

**How does it feel
to see your nude
images spread?**



Preparations

- Read the lesson plan and watch the film
- Prepare any post-it notes, mini-whiteboards or Mentimeter with the start texts
- Prepare for valuation exercises

Lesson planning

- Pre-understanding
- Watch the film
- Work with the content of the film
- What does the law say?
- You can get support here
- Reporting
- Extra: continue to work with the deck of cards

1. Pre-understanding

The purpose of this material is to provide support and provide pupils with tools for using the Internet as a natural part of their life and an integrated part of the school day. When young people describe what the Internet means to them, it becomes clear that they do not draw a clear line between life online and offline.

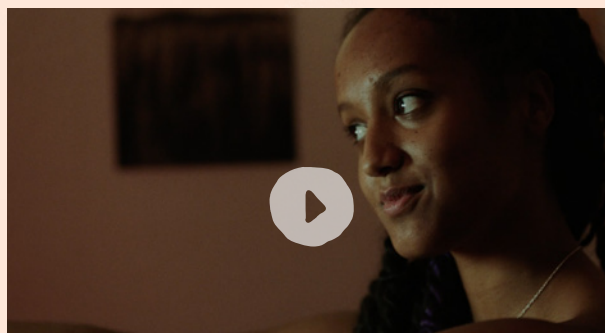
Typically, pupils spend many hours on, for example, social media or playing online games. Everything is equally alive, equally real. Our young ones and our

pupils are subjected to an avalanche of impressions. Mastering this through your own filters, gut feeling and wise choices is invaluable.

Before you start, you can discuss the concepts *nudes* and *nude images*. Ask the pupils which term they are most familiar with, or which one they prefer to use.

Is there perhaps a valuation in the different concepts? Let the pupils consider whether the words are equivalent, or whether they can/should be used in different contexts.

2. Watch the film "How does it feel to see your nude images spread?"



3. Work with the content of the film

Emphasise that the conversations and discussions that you will now have are based on the film and the characters in it. At no time do the pupils need to use their own experiences from, or encounters with, the topic. Talk about how this may not concern everyone — but that peer

pressure can take different forms and, on social media or in games, it may occur as shown in the film. It's a good idea to let the pupils come up with their own examples of how peer pressure works and in what situations it may be present.

Start texts – work in pairs or groups

You can choose to carry out this exercise with, for example, post-it notes, mini-whiteboards or perhaps by creating a common word cloud using

Mentimeter. It is also possible to simply use the start texts orally as entrances to the theme and conversation.

Fill in the sentence to make it complete, according to your thoughts

- Agreeing means that...
- Trusting someone is difficult, but...
- That everybody else is doing it means...
- Imagining how others may feel means that...
- Peer pressure can mean that...
- The most fun thing online and on social media is...
- The most challenging thing online and on social media is...

Valuation exercises

Choose the valuation exercise that suits you best or mix several exercises. Develop and discuss by letting a few pupils explain why they chose a particular alternative. Also, let them expand on each other's thoughts and ask each other follow-up questions.

Yes and no questions – Let the pupils use yes/no colours or yes/no signs, which they hold up to answer.

Stand in line – Let the pupils place themselves in a line where one end is 100% yes, and the other one is 100% no, creating a gradual yes/no scale along the line.

Hot seat-valuation exercise – Those who agree stand up. Those who disagree stay seated in their chair.

- Should Sonia have realised that Kim would share the nude image with others?
- You should never send nude images
- Sonia will find it easy to find someone to talk to about what has happened
- Sonia will report Kim to the police
- Love and nude images belong together
- Love and nude images do not belong together
- Nude images are only about sex
- Nude images are about getting affirmation and feeling attractive
- Sexting is a way to get to know each other in a relationship
- You always own your own nude images, even those you send to others
- The person receiving nude images has gained the trust of another
- You should only send nude images where the face is not visible
- You should ask if someone wants nude images before you send
- Nude images are a way of showing interest in someone else
- It is always a good idea to come to an agreement on whether you are allowed to save the nude image before you send
- Sonia was violated by what Kim did

Discuss and develop

- In the film, Sonia ends up going to school the next day. Talk about how one could have the courage to do so – there are surely many pupils who wouldn't dare to go to school after such an event.
- Create a different ending – start with the text conversation that they have in bed. What could have been said/done differently? How would it have ended in that case? Happier/better/different/worse?
- What should Sonia do now?

Discussion

Choose a few issues to discuss. Let the pupils first discuss in pairs or groups and let them later present their conclusions to the entire class. Choose whether all the pupils will discuss the same question, or if each group will be allowed to choose one question each to discuss. Follow-up questions may also emerge, which you want to discuss in more detail.

