





YAS MODULE: Nudes & Online Relationships

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- Nudes – Get the Facts
- What is “Sexting”?
- Responding to Requests for Nudes
- What to Do If Things Go Wrong
- Nudes and the Law
- Towards Safer Online Relationships
- Reaching Out for Support
- Sample Action Plan

Key Learning Objectives

-  Understand what “sexting” is, why people share nudes and the risks involved
-  Explore ways to respond to requests for nudes and what to do when things go wrong
-  Know the laws around sharing and receiving nudes in New Zealand
-  Identify qualities of a healthy online relationship and learn tips on how to stay safe

Hello

Introduce yourself to the group:

Tell the group your name and a little about who you are and why you are here today.

Explain your role as a local Netsafe Youth Action Squad (YAS) leader.

The Netsafe YAS are a group of young people who care about making a positive difference for other young people around the country. We discuss online safety topics and identify solutions to the challenges young people may face online. Together we can empower each other to make safer choices online and learn how to access support when things do go wrong.

Introduce your topic and explain what your action will cover.

Today we will be talking about nudes and online relationships. This topic can be quite sensitive at times and can make some people uncomfortable. Please feel free to step outside the room or to let a trusted adult know if you are uncomfortable or need support. You can participate as much or as little as you like. To get started, let's start a conversation around the topic.

Kick it off

An energiser or ice breaker activity is a great way to start your Action. An effective energiser will be fun, energetic and make everyone feel more comfortable participating in your Action.

Create discussion with conversation starters

Before you begin, you can introduce the group to your topic by giving them questions to think about and discuss. Here are some examples or you can make up your own.

- 1** What are the different types of relationships we can form online?
- 2** What are the benefits of building online relationships?
- 3** What could some of the danger or risks be?
- 4** Why do you think some people send nude images or videos of themselves to others online?
- 5** Discuss any rules or regulations (laws) that might apply to sending or sharing of nudes online.
- 6** We've discussed some of the potential legal consequences of sending and sharing nudes, what could some of the social and emotional consequences be?

Nudes - Get the Facts

Young people may think everyone is sending nudes and could feel pressure to do the same. Although nearly 1 in 5 NZ teens have been asked to send nude images, only around 4% have sent one in the past year. While it might seem like everyone is doing it, research in New Zealand shows sending nudes is actually less common than you might think.

Young people & nudes – what the facts say:

- 1 in 5 have been asked for nude or nearly nude images of themselves in the last year.
- About 40% know someone who has shared nude pictures or videos with someone else.
- Almost 3 in 10 are aware of someone else who has received nude or nearly nude content they did not ask for.
- Almost $\frac{3}{4}$ agree that people should be punished for threatening to share images.

4% of
teens

say they have sent nude or nearly nude content of themselves in the last year.

What is “Sexting”?

Sexting is another name for sending or receiving nudes.

This can include:

- naked pictures or ‘nudes’
- ‘underwear shots’
- sexual or ‘dirty pics’
- sexual text messages or videos

What are the risks?

Once you send an image to someone else it’s more difficult to control what happens to it. Sharing nudes or nearly nude pics, even in a trusted relationship, can cause issues.

- Some people have had their nude images shared with others as a ‘joke’, when a relationship has ended or when friends have become angry with each other.
- When sending photos or videos that “disappear” (like on Snapchat), there are ways for the other person to make a copy without you knowing – like taking a screen recording with another device (which you won’t get a notification about).
- There are also situations where people blackmail others into sending more nudes, by threatening to release the original nude online if they don’t send more. It’s important that you think about these risks before you hit ‘send’.

Why do people send nude images?

People send nudes for lots of reasons. These could be:

- Feeling like ‘everyone else is doing it’ even if they’re not.
- Going along with things they’re uncomfortable with because they’re worried about being seen as ‘not sexy’ or ‘shy’.
- Being bullied, threatened or blackmailed into sending pictures.
- Wanting someone’s approval or for someone to like them.
- Thinking they ‘owe’ their boyfriend or girlfriend or being made to feel guilty.
- Being in love with someone and trusting them completely.
- Having a long distance or online relationship with someone and wanting to have a sexual relationship with them.
- Feeling proud of their body and wanting to share it with other people.

