 or older as long as you are both freely consenting. However, it is a crime for a person who is caring for you, supervising you or has authority over you (like a teacher, coach, boss) to have sex with you while you are between the ages of 16-18.)

? What do we mean by 'sex'?

(According to the law, sexual intercourse means when a penis, finger, object or any part of a person is fully or partially inside another person's vagina or anus. Sexual intercourse also includes any kind of oral sex. A sexual act can include a lot of different sexual activities, not only sexual intercourse e.g., kissing, touching, mutual masturbation, making another person watch pornography, sending and receiving sexual pictures. Consent is required for any sexual act. There are a few different laws about sex and consent and different sexual crimes e.g., sexual assault, indecent assault)

? Why are there laws around the age of consent in WA?

(The laws around consent are there to protect people from harm and abuse.)

Discussion can be extended to explore cultural expectations and understandings about teenage sexual relationships:

- How do the laws about consensual sex differ from the unwritten rules or expectations?
- Do the unwritten rules and expectations around teenage sexual relationships vary with age, e.g. would your parents have different ideas about these rules or expectations?
- Do these unwritten rules and expectations vary depending on where you are, e.g. at school, at a school dance, at a friend's place, at the park?
- Do the laws about consensual sex vary with where you are?
- Where do these unwritten rules and expectations around teenage sexual relationships come from?

14. Stress that regardless of age, if someone has not given consent to sexual activity and it has taken place, it is a crime.

Consent scenarios

Students apply their knowledge of sexual consent to scenarios.

1. Provide each small group with a copy of the Teaching Resource: Consent scenarios student activity sheet and allocate each group a different scenario to work through.
2. Ask students to read the scenario and associated questions they have been given. Ask the students to identify the key points, discuss whether the situation is consensual or not and provide reasons for their answers.
3. Have each group share their scenario and findings with the whole class.
4. Discuss questions or concerns and clarify any inconsistencies as they arise.

3-2-1 Reflection

Reflection

1. [3-2-1 Reflection](#) - Students write on a prepared worksheet or in a journal:

- 3 x recalls: write three facts the legal aspects of consent e.g.,

People must be of legal age to have sex (WA – 16 years of age)

People must be willing and want to have sex (free agreement)

People must be able to have sex (not drunk, under the influence of drugs, asleep, unconscious or not mentally capable of understanding what is happening).

- 2 x so what's: write two things about why consent information is relevant and important.
- 1 x questions: write one question they have about consent.

3. Students should be reminded that sex without consent is considered a crime.
4. For support, people can contact the school psychologist, school nurse, the [Legal Aid WA InfoLine](#), [Aboriginal Legal Service of WA](#), [Sexual Assault Resource Centre](#) or the police.

Health Promoting Schools

Background teacher note: [Health promoting schools framework](#)

Partnerships with parents

- [Talk soon. Talk often: a guide for parents talking to their kids about sex](#) is a free resource that can be bulk ordered by schools and [interactive website](#). Consider sending a copy home to parents prior to starting your RSE program or providing a link to your website/e-news for parents and carers. The booklet offers age and stage related information on sex and relationships so that the topics covered in class can be reinforced at home. ([How to order hardcopies](#).)
- Send copies of [Relationships, sex and other stuff](#) home. ([How to order free copies](#).)
- Run a parent and carer workshop prior to delivering RSE lessons so that parents and carers can see the resources used, ask questions and find out how to support the school program by continuing conversations at home.
- Add the [Get the Facts](#) and [SECCA app](#) links to your website/e-news.

Partnerships with school staff

- Invite the school health professionals and pastoral care staff (school nurse, school psychologist, chaplain, boarding house master, etc) to a class or an assembly to introduce them to the

students and let them know what their roles are and how they can help the students.

RELATE: Respectful relationships program - Stage 3

Learning objective

RELATE

RESPECTFUL RELATIONSHIPS EDUCATION



STAGE 3

A one term respectful relationship program consisting of 8 scaffolded sessions covering gender stereotypes and expectations, respectful relationship qualities, non-consensual image sharing, sexual assault, consent, disrespectful and unethical behaviours, decision making frameworks, opinion and values in romantic relationships.

Each stage of *RELATE* can be delivered in isolation but is best delivered sequentially.

Stage 3 is suggested for Year 9 or 10 but may be suitable for lower or higher year groups depending on student demographics.

Take Home Messages

Curriculum Links

RELATE has been designed to improve students' knowledge, attitudes, skills and behaviours to recognise and engage in respectful relationships. This includes increased:

- awareness of, and respect for, diversity
- understanding of the impact of gender expectations and social norms on relationships and sexual health
- understanding of, and skills for, ethical behaviour in the context of relationships
- skills to establish and maintain positive, equitable and respectful relationships
- capacity to identify and address disrespectful behaviour
- digital literacy skills
- critical analysis skills
- knowledge of, and ability to access, a range of support people and services.

