

Student Viewing Guide

Sexting Animation

Before Watching:

What is a sext?

Have you ever experienced sexting (been asked to send one or asked someone else to send one)?

YES NO

If not, do you know someone who has?

YES NO NOT SURE

Watch the video animation:

Do you need to revise the definition of a sext that you wrote above?

YES NO NOT SURE

Were you surprised by the statistics about the number of teens involved in sexting?

Explain: YES NO

Were you surprised that several teens in the video clip shared that they first saw a sext of a classmate in 6th grade?

Explain: YES NO SOMETIMES

In the video, Marion had experience with sexting. What are some of the consequences she may be facing?

Ajay mentions that he has a gut feeling that sexting with his partner was not the right thing to do. What is a gut feeling?

Have you ever listened to your gut feeling before?

YES

NO

NOT SURE

If so, when?

Ajay explains some of the goals that he has that may be impacted by sexting with his partner. List a goal that you have. How might it be impacted if you decided to send a sext to someone?

After thinking about his values and goals, Ajay said that he set some boundaries about what he does on-line. Can you think of a boundary that you have set about what you post or send on-line? Explain.

Personal boundaries are guidelines or limits that we set for ourselves within relationships, just like Ajay set a boundary for himself about sexting with his partner. A person with healthy boundaries is comfortable expressing what is and is not okay for them. Setting personal boundaries is an important part of developing healthy relationships and can also help you in reaching your goals. Try these strategies for setting personal boundaries:

- Trust and believe in yourself. You know yourself best. You know what you need, want and what you value.
- Trust your gut feeling. If your feelings are telling you that something does not seem right or comfortable to you, trust that feeling and make the decision to not engage.
- Consider what is important to you. Will your choice negatively impact people that you care about? Could it impact what you enjoy doing? Is it in-line with what you believe in and value?
- When communicating a boundary, be direct. Remember that being assertive does not mean that you are being unkind.