Responding To Requests For Nudes

Before you hit ‘send’:

If you’re thinking about sending nudes to someone here are a few things that might be worth thinking about before you hit ‘send’:

Was it your idea?

It’s not okay to be pressured to send nudes. If you feel uncomfortable sharing a record of yourself, choose a way to express yourself that won’t put you at risk of major overexposure.

Where could it end up?

As soon as you send an image it becomes more difficult to control where it ends up. These days it’s easy for people to share and spread images online. Remember – someone sharing nude images of you without your consent is never your fault, but it’s important to think about the risks before you send.

Been Asked For A Nude, But Not Keen To Send One?

Here are a few ideas of some funny and creative responses if you’ve been asked to share a nude image by someone. Remember, it’s not ok for someone to pressure you to do something you don’t want to do.

send me a dirty pic



send me a pic of you in ur bra



did you get it?

What To Do When Things Go Wrong

Shared a nude and now regretting it?

If you've sent a nude to someone and now regret it, you should contact that person and ask them to delete it. The quicker you ask them to do this the better but you should feel free to ask at anytime. It can be difficult to control what someone does with an image once they have it but having an honest conversation about it can help stop it from being sent on.

If you're feeling worried or stressed about having shared a nude or being asked to share one, you should talk to someone about it. This could be your mum, dad, carer, a school teacher, Netsafe or another youth organisation such as Youthline.

If things go wrong...

If someone has shared a nude or nearly nude image or video of you without your consent, there are things that you can do:

- Screenshot the content if possible and make a record of the links to the page (the URLs)
- Report the content to the platform it's on to request the content is removed (e.g. Facebook, Snapchat, Instagram, etc).
- Report the profile or account of the person who shared the content to the platform
- Contact Netsafe to find out what other options are available to you – Text 'Netsafe' to 4282, call 0508 NETSAFE, email help@netsafe.org.nz or visit netsafe.org.nz/report

Netsafe will try and help you in getting content removed from some places online and talk to you about the other options available to you – for example, taking the case to the Police. If someone is threatening to share nude images/videos of you or blackmailing you, we can also let you know what you can do about it. The Netsafe team talks to people in situations like this everyday, so they're used to talking about it and can provide you all the information you need.

Been sent a nude image you didn't ask for?

- Being sent a nude image which you didn't ask for can be upsetting. Here's what you can do:
- Ask the person to stop sending nudes. Let them know that it makes you feel uncomfortable and that they should've asked for consent before sending them.
- Talk to someone about the message you were sent (but don't share them).
- Report the content online and block the person from contacting you again.
- Remember that sometimes people aren't who they say they are online. If you've received sexual content that makes you uncomfortable, try talking to an adult you trust.
- If someone is harassing you by constantly sending you unsolicited nudes, you can contact Netsafe. They offer free advice with no judgement and can talk to you about what to do next. You can free text 'Netsafe' to 4282 seven days a week or call them for free on 0508 NETSAFE.

Shared a nude image of someone else with your friends?

Sharing isn't always caring.

Sharing intimate or nude pictures of someone else without their consent is called image based abuse and can be a crime in New Zealand. If someone sends you a nude of themselves or someone else, delete it to make sure that it can't be on-shared and definitely don't share it or show it to anyone else. Think about how that person might feel if someone else saw it or if you were the person whose photo was shared.

Nudes and the Law

Is sharing someone else's images illegal?

Someone sharing your nude images without your consent is not your fault and it may also be an offence under New Zealand law. Image-based abuse (sometimes called image-based sexual abuse, revenge porn or sextortion) is the name for the non-consensual sharing of intimate images. Once sexual images are shared it is known as image-based sexual abuse. It can also be an offence under the Harmful Digital Communications Act and potentially other Acts.

Even if you originally shared or made the images/video with someone consensually, it doesn't mean you have consented to them being shared with other people or publicly. If this has happened then the person who shared it may have committed an offence.

It can also be an offence to threaten to share images or videos without someone's consent.

