

**When is it  
okay to send  
a nude image?**



## 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

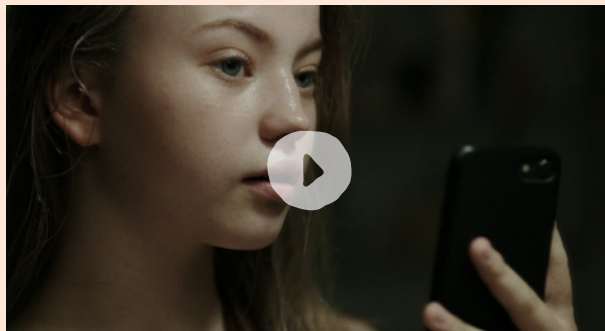
### 1. Pre-understanding

The purpose of this material is to provide support and give pupils the tools for using the Internet as a natural part of 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. Pupils often 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 “When is it okay to send a nude image?”



### 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

- The person who sends an image is usually...
- You should keep in mind that...
- It is important with...
- Affirmation is...
- Peer pressure means 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.

- It's okay to send nude images even if you haven't agreed to do so.
- Sending nude images is fun and exciting.
- If one person sends a nude image, the other person also needs to send one.
- It is okay to show your friend/someone else a nude image that someone has sent you.
- Sending a nude image is no big deal.
- Sending a nude image without the face is okay.
- Sending a nude image is a way of showing appreciation.
- Sending nude images puts you at a disadvantage.
- Before sending an image, you need to check that the recipient is okay with it.
- Before sending an image, you need to make sure the recipient does not spread or share the image.
- The person in the picture rules over it.
- If the person in the picture wants it deleted, it has to be deleted.
- It is okay not to want to send nude images.
- It is okay not to want to receive nude images.
- If you say no to nude images, it means you are not interested in the person.
- You only send nude images to people you trust.
- It is okay to nag someone into sending nude images.
- When you are a couple, sending nude images is included.

## 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's the mood like between Lo and Ellen?
- What do you think Lo manages to think about before a reply comes from Ellen?
- We don't know if the girls have talked about sending nude images to one another. How could Lo have acted before sending the nude image?
- The girls talk about the word "mutual". The word has significant meaning in relationships - in what way? Is it possible to interpret the word and its meaning in different ways? If so, how?
- Does the relationship between Ellen and Lo change when Lo sends a nude image?
- What would you like to say to Lo and Ellen about sending nude images?
- How do you think Lo and Ellen's relationship develops after the nude image?
- What should you think if you have never been asked to send a nude image to someone?
- How can I tell someone I like that I don't want to send?
- How do you think Ellen reacts to Lo's image?
- How do you think Lo wants Ellen to react?
- How important is it for others do something, for you to do the same thing?
- What's the worst thing that can happen if you send a nude image?
- Did Lo send a nude image with or without consent?

### What does the law say?

Sending nude images of yourself to someone is not illegal if it is done with the consent of both parties. However, there is a 15-years-of-age limit. This is because children over the age of 15 have a right of sexual self-determination, also known as the age of consent. This means that a person who is over 15 years of age is not allowed to have any sexual interaction with a person under

the age of 15. In other words, it is illegal for a 17-year-old, for example, to send a nude image to an 11-year-old.

What does consent mean? Discuss this concept and have the pupils formulate what consent means for them. Compare with what it says in the dictionary: consent – permission, agreement: *give one's consent*.

### Discuss

- Just because it's legal, is it right?
- Is everything illegal wrong?
- Is any new law needed - one that suits the society young people are living in?
- Was there anyone doing something illegal in the film? If so, what was it?
- How can you ensure that you have someone's consent?
- What do you do if you need the support of adults?

### ECPAT chats with young people: about sending nude images

This is how it can look like when children and adolescents chat with us. On our website [dittecpat.se/allemansschatten](https://dittecpat.se/allemansschatten), 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**

Me and a girl had been together for a while, and we exchanged images. I sent one to a mate. She got mad because we hadn't agreed that I could share pictures of her with others.

**Support person**

It's great that you've got in touch with us!  
Have you talked to her about it? What does she say?

**Visitor**

She wants the guy I sent the picture to delete it. But I've tried talking to him and he's not listening. I don't know what to do. What if she reports me to the police?

**Support person**

Yes, she could report you to the police for sharing the image.

**Visitor**

What happens then?

**Support person**

A preliminary investigation will then be initiated to investigate what kind of offence has been committed.

**Visitor**

Oh. Shit. What can I do now?

**Support person**

You can start by talking to her and apologising. You can then talk to your friend and tell him that you both could be reported.

[dittecpat.se/allemansschatten](https://dittecpat.se/allemansschatten)

### You can get support here

Inform them which member(s) of staff at the school are responsible for these matters – who can/should 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. Tell 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 view the articles that discuss the areas covered during the lesson, so pupils know where they can find support and help.

**[WWW.DITTECPAT.SE](http://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](http://WWW.ECPAT.SE/VUXENSTOD)**

### Tips on reflections to send the pupils home with

- What is affirmation about?
- What is a compliment?
- What affirmation do you need?