It provides opportunities for young people to explore attitudes and peer, gender, social and cultural influences that impact on behaviour in relationships; identify perceived and actual peer norms and rectify incorrect perceptions; examine their expectations and the value they place on different behaviours within relationships as well as develop skills and confidence to carry out desired behaviours (self-efficacy).

Gender analysis is core to the approach of the *RELATE* program. Gender inequality and gendered expectations in relationships are understood as key issues underpinning the occurrence of relationship violence and poor sexual health outcomes. Gender is explored by considering individuals within the context of relationships, communities and society. This is extended using a human rights framework, that considers not only gender but includes race, ethnicity, class, sexual orientation, disability, religion and culture.

Curriculum Links

Key understandings

Session 1: Setting the scene - Establishing group agreement

Purpose: To provide students with an opportunity to explore and discuss factors that make for a safe and supportive learning environment for all.

I already have some knowledge about respectful relationships, gender, communicating and sexting but I can always learn more.

People have different values and attitudes and these come from my experiences, my family, my peers, culture and community.

Session 2: What do you think?

Purpose: To recognise stereotypes as expressed and demonstrated in some romantic relationships

To identify myths and misconceptions about gender Stereotypes.

To apply knowledge of consent to scenarios.

Consent is a really important consideration in a respectful relationship. In order to give consent for sex everyone must be Ready, willing and able.

Session 3: Different points of view

Purpose: To identify different viewpoints and perspectives of the same event.

To understand the need for clear, assertive and respectful communication.

To identify clear, assertive and respective communication.

I feel confident to communicate my consent clearly. I understand the importance of checking that I have consent from my partner.

Session 4: Trusted moments

Purpose: To identify disrespectful and unethical behaviours in a variety of relationships.

To view and discuss the DVD Trusted moments.

Session 5: What really happened?

Purpose: To apply a framework for considering the safety and respect of people in a risky situation.

There are 4 questions that I need to think about when making decisions to keep myself safe.

Session 6: What do I know?

Purpose: To review and apply concepts of: gender and identity; respectful relationships; effective communication.

To understand that different decisions can be made to change the outcome of situation.

To be aware of the Sexual Assault Research Centre (SARC) and its services.

There are always key moments when different decisions can be made that can result in a safer outcome. If something goes wrong for me or my friend I know I can get help from SARC as well as other places.

Session 7: Relationships - a rollercoaster ride

Purpose: To identify some of the positives and negatives of romantic relationships.

To consider how to manage conflict in romantic relationships in a respectful manner.

Having romantic/intimate/sexual relationships is a normal part of growing older. Like any relationship, they involve risk taking. There are decisions and behaviours people can make to feel safe, respected and respectful.

Session 8: So what do you think?

Purpose: To identify a range of opinions and values about romantic relationships.

To demonstrate respect for diversity.

It is important that people in romantic relationships are respectful of themselves and each other.

Materials

There are no listed materials.

Learning Activities

Sample session pages and activity sheets:

See [RELATE: Stage 3 full program \(16MB\)](#) for the entire package of lesson plans including lists of materials required for each session, posters, activity sheets and teaching notes.

Sexual Health Quarters (SHQ) conducted the original development of RELATE (1st and 2nd edition). SHQ has had no involvement with any subsequent updates or editions of RELATE.

Porn: The who, what, where, when, how, why and why not

Learning objective

Students use the graffiti wall strategy and the Laugh and learn to develop an understanding of what porn is, how people may come across porn, why people access porn and its possible harms. Strategies for dealing with unwanted exposure to porn are also discussed.

Take Home Messages

1. Remind students of the take home messages: Porn is NOT reality; it's a performance (often with paid actors) - it does not show real life sex and relationships. Porn can create unrealistic expectations of self and others:
 1. how they look
 2. what they do
 3. how they act
 4. how they treat each other.

Porn is not a reliable or accurate sex educator. Pornography often does not consider or demonstrate consent, respect and safety - all essential in a respectful relationship. There are other better and more reliable ways to find out about real respectful and intimate relationships.

2. Tell students that there will be links to information for parents on the school website/newsletter so they can be more informed too.
3. **Question box:** Give out some small scrap pieces of paper and allow students time to write any questions they have for the question box. To ensure confidentiality, ask all students to write something on the scrap paper at the same time (even if they just draw a smiley face or scribble) and place it in the question box.
4. Remind students that [Get the Facts](#) has a completely confidential '[Ask a question](#)' service that they may wish to use. All questions are answered by a qualified health professional within a week.

