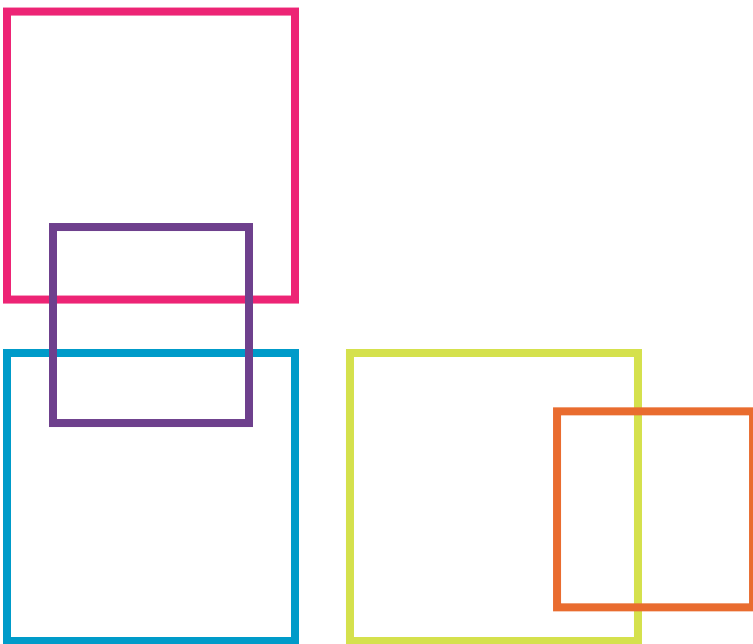
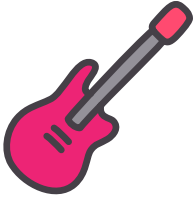


MODULE 7



TELL IT LIKE IT IS
Sexual Health + Wellness Education



“www.nevergetoveryou”— Pro33ak

CHECK-IN

- Briefly review the main concepts covered during the previous module
- Address any question or concerns that participants may have at this time
- Introduce the concepts that will be covered during this module

TOPICS TO BE COVERED:

- Internet Safety
- Pornography
- Sexting

GENERAL INTERNET SAFETY

The internet can be a fun place to explore, find information, shop, and socialize. Using the internet is also often referred to as “going online” or “surfing the web”. In addition to the positive elements of the internet, there are threats that we need to be cautious of. These threats may include spammers, online predators, viruses, and hackers. It’s an unfortunate reality, but there are people that spend time online trying to steal personal information or even cyberbully or hurt others. If we follow a few simple tips we can be sure to keep ourselves safe while being able to enjoy the wonderful opportunities and resources the internet has to offer!

TIPS TO KEEP YOURSELF SAFE WHILE ONLINE:

- Don't give out or post any personal or contact information such as your full name, birthday, banking information, address, phone number, passwords, or email address. This can be used to find you.
- Choose a random username and ensure that it doesn't reveal your real name, age, location or interests.
- Think carefully about information and photographs before posting them online. Once something is posted online many people can see it, save it, and share it.
- If you are talking to a stranger online, notice red flags and set boundaries. Stop talking to anyone that asks you to send money, says inappropriate things, or makes you feel uncomfortable.
- Do not download any files a stranger has sent you as they may contain viruses or inappropriate content.
- Don't believe everything you read online. It's extremely easy to lie and pretend to be a different person online.
- If you are online dating, suggest talking on the phone before you meet someone in person to confirm that the person is real and who they say they are.
- If you decide to meet a person you first encountered online, make sure to meet in a public place. Suggest meeting at a coffee shop, a restaurant, or a festival. Make sure there will be a lot of other people around and let someone you trust know where you'll be going.

ACTIVITY: PROTECT YOUR INFORMATION!

- Read the following scenarios aloud to participants. Explain to participants that the task is to determine whether or not it is safe to provide the personal information requested. Discuss each scenario and address any questions participants may have.
1. You are booking tickets for a concert online and you are asked for your name and phone number. (Yes)
 2. You are on a website that asks for your credit card information, but are not buying anything. (No)
 3. You have just started talking to someone on an online dating website and they ask for your address. (No)
 4. A window pops up on your computer screen telling you that you have won a trip and asks for your full name, address, and phone number. (No)
 5. You receive an email from a stranger asking for money. (No)
 6. You have been talking to someone you like on an online dating website and they asked you about your favourite food and hobbies. (Yes)

PORNOGRAPHY

When we discuss masturbation in module 8, we will talk about using pornography to masturbate. Feeling the need or urge to watch or look at pornography is normal. Pornography, often shortened to porn, refers to any material (e.g., photo, book, magazine, video, etc.) that shows people engaging in all types of sexual activity. Pornography is often categorized according to the characteristics of the people involved, such as sexual orientation (e.g., straight, gay, lesbian, etc.), fetish, physical features, and much more. Pornography may also be categorized based on the type of sexual activity (e.g., vaginal intercourse, anal sex, fingering, etc.).

Pornography is legal and safe as long as it portrays adults and you view it in a private place. It's important to remember that watching pornography that has minors or children (anyone under 18 years old) is illegal. It is also illegal to create, possess or share child pornography.

It is important to remember that what you see in pornography is not real, it is pretend. Pornographic movies, for example, are made by actors sometimes called "porn stars". Pornography can sometimes show things that you may not personally want to do, or things that make you feel uncomfortable trying.

In real life, it's important to listen to your partner, and for your partner to listen to you. It is ok to say no to something if you don't want to do it. You are the boss of your body!

SEXTING

Sexting is a word that combines "sex" and "texting". Sexting is when people send or receive text messages, pictures, or videos that propose sex, refer to any sexual activity, show a sexual act, or show a naked or nearly naked person. These messages are typically sent with a cell phone, via email, or on a webcam.

Sexting can be a fun and comfortable way to develop a relationship and explore sexuality. Set boundaries and know that you are in control of the messages you send. Always tell the person you are sexting if you are uncomfortable or want to stop. Remember to be respectful, similar to the way you would treat the person if you were face to face.

TIPS TO PRACTICE SAFE SEXTING:

- Remember that once something has been shared online or over a cellphone, it can be difficult to control who sees it. Anything you share may not stay private and can easily be copied, shared, or stored on someone else's device.
- A great way to remind yourself to pause before you send any message or photo is to think "How would my parents, friends, or boss at work react if they saw this?"
- Don't forward or share texts that are intended for you or others. Sharing sexts may be considered cyberbullying and may be against the law.
- As mentioned above, sexts of anyone younger than 18 years old is considered child pornography and is against the law.
- If photos of you or someone you know have been shared, contact any person who may have a copy of the sext and ask that they delete all copies immediately.
- If photos of you or someone you know have been posted online, contact the site(s) where the image has been posted and ask for it to be deleted or removed. Explain that you are person in the picture and state that you don't want the content posted. Ask someone you trust for help if they refuse.

CHECK-OUT

- Review the main "takeaways" from today's module
- Address any question or concerns that participants may have
- This may be a good opportunity to complete a "Head, Heart, and Hands" check-out. Head explores elements of 'what' and 'why', heart explores values, beliefs, and feelings, and hands explores practical skills and tools. Invite participants to pause and reflect on their learning experience, and ask:
 - Head: What's one thing you learned?
 - Heart: What's one thing you are feeling?
 - Hands: What's one thing you can do?

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