Sexting resource pack – Updated April 2019

This resource pack is developed further to the Sexting Project carried out by Oxfordshire County Council and Thames Valley Police. Full details of the finding and recommendations of this project can be accessed below.
Sexting; Consulting Young People to Inform Practice – Report May 2016

1. **Guidance for Managing and Responding to Sexting Incidents**

Oxfordshire County Council, Thames Valley Police and the Oxfordshire Safeguarding Children Board want to promote consistent management of sexting incidents in schools in order to safeguard children and young people. Sexting in schools and colleges , guidance from the UK Council for Child Internet Safety is an essential source of information to support schools and colleges with managing sexting.

The advice aims to support schools and colleges in tackling the range of issues that these incidents present, including responding to disclosures, risk assessing situations, handling devices and imagery and involving other agencies. The advice also contains information about preventative education, working with parents and reporting imagery to providers. This advice is non-statutory and should be read alongside the Department for Education's Keeping Children Safe in Education statutory guidance and non-statutory Searching, Screening and Confiscation advice for schools.

In September 2015 the National Police Chief Council released a statement on the procedure they have to take when a 'sexting' incident is reported to the police. As a result, the South West Grid for Learning and the UK Safer Internet Centre have updated their advice for schools when responding and managing a sexting incident. This advice was further updated in May 2016 and can be accessed here
http://swgfl.org.uk/magazine/Managing-Sexting-Incidents

Childnet International Cyberbullying guidance has now been released and will provide helpful information for any professional working with children and young people. This can be accessed via the following link http://www.childnet.com/resources/cyberbullying-guidance-for-schools

The South West Grid for Learning have also produced guidance for young people
http://swgfl.org.uk/products-services/esafety/resources/So-You-Got-Naked-Online.
This is a resource that offers children, young people and parents advice and strategies to support the issues resulting from sexting incidents. It provides help and advice for young people who may find themselves in a situation where they or a friend have put a sexting image or video online and have lost control over who it's being shared with.

If you would like further help or advice please contact the Professionals Online Safety Helpline which is open from Monday to Friday 10am to 4pm on 0844 381 4772 or via email at helpline@saferinternet.org.uk.

2. Preventative Education

Preventative education on sexting should be offered in the context of good practice and procedures in relation to Internet Safety and Cyberbullying. Please refer to the [Oxfordshire E-safety and Cyberbullying toolkit](#) for more information.

It is important that all schools include sessions in their PHSE and ICT education in order to empower children and young people to keep safe on the internet. There are many aspects to this education and a good source for reviewing and developing you e-safety education is the SWgFL Digital Literacy curriculum www.swgfl.org.uk/digitalliteracy

Recommendations of the sexting project

✓ **Schools should review the content and delivery of their Sex and Relationships Education (SRE) to include sexting as part of education on respectful relationships. Delivery of SRE should include single sex, confidential sessions run by those other than school staff with some sessions being targeted at vulnerable groups.**

The study made it clear that sexting is currently common amongst teenagers and needs to be learnt about in the context of healthy/unhealthy relationships, peer pressure and potential coercion and exploitation. Some young people are likely to be more vulnerable to being involved in sexting and would benefit from targeted support. A strong message from young people was that they valued education from independent, confidential sources indicating a potential role for school health nurses where they are available, as they already have a role in the delivery of Sex and Relationships Education (SRE) in schools. There is a clear need for development of good resources to support what schools currently deliver in Personal, Health and Social Education (PHSE) and tutor time.

PHSE Resources for secondary schools

Before running any sessions with children and young people make sure you are clear about the law as it applies to sexting, and be aware that this may be a safeguarding issue. If this issue is raised with young people this may lead to disclosures and you need to feel confident about dealing with them.

The Law

It is important to be aware that young people involved in sharing sexual videos and pictures may be committing a criminal offence. Specifically, crimes involving indecent photographs (including pseudo images) of a person under 18 years of age fall under Section 1 of the Protection of Children Act 1978 and Section 160 Criminal Justice Act 1988. Under this legislation it is a crime to:

- take an indecent photograph or allow an indecent photograph to be taken;

- make an indecent photograph (this includes downloading or opening an image that has been sent via email);

- distribute or show such an image;

- possess with the intention of distributing images;

- advertise; and

- possess such images.