Curriculum Links

Year 9

- Factors that shape identities and adolescent health behaviours, such as the impact of: cultural beliefs and practices; family; societal norms; stereotypes and expectations; the media; body image ([ACPPS089](#)).
- Skills to deal with challenging or unsafe situations: refusal skills, initiating contingency plans; expressing thoughts, opinions, beliefs; acting assertively ([ACPPS089](#)).
- Impact of external influences on the ability of adolescents to make healthy and safe choices relating to: sexuality ([ACPPS092](#)).

Year 10

- The impact on societal and cultural influences on personal identity and health behaviour, such as: how diversity and gender are represented in the media ([ACPPS089](#)).
- Analysis of images and messages in the media related to: alcohol and other drugs; body image; relationships ([ACPPS092](#)).
- Critical health literacy skills and strategies: evaluating health services in the community; examining policies and processes for ensuring safer behaviours ([ACPPS095](#)).

Curriculum Links

Key understandings

Porn is NOT reality; it's a performance (often with paid actors) - it does not show real life sex and relationships.

Porn can create unrealistic expectations of self and others:

- how they look
- what they do
- how they act
- how they treat each other.

Porn is not a reliable or accurate sex educator.

Pornography often does not consider or demonstrate consent, respect and safety - all essential in a respectful relationship.

There are other better and more reliable ways to find out about real respectful and intimate relationships.

Materials

- Laugh and learn video - Porn (4min 40sec)
- Graffiti wall display cars - who, what, where, when, how, why, why not (colour or B&w) - 1 set
- Sticky notes or small scraps of paper (Approximately 6-10 pieces per student)
- Access to website - eSafety Commissioner (link in instructions below)

Before You Get Started

- Preview [Laugh and Learn video - Porn](#) (4min 40sec) to determine suitability for your students.
- Be aware that some students undertaking this lesson may have viewed pornography either purposely or accidentally. Some may not be aware of what porn is at all. Emphasise that you do not want to know who has or hasn't seen porn. Be prepared for possible [disclosures](#) and know [protective interrupting](#) techniques.
- There are many definitions of pornography. The [Oxford Dictionary definition of pornography](#) (as used in this activity) is 'Printed or visual material containing the explicit description or display of sexual organs or activity, intended to stimulate sexual excitement.'
- Consider your own thoughts, opinions, attitudes and values about pornography and be aware of how they may influence the way you present this activity.
- Background professional reading:
 - [The naked truth - kids, teens, pornography and screens](#) - Dr Kirsty Goodwin (external site)
 - [Porn and the law](#) - Youth Law Australia (external site)
 - [We need a new definition of pornography - with consent at the centre](#) - ABC opinion piece (external site). New definition of porn 'Material deemed sexual, given the context that has the primary intention of sexually arousing the consumer and is produced and distributed with the consent of all persons involved).
 - [The pornography problem plaguing parents](#) (external site) - Free 75min webinar suitable for educators and parents from Dr Kirsty Goodwin.

Learning Activities

Group agreement

3 Minutes

Whole Class

Teaching tip: This lesson should only be facilitated by a teacher that knows the class very well and is aware of students background and knowledge. Extensive work developing a safe space to discuss sensitive topics and a well established group agreement is vital before facilitating this lesson. Read: [Essential information - Establishing a group agreement](#) for tips on how to create one and what to include.

1. Revise the class [group agreement](#).
2. Remind students that throughout the lesson they can write any questions down and add them to the question box at the end of the lesson (if they do not wish to ask them during the lesson). See [Essential information - Setting up a question box](#).

Trigger warning

3. Say: "This lesson covers the topic of pornography which some students might find challenging. Please let me know if you need to take a break."

Teaching tip: Strict timing of activities is essential in order to keep students focused and on track with this lesson and to avoid too much 'side conversation'. It may be useful to have additional adults in this session (e.g. Community health nurse)

Learning Activities

Definition

3 Minutes Whole Class

4. Ask students: What do you understand by the term 'pornography'? Stress that you do not want to know who has or hasn't seen porn and you do not want stories. (Refer back to the [group agreement](#).)
5. Take answers from volunteers. (Possible answers may include: videos of people having sex, sex online, pop-up ads, sexy videos on your phone. Less likely answers may include: nudes, nude magazines, etc. Young people may also list websites where porn can be accessed and/or name categories or types of porn. Teachers need to consider how this discussion will be managed and directed).

Teaching tip: Pornography can be difficult to define, as there is a general lack of agreement over exactly what constitutes pornography. The definition is largely influenced by the time and context as well as cultural and moral values.

