

## Stage 1 Activity: 'Why Sext?'

Stage 1 provides a group discussion and presentation activity to explore the most common reasons why young people sext/send nude pictures:

**Exploitation | Relationship | Media Influence | Peer Pressure**

**Aim:** To raise awareness to reasons why young people 'sext'

**Learning Outcome:** Improved understanding of common reasons why young people send naked and/or sexualised photos

Before starting the activity, explain or discuss with the class/group what sexting is and what it includes as explained below.

**'Sexting is when someone sends or receives sexually explicit texts, pictures or videos on their mobile phone/device; usually a text message but nowadays more so by pictures.'**

This includes sending, sharing on and receiving what is referred to as:

1. Naked pictures: known as 'nudes'
2. Underwear pictures: known as sexy pics
3. Sexual poses/acts: known as 'dirty pics'
4. Text messages or videos with sexual tone

Often they are sent to boyfriend, girlfriends or someone you've met online and are likely to be shared with other people who you didn't intend to see them.

### Planning

- Group work activity (can be adapted for individual work if preferred)
- 4 factors to explore: 1 per group for discussion and short presentation

### Delivery

- Arrange class into 4 mixed groups according to age relevance, time, need and ability.
- Provide each group with 1 of the 4 task sheets to work on as a group
- Group to discuss and prepare a short presentation which focuses on points set out in their task sheet briefing and/or provide an example scenario.
- In turn, each group to present to class/group – allow comments/questions from peers
- Use teacher sheet as reference to add any points listed that may have not have been covered or considered in the presentation/scenario

## Resources Required

Print 1 copy of each task sheet and 1 of each corresponding teacher notes sheet for your reference as the facilitator (4 in total)

1. [Exploitation Task Sheet + Teacher Notes](#)
2. [Relationship Task Sheet + Teacher Notes](#)
3. [Media Influence Task Sheet + Teacher Notes](#)
4. [Peer Pressure Task Sheet + Teacher Notes](#)

Follow on with Stage 2 Activity – Risks, Effects & Consequences