



An Environmental Scan of Online Resources Related to Sexting

*Report prepared by Linzi Williamson
for the Saskatchewan Prevention Institute
February 2021*

saskatchewan
preventioninstitute
our goal is **healthy** children

Table of Contents

1. Introduction	3
1.1 Current Report.....	5
2. Method	6
3. Summary of Findings	6
4. Conclusions	8
References	11
Appendix A: Resources for Parents/Guardians	14
Appendix B: Resources for Youth	35
Appendix C: Resources for Educators	45

1. Introduction

Sexting has been defined as “the exchange of sexual material via a technological device” (Van Ouytsel et al., 2015, p. 1) or, more specifically, as “sending and receiving sexually explicit messages, or nude or semi-nude photographs or videos electronically, primarily between cell phones, but can occur between any media-sharing device or technology” (e.g., email, social media) (Katzman, 2010, p. 1). Definitions of sexting may vary based on the behaviour in question and the type of material exchanged (Barrense-Dias et al., 2017). For example, sexting behaviours may be distinguished by sending one’s own sexually explicit images (Marume et al., 2018) or non-consensual dissemination of sexual content via third parties (Villacampa, 2017); the former being categorized as primary sexting and the latter as secondary sexting (Schmitz & Siry, 2011).

A 2018 report on the sexting behaviours and attitudes of a sample of 800 Canadian youth between the ages of 16 and 20 years reported that 35% of boys and 40% of girls had ever sent a solicited sext, and 20% of boys and 18% of girls had ever sent an unsolicited sext (Johnson et al., 2018). Sending and receiving sexually suggestive messages is more prevalent than sexually suggestive images (Katzman, 2010). The prevalence of sexting is reportedly on the rise in youth, likely due in part to the rise in rates of smartphone ownership (Mori et al., 2019). Social distancing mandates during the COVID-19 pandemic have given greater reason for individuals to engage in online sexual behaviours, such as sexting (Lehmiller et al., 2020). A team of researchers from the Kinsey Institute reported that during lockdown orders, more adults 18 years of age or older sexted, had cybersex with someone (i.e., instant messages or video), had phone sex with someone, and/or watched pornography online (Lehmiller et al., 2020). While no specific research on adolescent sexual behaviour during the COVID-19 pandemic has been published to date, it is possible that similar behaviour changes are occurring among this group.

Sexting is a relatively new phenomenon and was practically non-existent within the PubMed research literature 10 to 15 years ago (Katzman, 2010). However, due to the potential consequences of sexting, the phenomenon has gained increased public and scientific attention (Gewirtz-Meydan et al., 2018). There is some debate within the scientific community regarding whether sexting is a normative form of sexual expression (Döring, 2014; Villacampa, 2017) or a risky behaviour (de Souza & Alves Banaco, 2018). When consensual and between people of the legal age of consent, engagement in sexting can be a low-risk (i.e., no risk of sexually transmitted infections and/or unintended pregnancy), enjoyable, intimate behaviour (Dir et al., 2013). Other potential positive consequences of sexting can include sexual arousal and enhancements to a romantic relationship (Hudson & Marshall, 2017). Sexting can be part of healthy sexual exploration and relationship-building, particularly for older youth and adults (Mori et al., 2019).

The available research literature on the impacts of sexting in youth is mixed, with some research studies finding associations between sexting and risky sexual behaviours and mental health issues, and others not finding these associations. This may be due in part to the considerable variability in how sexting is defined and measured across studies. Kosenko et al.’s (2017) meta-analysis of 15

articles found associations between sexting, sexual activity, unprotected sex, and number of sexual partners, although the associations were weak to moderate. Mori et al.'s (2019) more recent meta-analytic synthesis of 23 studies with youth found associations between sexting, increased substance use, higher experiences of anxiety and depression, increased engagement in sexual activity, having multiple sexual partners, and lacking contraception use. However, many of these associations were weaker in older adolescents, suggesting that younger adolescents may be more susceptible to the risks associated with sexting. These authors suggest that younger adolescents may be less equipped to handle the social and physical implications of sexting, and may be more vulnerable to online dangers such as sextortion (i.e., being blackmailed to send nude photos, or money to avoid having photos shared). They also suggest that sexting at a young age, like sexual activity at a young age, may cluster with other risky behaviours.