Pornography has existed throughout history in the forms of cave drawings, erotic fiction, nude magazines, video tapes and DVDs. In the online era, pornography can be in the form of online videos, online images, live video cams, sexting, social media, dating apps, messaging, pop-ups, the list goes on. Young people today generally do not consider still images or text as pornography. Whether a photograph is considered pornography is largely down to context. For example, a picture of a naked person in a magazine such as National Geographic would not typically be considered pornographic, because it is not designed to sexually arouse. A photo featuring an individual in the same stages of undress will likely be considered pornography when it is displayed in the pages of an adult magazine that is intended to elicit arousal.

6. Say: "There are many definitions of pornography. The Oxford Dictionary definition of pornography is the one we are going to use in this activity. Pornography is...Printed or visual material containing explicit description or display of sexual organs or activity, intended to stimulate sexual excite."

Learning Activities

Laugh and learn video - porn

10 Minutes

Whole Class

7. Watch [Laugh and learn - porn video](#) (4min 39sec).
8. Ask:Think about 1 piece of information that surprised you in this video.

9. Take answers from volunteers.(Possible answers may include: Didn't think that it was fantasy; hadn't thought about consent or safer sex issues before; thought it would have been more realistic; etc).

Teaching tip: It is vital to only ask for volunteers to contribute to class discussions on sensitive topics such as porn. See [group agreement - 'right to pass'](#) for further information.

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Learning Activities

Graffiti wall: The who, what, where, when, how, why and why not

15 Minutes

Small Group

Teaching tip: It is not advised that this activity be carried out in small groups due to the sensitive nature of the topic. Teachers need to facilitate this activity carefully, being prepared to [protectively interrupt](#) and ensure discussions remain respectful and 'on track'.

10. If room allows, have students sit in a horseshoe arrangement and place the [Graffiti wall display cards](#) in the middle of the group to allow for close monitoring of student discussions/input. (If space is not available, the [Graffiti wall display cards](#) can be placed on the walls around the room).

Teaching tip: This activity could be run outside or in a hall as long as the area provides enough privacy for students to feel safe to participate in the lesson.

11. Place the 'What?' [Graffiti wall display card](#) in the centre of the floor space/wall. Provide students with small scraps of paper or sticky notes to write on.
12. Place the 'Who?' [Graffiti wall display card](#) on the floor/wall and ask students to silently and individually think about their own answers to the question.
13. After 30 seconds, invite students to write answers on sticky notes/scraps of paper and place them around the 'Who?' card. Remind students that you do not want personal stories or names of people. Answers will vary greatly depending on values and experiences. Teachers may need to address stereotypes (e.g. only guys watch porn) and values (e.g. weirdos watch porn). All sorts of people, everyone, guys, not girls, old men, horny people, teens, over 18 years, women, young people, creeps, weirdos, perverts, sex addicts.

14. Repeat this process for the 'Where?', 'When?', 'How?', 'Why?' and 'Why not?' cards allowing students to first think about their answers silently and individually before calling upon students to place their sticky notes/scraps of paper.

Possible answers:

Where? Students are likely to say places such as online, on phone, pop-up ads. They are less likely to suggest nude magazines, sexting, naked sexual photos of themselves or peers (nudes), porn DVDs, naked video cams, sex phone lines, erotic novels as porn. Some students may list

porn sites - it is important to think about how you want to guide this discussion depending on the experiences of other students in the room. Discussions on whether some music videos, billboards, artwork and TV/magazine adverts could be considered porn could be included. Students may also listed places such as: in a bedroom, at a party, at a friend's house, etc. When? Students are likely to acknowledge that it is easy to access porn anytime or accidentally. Some may acknowledge that it is something to do in private. Some students may raise the topic of age (i.e. when you are 18, you can watch R and X-rated movies are for 18+). [See FAQ: Is it illegal to watch porn?](#) How? Online, on purpose/accidentally, on your phone/computer/ipad, sex store, friends sending it to you, group chat, pop-ups, buy online, buy in shop, sign in (over 18 years). NB: It is important that these answers come from students. The aim is not to inform students of places to access porn but to make them aware that it is easy to come across porn accidentally. It is also to educate young people that some sexting and group chat messages could be considered porn. Why? Curiosity, it's funny, because they are horny, because they want to masturbate, enjoyment, to be part of a crowd, to learn about sex. Why not? It is not realistic, it can objectify and exploit women/men/all genders, often violent and aggressive, doesn't portray respectful relationships, not a good way to learn about real and respectful sexual relationships, etc.