Advice from the Association of Chief Police Officer makes it clear that children should not be criminalised and that sexting should be dealt with as a safeguarding issue(available here), but there isn't a guarantee that children or young people will not be prosecuted as this will depend on the circumstances. They therefore need clear information about the law.

Safeguarding
Teachers and other adults running sessions on sexting also need to be aware that it may be a safeguarding issue and if they suspect a sexting incident they should:
- Reassure the person involved and try to explain to them what might happen next.
- Act quickly and secure the device. This can help to ensure that the image doesn't get shared further. Do not copy, print or share any of the content, as doing so breaks the law.
- Seek advice – report to your designated child protection officer via your normal child protection procedures.

See the guidance section above for further detail about managing an incident.

PSHE Approved Resources
New resources from Childnet International which include www.childnetcom/cyberbullying-guidance and a suite of PSHE resources with 4 short films and accompanying lesson plans which can be downloaded from www.childnet.com/pshetoolkit and cover cyberbullying, peer pressure, sexting and self-esteem. These resources provide excellent coverage about how to deliver the sessions and what issues may occur, aimed at Key Stage 3.

Links to other lesson plans, resources and films suitable for delivery to Key Stage 3 & 4
CEOP think u know resources includes the video "Exposed" which deals specifically with the issue of sexting http://www.thinkuknow.co.uk/

- http://www.childnet.com/resources/picture-this - A practical educational sexting resource that addresses and questions the sensitive issue of sending sexually explicit messages or photos electronically. The pack comprises of a 25-minute play script and lesson plans that seek to educate and enlighten young people about the consequences of creating and sending indecent images.
- http://swgfl.org.uk/products-services/esafety/resources/With-Friends-Like-These - Short film and lessons plans aimed at Key Stage 3 & 4 which explores sharing of an image between a group of 11-14 year old girls. This resource aims to raise awareness in young people of the consequences of sharing and publishing images of others. It demonstrates that seemingly small actions quickly gain momentum and get out of control.
- Childnet International http://www.childnet.com/resources/be-safe-and-smart-online including a lesson on sexting – that links to a short film clip – a victim of sexting talking about her experience. This resource is produced by Childnet International in collaboration with the National Deaf Society but is suitable for all young people.

- www.disrespectnobody.co.uk - Government site for young people covering sexting, relationship abuse, consent, rape and pornography. Contains short film clips that could be used as lesson/discussion starters.

- http://www.barnardosrealloverocks.org.uk/pro-real-love-resource/ The Real Love Rocks Resources are about helping all children and young people to think and chat about relationships, what they are, and how to keep happy and safe in them, whether that's now or in the future. There are two Resources, one aimed at children in year 6 and one for young people in years 7-9.

- https://www.youtube.com/watch?v=GQDBX1nZ2U8 – Video detailing the real-life story of 'Amy', a 17 year old victim of sexting living in the Thames Valley region.

- http://releasd.com/9703/protectyourworld-stay-safe-online-campaign - A selection of posters to raise awareness of sexting.

- http://www.hampshire.police.uk/internet/advice-an information/safe4me/Safe4me+'Sexting'

- https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/ Childline advice for young people on sexting including Zip It App

Links to other lesson plans, resources and films suitable for delivery to younger children
NSPCC Share Aware campaign includes two short films and accompanying lesson plans. One deals with online grooming and the other deals with sharing an image online. The focus of these lessons is online safety and material being accessed by risky adults rather than health/unhealthy relationships.
https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/teaching-resources/
You can also access additional information at
www.nspcc.org.uk/ShareAware including advice about how to keep safe online.

The films can also be accessed on Youtube.
'I saw your willy' - https://youtu.be/sch_WMjd6go
'Lucy and the Boy' - https://youtu.be/kwcL-VP3FYc

These films can also be used as lesson discussion starters with older young people and with parents and carers.