Negative outcomes related to sexting may be more likely if a sexting conversation and/or explicit images are shared with others without consent (i.e., other than whom they were originally intended). In non-consensual situations, or in situations where one or more individuals is under the legal age of consent, various emotional, social, and legal consequences can arise (Choi et al., 2016; Dekker & Thula, 2017; Klettke et al., 2014; Livingstone & Görzig, 2014). An obvious concern with sexting is that the material can be easily and widely shared (Katzman, 2010). If sexts are shared non-consensually (secondary sexting), there may be a risk for online aggression or victimization (e.g., cyberbullying, online dating violence, revenge porn) (Bates, 2017; Drouin et al., 2015; Fahy et al., 2016; Klettke et al., 2014), which can also lead to negative emotional impacts (Slonje et al., 2017). Resulting social consequences may involve the experience of insults, humiliation, and damaged reputations (Katzman, 2010; Wood et al., 2015).

Medrano et al. (2018) found that sexting can make youth more vulnerable to cyberbullying, which in turn can lead to depressive symptoms (e.g., isolation and feeling ashamed, sad, or desperate). These symptoms may worsen and lead to suicidal ideation. However, these authors also suggest that suicidal ideation may be present to a lesser extent when sexting first begins, since both are risk behaviours among youth. The emotional and social impacts of secondary sexting can differentially impact individuals based on gender, where girls have been found to experience more negative impacts compared to boys (Betts et al., 2019). Compared to girls, boys are more likely to experience positive consequences such as peer group acceptance (Burén & Lunde, 2018).

Legal consequences related to sexting generally include charges related to the distribution of child pornography (Katzman, 2010), depending on regional laws and interpretations of the content and age(s) of individuals involved (Patchin & Hinduja, 2019). For example, an 18-year-old may be charged and become a registered sex offender for sharing explicit images of a 16-year-old with their friends (Patchin & Hinduja, 2020). In 2001, the Supreme Court of Canada decided that young people have the right to express themselves sexually through the creation and sharing of sexual images of themselves if the image is created and sent voluntarily between consenting individuals close in age; the image does not depict abuse or assault; and the image remains private and is not posted or shared (R. v. Sharpe, 2001). Sharing sexual images and video without consent can be prosecuted

under the Criminal Code of Canada. For more information about sexting and the law in Canada, including links to additional resources, please visit: <https://owjn.org/2019/05/sexting-and-the-law-about-sharing-intimate-images/>.

Due to the potential negative outcomes from sexting, educational efforts “to raise awareness of digital health, safety, and security are needed to help youth navigate their personal, social, and sexual development in a technological world” (Mori et al., 2019, p.770). There is some debate regarding the educational approach to adopt when teaching about sexting. Some scholars, educators, and policymakers believe that abstinence approaches are appropriate so that individuals can avoid any potential risks related to sexting, while others believe that a harm-reduction approach that aims to minimize risk while engaging in sexting is most helpful (Johnson et al., 2018). Generally, abstinence-only approaches to sexting and fear-based messaging regarding risks are not effective for decreasing engagement in the behaviour or reducing potential harms (McEllrath, 2014; Strohmaier et al., 2014; Patchin & Hinduja, 2019). As an alternative, many researchers recommend more comprehensive, harm-reduction approaches to education that teach individuals to make informed decisions about their intimate lives (Jørgensen et al., 2019; Patchin & Hinduja, 2019).

1.1 Current Report

The purpose of the current environmental scan was to gather current, evidence-based resources focused on sexting and its impacts on youth sexual and reproductive health decision-making and mental health. Resources were considered “current” if they were published and/or updated within the last 10 years. Evidence-based resources were identified by their inclusion of citations and/or reference lists and/or by the reputation of the organization. The identified resources (e.g., website content, downloadable brochures and fact sheets, guides, videos) are organized into three main sections in this document: parent/guardian resources, youth resources, and educator resources. Resources within each section have been separated by region, when available: Canada, the United Kingdom, Australia, the United States of America, and parts of Europe.