See [Graffiti wall teacher answer sheet](#) for more detailed lists of possible answers.

Teaching tip: This activity may be completed electronically using programs such as [Mentimeter](#) to allow students to contribute answers more anonymously (allowing them to feel safer to contribute without judgement from peers). However, this may make student answers harder to monitor/direct if 'off track'.

Learning Activities

What to do if you don't want to see it

8 Minutes

Small Group

15. Ask: If someone comes across porn that they do not want to see, what are some of the feelings they might have? (Uncomfortable, distressed, embarrassed, worried, disgusted, feel bullied, unsafe, guilty, shocked, icky, sick, have 'butterflies' in their stomach, etc). What actions can someone take if they feel this way? (Create a list as students suggest answers and make sure to add any they have left out)
 1. Press delete.
 2. Be assertive and tell the person showing you that you are not interested and ask them to stop.
 3. Walk away.
 4. Talk about your feelings with someone you trust (e.g. trusted adult in your family, or a friend or at school, counsellor, etc).
 5. Report it officially (can be anonymously).
16. Show the [eSafety Commissioner home page](#) and how to [report offensive or illegal content](#). (The [WA Police website - Internet safety](#) also offers ways to report illegal content and abuse).

3-2-1 Reflection

Reflection: key words

6 Minutes

Whole Class

17. Say: "I am going to write 5 key words that I think came out of this lesson. I want you to consider what you think were the key ideas of this lesson and record your 5 words."
18. Write consent, fantasy, reality, relationships, education (these could be on the IWB with a cover, on sticky notes, or a piece of paper folded).

19. Ask for suggestions from students as to what your key words might be. Compare with student suggestions to see if they were able to identify the key ideas/concepts of the lesson.

It does not matter if the students get the same words or not. This activity will allow students to reflect on their learning and allow the teacher to gauge what students have learnt from the lesson. Key words are also a great exercise for CaLD students, students with lower literacy levels and/or special needs.

3-2-1 Reflection

Optional activity: Porn - what you should know

[The practical guide to love, sex and relationships](#) is a free national resource developed by the Australian Research Centre for Sex, Health and Society, La Trobe University. It contains lesson plans and resources for Years 7-10.

Porn, what you should know is a 6 min animated video with accompanying lesson plan and activities that is designed to explain the differences between real-life sexual relationships and porn sex to help young people to critically analyse porn (and other media in general).

[Porn, what you should know - lesson plan and resources](#) (external link) (PDF 557KB).

[Porn, what you should know - 6min video](#) (external link).

Health Promoting Schools

Background teacher note: [Health promoting schools framework](#).

Partnerships with parents

Keep parents informed of issues of online pornography and their child by cutting and pasting the following information and links to your school newsletter and/or website.

Online pornography education

- [eSafety research](#) on parenting and pornography shows that 77% of families with children between 6 and 17, consider it their responsibility to educate them about pornography.
- How parents reacted to finding out their child had been exposed to pornography
 - spoke to them frankly - 61%
 - increased monitoring/supervision of what they do online - 19%
 - installed internet filters - 20%
 - talked to the person who sent/showed them the material - 19%
- While half of parents said they know where to access parental information and resources about children and pornography, a quarter of parents surveyed did not.

eSafety resources

The [eSafety iParent site](#) offers clear guidance for families about how to discuss [online pornography with children of different ages](#) and includes conversation starters.

- 0-8 years: if they have seen it, avoid punishing them.
- 8-12 years: build trust and start an ongoing conversation.
- 12 years and above: start to talk about thoughts they may be having and the difference between pornography and real life.

Offensive or illegal content can be reported via the [eSafety Commissioner](#) (external link).

Further advice on talking to young people about pornography can be found on the [Raising Children Network site](#) (external link).

[The pornography problem plaguing parents](#) - Free 75min webinar suitable for parents from Dr Kirsty Goodwin (external site).

Health Promoting Schools

Further professional reading

[The effects of pornography on children and young people 2017](#) - AIFS (external link)

[Parenting and pornography: findings from Australia, New Zealand and the United Kingdom: Summary report 10/12/18](#) (PDF 459KB).

Some of the key findings include:

- the risk of children's exposure to pornography was a strong concern for parents
- parents were relatively confident about their ability to see out relevant information and deal with their children's potential exposure to pornography
- only a minority of parents in Australia and New Zealand thought their children had been exposed to pornography.

[Collective Shout](#) is a grassroots campaigns movement against the objectification of women and the sexualisation of girls. It is for anyone concerned about the increasing pornification of culture and the way its messages have become entrenched in the mainstream society, presenting distorted and dishonest ideas about women and girls, sexuality and relationships.