Discuss the concept of a *normalisation process* – that the boundaries of what is considered normal in a group or context shift. This could involve attitudes such as “everyone else does it”, or that someone over time experiences, for example, criminal behaviours or violence as normal.

- What relationship do Sonia and Kim have?
- What can be read between the lines of what is shown about their relationship? (that it has been going on for a while, that they have gotten to know each other...)
- They talk about their various experiences of sexting. Do their experiences seem to differ?
- Is there anything implied in their texts? If so, what?
- Why does Sonia ask if Kim wants nude images of her?
- How does Sonia interpret Kim’s reaction to the nude image she sends?
- What would you have told Kim if you had been his friend, and he had started spreading nude images of Sonia on social media?
- What feelings does Sonia have when she wakes up and sees that Kim has spread her nude image?
- What will Sonia’s classmates say to her when she gets to school?
- What happens next – in a few days, a week, a month?
- Who can Kim turn to for support and help?
- What can Kim do now? Is what he has done illegal?

What does the law say?

It is illegal to show others a nude image that someone else has sent you, and it is illegal to spread these types of images. It could constitute a child pornography offence. Furthermore, if the person who receives the nude image does not want to have/see the nude image, it could also entail sexual molestation. A person who is 15 years of age or older has reached the age of criminal responsibility and can be convicted for various crimes. Anyone who has reached the age of criminal responsibility and is convicted of an offence receives a criminal record,

which, in turn, can lead to problems, for example, when applying for some types of jobs. However, children under the age of 15 can also commit offences – even if they cannot be punished for them. For children under the age of 15, there are other consequences.

Thus, it is illegal to spread nude images, even if the person who is doing it is a child. This is worth thinking about, for anyone who is thinking about spreading nude images.

Discuss

- Is everything illegal wrong?
- Is any need new law needed - one that suits the society young people are living in?
- Was there anyone doing something illegal? If so, what was it?

ECPAT chats with young people: about sending nude images

This is how it can look like when children and young people chat with us. On our website dittecpat.se/allemanstatten, you can find more chats where you can read other people's questions and concerns – anonymous and with the chatter's approval. By reading other people's chats, you can get answers to your own questions or discover something new.

Visitor

I've had my images spread and my mum is angry with me.

Support person

Your mum is angry with you because your images have been spread. Tell me more about what happened when your images were spread.

Visitor

My ex and I shared images with each other. He saved the images without me knowing about it, though we'd agreed we wouldn't save images. Afterwards, he showed the images to others and sent them to friends.

Support person

It sounds like you've been subjected to several different types of offences and it's possible to report this to the police. Your mum became angry when you told her about this?

Visitor

She got angry, but later, when we talked it over, she said she was worried. But she's not good at talking about things like this. Dad and my step mum are much better, they were calm.

Support person

It's good that you can talk to your dad and step mum about this. Do you think you can talk to your mum about how it makes you feel when she gets angry and worried?

Visitor

Yes, I'll try talking to her, but it's hard. Do you have any advice on how I should do it?

dittecpat.se/allemanstatten

You can get support here

Inform the pupils which member(s) of staff at the school are responsible for these matters - who can/should the pupils talk to?

How should you talk to an adult when you may feel ashamed or experience something you find difficult? Have the pupils discuss how they can start, make contact, or seek support.

Tell them that IF pupils make contact with an adult but feel that they are not receiving proper support – they should not give up.

There is always someone else they can talk to. Discuss how this type of situation can be managed. Inform them that it is your and others' professional responsibility as a teacher, counsellor, or other school staff to act in response to what the pupils say. Pupils should feel confident in knowing that they can receive guidance and support. If you, as an adult, don't know how to help, you can refer them to someone who knows more.

Ditt ECPAT (Your ECPAT)

On Ditt ECPAT (Your ECPAT) there are articles on various topics, for example, what is illegal or not, about sending or receiving nude images, about how to make a police report, and more. Visit the website and show the articles that discuss the areas covered during the lesson, so pupils know where they can find support and help.

WWW.DITTECPAT.SE

ECPAT Vuxenstöd

(ECPAT Adult Support)

At ECPAT Vuxenstöd (ECPAT Adult Support) there is support for parents and other important adults close to children. For example, here you will find information about how different apps work, what is illegal and not, and children's tips and advice for adults.

WWW.ECPAT.SE/VUXENSTOD

Tips on reflections to send the pupils home with

- Are there demands for what you should be like in a relationship?
- Are there certain things you are expected to do in a relationship?
- What different kinds of relationships are there?