The information gathered through this environmental scan may be helpful to parents/guardians, youth, and educators seeking materials to educate themselves or the youth in their lives about sexting. Potential gaps in existing materials may also be identified with this scan. This information is important to the work of the Saskatchewan Prevention Institute, a non-profit organization whose mandate is to promote child health and well-being and to reduce the occurrence of disabling conditions in children through primary prevention and education efforts. The Saskatchewan Prevention Institute’s Sexual and Reproductive Health Program aims to help individuals make informed decisions and healthy choices through the provision of evidence-based education and resources. Identifying available online national and international resources related to sexting will help guide education efforts in this area, including any potential development of new resources and website content on www.skprevention.ca.

2. Method

The current environmental scan consisted of an online search, using keywords that were entered into Google in various combinations (e.g., sexting, sharing images online, resources, lesson plans, teaching guides, youth, adolescent, teen/teenager, parents, guardians, educators, teachers, Canada, United Kingdom, Australia, American/United States of America) on three different dates: September 24, September 29, and October 2, 2020. When a potentially relevant resource or organization was identified on another organization's website, the website of this organization was then searched to obtain any relevant information. Given an online search method was used for the current environmental scan, it is important to note that there are likely many resources developed and used by organizations that are not included because they are not available online.

Resources related to sexting were included if they:

- appeared on organizations' websites
- appeared to be current (i.e., developed or updated within the last 10 years)
- were evidenced-based (i.e., included citations/references or came from a reputable organization)
- offered a distinct approach to addressing the phenomenon of sexting (e.g., how-to guides, youth perspectives, etc.)
- could inform the development of future resources and website content for the Saskatchewan Prevention Institute
- focused on the impacts of sexting on youth sexual and reproductive health decision-making and/or mental health

Using the information gathered through this scan, Resource Tables were created to summarize the available online national and international materials related to sexting for parents/guardians, youth, and educators (see Appendices A, B, and C, respectively). These tables include the organization's name, website, title of the resource(s), links to the resource(s), indication of the type of resource(s), brief summary of the resource(s)' content, and indication of the use of citations/references within the resource(s).

3. Summary of Findings

A total of 140 distinct resources on sexting are included in this report, including a variety from Canada, the United Kingdom, Australia, Europe, and the United States of America. All included resources appeared to have been created and/or updated within the last 10 years. Details on the number and type of resources presented in each Appendix are as follows:

- **Resources for parents/guardians (Appendix A):** 60 resources in total from 41 organizations: 18 Canadian, 6 Australian, 2 British, and 14 American; including website articles, information sheets, infographics, activity books, pamphlets, and videos.

- **Resources for youth (Appendix B):** 32 resources in total from 22 organizations: 9 Canadian, 3 Australian, 2 British, and 7 American; including website articles, downloadable information sheets, infographics, activity books, comic books, reports, presentations, and videos.
- **Resources for educators (Appendix C):** 48 resources in total from 35 organizations: 14 Canadian, 5 Australian, 7 British, 3 European, and 7 American; including website articles, information sheets, toolkits, program or workshop activity guides, activity books, presentations, videos, and educational materials/lesson plans.

Overall, the resources included in this scan were developed by a wide variety of government, non-profit, technology, community, education, and sexual health organizations. While most resources did not include citations and/or a reference list, each organization that developed the resource(s) were deemed reputable and/or typically use evidence-based information. Citations and reference lists were more common in the resources for educators than the resources for parents or youth.

Within the resources, information about sexting was often included in a larger discussion about internet and social media use as well as pornography (e.g., Institute for Public Policy Research, the Sex Information & Education Council of Canada). With respect to provision of information on the potential impact(s) of sexting, legal consequences (e.g., exploitation) were by far the most widely discussed, followed by emotional/psychological (e.g., shame), personal (e.g., reputation), social (e.g., bullying), and relational consequences (e.g., broken trust).