Further to the original sexting project, funding was provided by the Police and Crime Commissioner to develop an alternative theatre project on online safety and healthy relationships, including raising awareness about the impact of sharing inappropriate photos and images online. The play toured Oxfordshire in June and July 2018 and was seen by more than 3,500 children. Please see the CLICK evaluation report for more details. The resource pack can be accessed here Click - online safety, cyberbullying and digital resilience and the play is available to book
http://www.alteregocreativesolutions.co.uk/click/

3. **For Parents and Carers**

- https://www.thinkuknow.co.uk/parents/Romeo_and_Juliet/ This short film, aimed at parents and carers, puts a modern twist on the story of Romeo and Juliet showing

how the lives of these young lovers might play out online today. The film urges parents and carers to talk to their children about sex, relationships and the internet

- https://www.thinkuknow.co.uk/parents/article-repository/Nude-selfies-a-parents-guide/ 4 short animations that support parents and carers to have conversations with their children

- NSPCC advice for parents and carers about keeping safe online https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/talking-your-child-staying-safe-online/ The helpline 0808 8005002 deals with technical questions about parental controls and also concerns about social networks etc.

- NSPCC advice for parents and carers on sexting https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/sexting/
- http://www.parentsprotect.co.uk/internet_safety_links.htm Parent Protects comprehensive links in relation to internet safety and cyberbullying
- Snapchat – information from SWgFL http://swgfl.org.uk/magazine/6-steps-to-understanding-snapchat

4. Outline for sexting consultation session to consult young people about sexting in small, single sex focus groups (Appendix 1) This session could be used in school to consult young people about how the school could better address sexting and what would help improve sexting education. By consulting and involving young people this could also lead to development of peer education. Young people benefit from the opportunity to be listened and involved in ways forward. This is the plan that was used in the sexting focus groups that lead to the production of the sexting report. The session could also be adapted to run support work with vulnerable groups

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Example Session Plan for Sexting Focus Groups (75 minutes) Appendix 1

	Purpose:	Activity:	R'sources:	Time: Start at:	Mins:	Who:
0	• Arrival • Setting up	• **Arrive and set up room** • **Get all sheets, flipcharts, pens, paper and dictaphone ready (to run throughout the session if YP are happy with this.)** • **Set up chairs in circle, and tables as needed.**	• Dictaphone • Fl'chart + pens • Pens + paper • Colouring pens • Post-its	8.25am	10m (Not part of 75m)	
1	• **YP arrive** • **Explain Project** • **Group 'Rules'**	• YP arrive. • Facilitators introduce themselves. • Elicit 'working together' group rules (respect/listening/confidentiality/respecting privacy etc). Explain re confidentiality exceptions in relation to safety/criminal offences – don't need to know about your personal behaviour (see NB below). • NB: We don't want to hear about what you are personally doing around this topic, we are interested in young people generally, and what's going on in your peer group. If you feel you need any further advice or support, or are worried about anything, you can see us at the end, or make sure you talk to an adult you trust.	• Fl'chart and pens	8.35am	5m	
2	• En'giser • Name Intro's	**Energizer: 'Cornflakes':** Get all YP to sit in a circle with one less chair than there is people…extra person is in the middle. They make a statement, and everyone who agrees with the statement stands up, swaps chairs and sits down somewhere else (can't be chair next to you). Game continues until facilitator ends it. If you get stuck, or if no one agrees with what you have suggested, then you say 'Cornflakes' and everyone has to get up and swap around. Statements can be about anything – e.g. 'I have been to France', 'I am wearing trousers'. **Introductions:** Ask YP to say their name, age and something they enjoy doing on the internet. (Write down info to help interaction using names in session.)	• Chairs in circle with 1 removed	8.40am 8.45am	5m 2m	
3	Q.1	1. **What do you think sexting is?** • Would you say it just includes images or also texts etc?	• Fl'chart and pens	8.47am	4m	

