**Workshop - The Selfie**

The Selfie is based on the dangers of sexting. We want students to think about what might happen if they share revealing images of themselves and make sure they know where to turn if they or someone they know needs help.

 **Questions to explore the topic:**

* What is sexting?
* Isn't everyone doing it?
* Is it legal to send and receive naked images?
* Do you know of anything that has happened to someone because they sent revealing images of themselves?
* Would you know what to do if an image of you or someone you know had been shared?
* Would you know where to turn for help?

**Exercise – The selfie**In pairs or small groups, complete the Nest comic (draw or write) to see how the story might end. (20 minutes)

Share completed stories with the rest of the group.

**The text - Factsheet**

**What is sexting?**

* Sending or receiving sexually explicit texts, images or video
* Sending nude or rude picture or video messages, including selfies
* They can be sent by anyone - a friend, boyfriend, girlfriend, someone you know well or someone you’ve met online
* Sharing a sexual photo, video or text you have been sent with someone else

 **Isn't everyone doing it?**

* No - Remember, any pictures or video clips you share online, via text or by email can be shared more widely, even if you send them to someone you trust

**Is it legal to send and receive naked images?**

* Taking, sharing or possessing an indecent photo of anyone under 18, even if you are the person in the picture or the same age as them, is a criminal offence.

**Do you know of anything that has happened to someone because they sent revealing images of themselves?**

Students to share examples or discuss what might happen in that situation.

**Consequences**

* The law- Taking, sharing or possessing an indecent photo of anyone under 18, even if you are the person in the picture or the same age as them, is a criminal offence. Doing so can lead to you being investigated by the police.
* Losing control - any pictures or video clips you share online, via text or by email can be shared more widely, even if you send them to someone you trust.
* Phones can get lost or stolen, emails can get hacked or someone you trusted may share your images or videos even when they have promised they wouldn’t. It is easy to forget, but once you send something electronically there is a risk of it becoming public – how would you feel if your friends, family or teachers could see the picture?
* Blackmail – someone could use the image against you, they may threaten to share it unless you do something for them
* Pressuring someone to send an image – This is abuse and not normal or acceptable – taking, sharing or possessing a sexual image of anyone under 18 is illegal
* Forwarding an image you have received – if you don't have consent or if the person in the image is under 18 you are breaking the law. Think about the distress you may cause this person if the picture became public.
* A future employer may search the internet for information about you and come across pictures which could affect your chances of getting a job – especially if you are interested in working with children or young people or any other area that requires a CRB (Criminal Records Bureau) check against your name

**Would you know what to do if an image of you or someone you know had been shared?**

* Speak to an adult you can trust so you don't have to deal with the situation by yourself
* If there is an indecent image of you on a website you can try and contact the website and ask them to remove it – there is normally a “contact” button at the bottom of a website’s main page.
* If you believe someone has shared or published sexual images of you without your consent contact 101 to inform police.
* “Revenge porn” – where someone shares private, sexual materials, with the intention of causing embarrassment or distress – is also now a criminal offence, and offenders can be fined and receive up to two years in prison.

**Would you know where to turn for help?**

You may feel scared or embarrassed but the best thing you can do is to talk to an adult you can trust. This could be a parent, carer, relative, a teacher or a friend.

If you are unsure who to talk to you can contact Nest Lancashire. Nest has been set up to support young people who have been affected by crime or subjected to threats bullying or harassment. You can speak to Nest in confidence and their friendly advisers will help you find the best way forward. They can offer support in a way that suits you best and all services are free of charge. Find out more at [www.nestlancashire.org](http://www.nestlancashire.org).

If you are in immediate danger always call 999