If you're over the age of 16 it is illegal to send an unsolicited nude to a minor (or expose them to any other sexual content), and you could be liable to imprisonment under the Crimes Act. If you're a young person and this has happened to you, then you can contact Netsafe for help, or talk to a trusted adult.

The penalties...

If prosecuted under the Harmful Digital Communications Act the penalties can be a fine of up to \$50,000 or up to two years' jail for an individual. The majority of the criminal prosecutions for the Harmful Digital Communications Act are for image based abuse incidents.

Towards Safer Online Relationships

Nowadays many people are building friendships or romantic relationships with people they've met over the internet. With apps like Tinder and Bumble, it's easier than ever to meet that special someone or to bond with someone new over a shared interest or hobby. While online relationships can be fun and exciting, it's important to remember a few things:

- A safe and healthy online relationship needs all the same things that an offline relationship needs, like trust, communication and boundaries. Be sure to talk about these early on to make sure you're both on the same page.
- It's important that you never give out any personal information publicly and that you're careful not to give out too much information too soon to someone you've recently met online.
- If you feel uncomfortable with someone it's okay to 'un-match' with them – and if they are behaving suspiciously or being abusive you should report them to the platform immediately and then block them.
- If you've decided to meet up with someone you've met online, remember these tips:

1

Get to know them first

Try to get to know the person online first before meeting up with them in person.

2

Do some digging

Use the information that you know about the person to do a bit of digging about them online.

3

Always meet and stay in public

It's important that you don't go anywhere private with them until you've got to know them better. Have a plan of what to do if something doesn't feel right and you want to leave – don't stay if you feel uncomfortable, just because you don't want to offend the other person.

4

Tell friends and family where you are going

It's also important that you have your cell phone with you and fully charged while you're on the date.

5

Sort your own transport

It's important that you organise your own transport to and from the meet up. This way you're in control and can leave if and when you want.

6

Stay sober

Alcohol and drugs can make it difficult for you to keep a clear head and feel in control of what is going on, and may potentially put you in danger.

If things go wrong

Relationships can be intense and sometimes it can be hard to know whether things that your partner is doing are normal. Here's some things that are never okay:

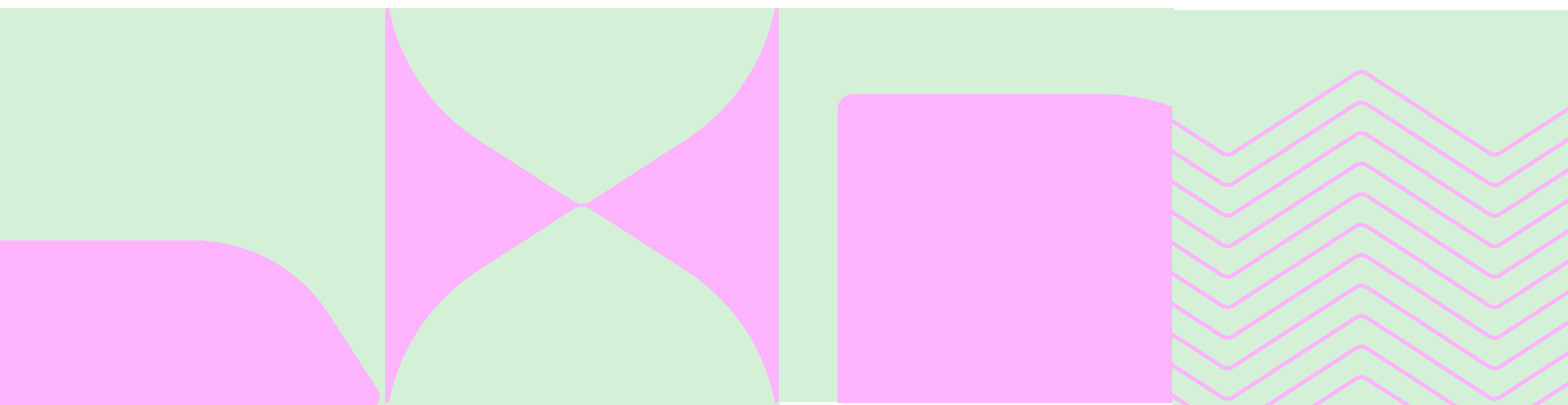
- your partner messaging mean things to you.
- being threatened with harm or embarrassment.
- your partner reading your private texts or emails without your consent.
- being spied on or monitored on digital devices.
- expecting a partner to check in constantly (this could be via text or social media).
- your partner sharing intimate images of you without your consent.