A few resources also noted potential impacts of sexting on future employment, education opportunities, and finances (e.g., Child Exploitation Online Protection, Kids Helpline, Healthy Teens Magazine, and NetzSmartz). Two resources (i.e., Australian Psychological Society, Scarleteen) noted potential developmental consequences related to sexting (e.g., how sexting can impact sexual development). Two resources (i.e., Scarleteen, Foundations – Jessie Hunt) mentioned gender-based consequences related to sexting (e.g., sexual double standards). A small portion of resources from five organizations (i.e., Australian Government, MediaSmarts, Bish United Kingdom, and California Partnership to End Domestic Violence) presented potential positive outcomes for romantic and sexual relationships (e.g., increased closeness, enhanced sexuality), but no resource presented positive impact(s) of sexting on reproductive decision-making.

Most resources appeared to take a balanced and/or neutral approach to information provision. However, some resources adopted a harm reduction (e.g., California Partnership to End Domestic Violence, Foundations – Jessie Hunt, Healthy Teens Magazine) or sex-positive approach (e.g., Bish United Kingdom), while others employed fear-based messaging (e.g., Ipsos Mori) or encouraged an abstinence-only approach. In some fear-based or abstinence-only resources, sexting was framed as a disordered or impulsive behaviour, often occurring under the influence of substances (e.g., Connect Safely), and even a behaviour that “violates God’s standards and parameters for our enjoyment of His beautiful gift of sexuality” (Center for Parent/Youth Understanding).

Although some authors indicated their resources were informed by youth voices and experiences (e.g., Beyond Borders), only a small portion actually applied a youth perspective where it was clear the resource was informed by and/or created for youth (e.g., Raising Children, MediaSmarts).

Three resources offered “how-to tips” regarding sexting (i.e., Bish United Kingdom, and Kids Help Phone), and some included steps for people to take and who to contact if an image they sent went public (e.g., Cyberwise).

Resources targeting parents/guardians primarily defined sexting, explained why youth engage in sexting, presented statistics on youth sexting behaviour, and outlined the potential consequences of sexting. Many of the resources also provided tips for parents on how to talk about sexting with their children, how to report issues such as cyberbullying, and what to do if their children send or receive explicit photos. Some resources focused on youth-to-youth sexting (e.g., Canadian Paediatric Society), while others discussed the dangers and legal implications of youth-adult interactions (e.g., Children of the Street Society). The predominant message within the resources for parents/guardians is that sexting is risky, and youth must be protected and kept safe from the inherent dangers of engaging in this behaviour. To this end, one organization (Safer Schools Together) developed a Sexting Safety Agreement for parents/guardians to sign with their children.

Resources for youth largely provided information on the prevalence of sexting, motivations for sexting, and potential consequences related to sexting. Although legal consequences were most often discussed, some resources focused on other potential consequences, including emotional ones (e.g., Get the Facts). Many resources also offered tips to help youth sext more safely (e.g., Kids Help Phone). One resource outlined self-care tips for youth dealing with mental health concerns related to sexting and online communication (i.e., South West Grid for Learning Trust), while another described the best approach to taking a good picture to sext (i.e., Bish United Kingdom). In an effort to appeal to youth, a few resources adopted a comic-style for information provision (e.g., NetSmartz, Administration for Children and Families, South West Grid for Learning Trust).

For educators, several full lesson plans related to sexting were found (e.g., Growing & Developing Healthy Relationships – Government of Western Australia Department of Health). The main objectives of the lessons relate to teaching youth about the definition, prevalence, and potential consequences of sexting. However, some lessons appeared to take a harm-reduction approach to sexting by helping students understand the full spectrum of sexting behaviours and potential benefits (e.g., California Partnership to End Domestic Violence). Activity sheets/booklets for students, PowerPoint presentations, and videos are included in many of the lesson plans.