4	**Q.2**	2. **What do young people call it?** • Adults define it as sexting	• Fl'chart and pens	**8.51am**	**2m**	
5	**Q.3**	3. **What kinds of sexting have you or young people your age experienced?** *First ask each YP to write down one example of any sexting they have heard about or experienced on a post it note, and post in ballot box. Then discuss further (young people can share what they've written down if they want to, but they don't have to.)* • Do you know anyone who has been involved in sexting? How were they involved? i.e. uploading their own image; sending on an image sent by someone else; how else were they involved? (What kind of things are young people doing?) • How common is "sexting"? Are lots of young people involved? Is it usually between people who know each other or those that people meet online? • Do you find that it usually happens to people outside of school, or do people continue asking for images/talking about images etc during school. • How are these images sent, are they on Apps such as WhatsApp or social media such as Twitter, Facebook etc? • Has there ever been a situation at school where images were sent around to lots of people, other than the person that the image was originally sent to? What happened?	• Fl'chart and pens • Post-its + pens • Ballot Box	**8.53am**	**9m**	
6	**Q.4**	4. **Is there an age range for sexting? (Do you think there's an age when young people start or stop?)** • How young are people getting involved?	• Fl'chart and pens	**9.02am**	**2m**	
7	**Q.5**	5. **Who is doing sexting most – girls/boys/other genders or equal amounts?** • Is it more common amongst girls than boys? Who is sending images? Who is passing on images?	• Fl'chart and pens	**9.04am**	**4m**	
8	**Q.6**	6. **Why do young people do it?** • What are the reasons for young people getting involved? • Do young people feel pressurised to send images? • Are there different reasons for girls and boys?	• Fl'chart and pens	**9.08am**	**8m**	
9	• **True or False?** **Q.7**	**True or false?** "Sexting breaks the law?" **Ask for a show of hands for each and note on paper how many YP said True/False.** 7. **How is sexting risky?** What do you know about the law relating to sexting? Then explain the law as outlined below. **Explain: It's TRUE**! If you take or send an indecent image of someone who is under 18 years old, you are committing a criminal offence. The police on your side – they are trying to protect you. It's illegal to hold on to an image, so if one is sent to you, always delete and never spread it – as this make you a distributor of a pornographic image (indecent image of someone under 18)	• Fl'chart and pens • Post-its + pens	**9.16am** **9.18am**	**2m** **5m**	

		• Are young people aware of other risks? What do you think these risks might be?					
10	Q.8	**8. How does sexting affect young people?** • Is it causing distress to young people? How? • What kind of things worry young people?	• Fl'chart and pens	9.23am	5m		
11	Q.9 • **Did you know?**	**9. What have you learnt at school about sexting?** • Have you learnt anything at school about sexting? Did it change your behaviour? **Did you Know:** • *There are lots of resources and toolkits to help young people, parents and teachers learn about sexting. This booklet 'so you got naked online' produced by Southwest grid for learning / safer internet centre has lots of info.* • *Ask how many have seen it?* • *Also tell them about CEOP 'report abuse' button.* • *How many have seen it?* • *Anyone used it?*	• Fl'chart and pens • Resource packs to show and/or give out	9.28am 9.32am	4m 2m		
12	Q.10 **What do you think?**	*10.* **How effective is the information you've learnt at school in keeping young people safe?** **What do you think?** **How long do you think YP aged between 16 – 24 spend online each week (approx.)?** **Is it: 13 or 22 or 28 or 35?** **Explain: Answer is 28**. The Ofcom Media Use and Attitudes report 2015 say young people aged 16 – 24 spend 27 hours and 36 mins online each week. This has nearly has tripled since 2005, when it was 10 hours and 24 mins.	• Fl'chart and pens	9.34am 9.38am	4m 2m		
13	Q.11	**11.What would be most effective in helping young people understands the risks of sexting to keep themselves safe** • What information, education, messages etc. would affect young people's behaviour in relation to sexting? Would anything make it less likely for young people to be involved? • What would your message be to other young people about sexting? • What would you advise adults to do to support young people with sexting? • What things are actually going to change young people's behaviour? • If we run a competition to raise awareness about sexting what's most likely to make young people want to listen, get involved? • If we were going to run a survey to ask young people about sexting what are the questions we should be asking?	• Fl'chart and pens	9.40am	5m		
14	• **Anything else?**	**Anything else?** Ask young people if there's anything else they want to say or tell us about sexting? They can also write down anonymously about sexting or anything we've discussed, and post in ballot box	• Post-its • Ballot box?	9.45am	2m		

	• **Next steps**	Thank YP for taking part Next steps: Please write down your name on this piece of paper if you might be interested in getting involved in developing resources and/or designing a session for young people to deliver about Sexting. We're not sure how or when this might happen, so just an initial show of interest – thank you!				
15	• **Evaluation**	**Evaluation:** *Give YP Evaluation Post-its. Explain: as we will be running more of these sessions in future, please tell us the following 3 things:* • **One thing that worked well about this session** • **A suggestion of something we could improve the session** • **Anything else you want to say?**	• Post-its • Ballot box? • Free stuff to give out?	**9.47am**	**3m**	
		Session Ends:		**09.50am**		