If any of these things are happening to you and you need support there are services you can contact.

If you or someone else is in immediate danger dial 111 to speak to the police.

Supporting a friend

If you think a friend is getting involved in an unhealthy relationship, talk with them about it. Tell them your concerns and let them know that you're there to support them. Shine and other domestic or family violence organisations can provide support and advice on how to talk to a friend if you are concerned about their safety.



Reaching out for support

Where can young people go for advice?

Netsafe has the responsibility to help resolve reports related to alleged harmful digital communications and will be able to tell you about your options. Some of the things they can do include:

- liaising with website hosts, ISPs and other content hosts to ask them to takedown or moderate posts that are viewed as offensive or harmful
- using advise, negotiation, mediation and persuasion to resolve online issues
- informing people about their options if they wish to apply to the District Court.



Netsafe is available to help seven days a week. You can:

Call 0508 NETSAFE (0508 638 723)

Email help@netsafe.org.nz

Online report at netsafe.org.nz/report

Text 'Netsafe' to 4282

Other services for young people

Police – Call 111. If you or someone you know are at risk of imminent danger or a crime is being committed contact 111 immediately for help.

Shine – 0508 744 633 A free helpline to provide support to people who have been victims of family violence.

Women's Refuge – 0800 REFUGE or 0800 733 843 A free support service to people who have been victims of domestic or family violence.

Help (Auckland) – 09 623 1700 or info@helpauckland.org.nz A free 24 hour helpline to support victims of sexual assault.

Help (Wellington) – 04 801 6655 or contact online A free 24 hour helpline to support victims of sexual assault.

Youthline – Call 0800 376 633, Free TXT 234 or email talk@youthline.co.nz Youthline provides a free counselling service for young people.

Lifeline Suicide Crisis Helpline – 0508 TAUTOKO (0508 828 865) A free 24 hour suicide crisis helpline operated by trained counsellors.

Need to Talk – Free text or call 1737 A free 24 hour call or text help line operated by trained counsellors.

Rape Prevention Education – Contact online Provides education and information to prevent sexual violence.

By the end of the action, my peers will:

Understand what “sexting” is, why people share nudes and the risks involved

Explore ways to respond to requests for nudes and what to do when things go wrong

Know the laws around sharing and receiving nudes in New Zealand

Identify qualities of a healthy online relationship and learn tips on how to stay safe

*Before your Action, please read the YAS Action Facilitator Sheet

Key Words	Welcome & Introduction
<ul style="list-style-type: none"> • sexting • blackmail • content • image-based abuse • Netsafe • Harmful Digital Communications Act (HDCA) • consent • unsolicited • minor 	<p>Introduce yourself and your role with the YAS: The Netsafe YAS is a programme that brings together young people to discuss online safety topics and identify solutions to the challenges they may face online. Together we can empower each other to make safer choices online and learn how to access support when things do go wrong.</p> <p>Introduce the topic: Today we will be talking about nudes and online relationships. This topic can be quite sensitive at times and can make some people uncomfortable. Please feel free to step outside of the room or to let a trusted adult know if you are uncomfortable or need support. You can participate as much or as little as you like. To get started, let’s start a conversation around the topic.</p> <p>Energiser</p> <p>Call Out (see instructions below)</p> <p>Pre-Action Chat</p> <ol style="list-style-type: none"> 1. What are the different types of relationships we can form online? 2. What are the benefits of building online relationships? What could some of the dangers or risks be? 3. Why do you think some people send nude images or videos of themselves to others online? 4. Discuss any rules or regulations (laws) that might apply to sending or sharing of nude images or videos online. 5. We’ve discussed some of the potential legal consequences of sending and sharing nudes, what could some of the social and emotional effects be?
Teaching the Topic	
Instructions	Activities
<p>Present topic using “Nudes & Online Relationships” PowerPoint presentation</p> <p>Use activities to help my peers understand the topic</p>	<p>Say What?</p> <p>Quiz or Be Quizzed</p>
End of Action - Wrap up	
<p>Answer any questions from the group (if you are unsure, refer peers to a trusted adult or the Netsafe website)</p> <p>Continue the fun: discuss how as a group we can spread these online safety messages with more people in our school community (e.g. have everyone share the Netsafe text support number with 3 people)</p>	

Energiser – Call out

Goal

To get your peers comfortable with each other and speaking up during your Action.

Instructions

1. Ask the group to form a circle, either seated or standing.
2. Tell the group that together they are going to spell out phrases letter by letter and that they must listen carefully.
3. Explain that once you read out a phrase the group can begin to spell out all of the words starting with one person and going around the circle. For each space, students must say “space” and continue with the phrase.
4. Try to start out with simple words and phrases and gradually go bigger.

Sample words and phrases:

Selfie stick

We stay safe online.

Netsafe can help us with online challenges.

Continue the Fun

To make it more challenging, ask the group to stand up and tell them that there is now no order! Students can call out the letters that spell out the phrase at random. BUT if two people call out a letter at the same time, they must both sit down and the group must start again.

Activity 1 – Say What?

Goal

To help your peers uncover unique ways to respond to requests for nudes.

You'll need



PAPER



MARKERS,
PENS OR
PENCILS

Instructions

1. Explain to the group that there are many ways to respond if they receive a request to send nudes images to another person. Discuss as a group what you could say to someone who asks for nudes if you are not up for sharing.
 2. Split the group into smaller teams and give each team a text prompt from the Say What? activity sheet.
 3. Ask each group to write, draw or create a short skit to show how they could respond to their text prompt if they didn't feel comfortable sharing nudes.
 4. Once finished, teams can present their responses to the rest of the group.
 5. After the activity, let the group know that if they are even made to feel uncomfortable, upset, hurt or harassed by a message they receive, they should reach out to a trusted adult or Netsafe for support.
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Contact Netsafe

If you or someone you know needs help or advice about something that's happened online, you can contact Netsafe seven days a week.

Text 'Netsafe' to 4282

Fill out an online contact form

Email help@netsafe.org.nz

Call free phone on 0508 NETSAFE (0508 638 723).

Netsafe's contact centre is open 8am – 8pm Monday to Friday, and 9am – 5pm on weekends and public holidays.

If you're concerned about the immediate safety of you or someone else, call 111.

Say What? Activity Sheet

TEXT 1:

Hey! Send a dirty pic. I won't show anyone I promise.

TEXT 2:

I'll love you even more if you send me a nice pic ;)

TEXT 3:

If you really cared about me you'd send me a nude picture.

TEXT 4:

If you don't send me nudes I'm going to tell everyone your secret.

TEXT 5:

Let's trade nudes. you go first?

TEXT 6:

Don't you want to fit in with everyone else? It's just one nude pic!

Activity 2 – Quiz or Be Quizzed

Goal

To see what your peers have learned from your action and address any questions they might have about the topics you presented.

You'll need



PAPER



MARKERS,
PENS OR
PENCILS



EXAMPLE QUESTIONS
(PREPARED BEFOREHAND)

Instructions

1. After your Action on Nudes & Online Relationships, split the group into smaller teams.
2. Give each team a piece of paper and a pen, pencil or marker.
3. Ask each team to write down three questions they will use to quiz the other teams about the topics discussed in your Action. If teams are stuck, go around and help them come up with questions.

Examples:

- 1 in __(how many)__ NZ teens have been asked to share nudes.
 - Name 2 reasons why someone might share a nude image or video.
 - Where can young people go for advice when things go wrong online?
 - What is a response you can give to someone who asks for nudes if you're not up for sharing?
 - True or False. Sharing nudes is a popular trend and the majority of young people are doing it.
4. Ask each team to stand up one at a time and quiz the other teams using their questions. The first team to answer correctly first gets a point.
 5. Go around until all teams have asked their questions and make sure to correct and explain any wrong answers.
 6. At the end, the team who had the most correct answers are the winner!