4. Conclusions

The findings of the current environmental scan suggest that there are a wide variety of national and international online resources on sexting designed specifically for parents/guardians, youth, and/or educators. All of these resources being online makes them incredibly accessible, and because many

of the resources are in printable formats, they can be made available to individuals without internet access. Most of the included resources were sourced from Canadian organizations and websites, but there are also many from Australian, European, and American webpages. No Saskatchewan-based resources on sexting were located through this scan.

With respect to content, most resources focused on defining sexting, presented prevalence estimates of sexting behaviours among youth, and warned of the potential consequences related to sexting. Legal consequences were predominantly discussed, particularly in relation to sharing nude/intimate images online. Discussions of the potential benefits and positive aspects related to sexting were scarce compared to the dominant focus on potential negative consequences. Although there were some examples, resources that incorporated youth perspectives and voices were less prevalent. Finally, no resource presented potential impact(s) (positive or negative) of sexting on reproductive health. There may be a need to develop a more comprehensive resource that provides a balanced and complete perspective on sexting.

With all of this in mind, there are many excellent resources available to access and/or adapt. The following are the top recommendations for each category.

Recommended Parent/Guardian Resources (Appendix A)

- Beyond Borders (<http://www.beyondborders.org/en/home/>) – comprehensive, variety of different articles, Canadian
- My Alberta Health (<https://myhealth.alberta.ca/>) – comprehensive, answers common parent/guardian questions, Canadian
- Raising Children (<https://raisingchildren.net.au/>) – harm reduction approach, sex-positive
- Cyberbullying Research Center (<https://cyberbullying.org/>) – original research, comprehensive, harm reduction approach

Recommended Youth Resources (Appendix B)

- South West Grid for Learning Trust (<https://swgfl.org.uk/>) – comprehensive, comic book style, relatable for youth
- Bish United Kingdom (<https://www.bishuk.com/>) – comprehensive, sex-positive
- Kids Help Phone (<https://kidshelpphone.ca/>) – comprehensive, variety of articles covering various sexting issues, Canadian
- Canadian Centre for Child Protection (<https://www.cybertip.ca/app/en/>) – comprehensive, activity book

Recommended Educator Resources (Appendix C)

- Sexuality and U (<https://www.sexandu.ca/>) – comprehensive, informed by the Society of Obstetricians and Gynaecologists of Canada, Canadian
- Teen Talk (<http://teentalk.ca/>) – comprehensive, sex-positive, workshop facilitation instructions, how-to for developing lesson materials

- Growing & Developing Healthy Relationships, Government of Western Australia Department of Health (<https://gdhr.wa.gov.au/>) – comprehensive, full lesson plans and materials
- Childnet International (<https://www.childnet.com/>) – comprehensive, full lesson plans and materials
- California Partnership to End Domestic Violence (<https://www.cpedv.org/>) – comprehensive, harm reduction approach, full lesson plan and materials

References

- Barrense-Dias, Y., Berchtold, A., Surís, J. C., & Akre, C. (2017). Sexting and the definition issue. *Journal of Adolescent Health, 61*, 544-554. <https://doi.org/10.1016/j.jadohealth.2017.05.009>
- Bates, S. (2017). Revenge porn and mental health: A qualitative analysis of the mental health effects of revenge porn on female survivors. *Feminist Criminology, 12*, 22-42.
- Betts, L., Harding, R., Peart, S., Sjolín Knight, C., Wright, D., & Newbold, K. (2019). Adolescents' experiences of street harassment: Creating a typology and assessing the emotional impact. *Journal of Aggression, Conflict, and Peace Research, 11*, 38-46. <https://doi.org/10.1108/JACPR-12-2017-0336>
- Burén, J., & Lunde, C. (2018). Sexting among adolescents: A nuanced and gendered online challenge for young people. *Computers in Human Behavior, 85*, 210-217. <https://doi.org/10.1016/j.chb.2018.02.003>
- Choi, H., Van Ouytsel, J., & Temple, J. R. (2016). Association between sexting and sexual coercion among female adolescents. *Journal of Adolescence, 53*, 164-168. <https://doi.org/10.1016/j.adolescence.2016.10.005>
- de Souza, F., & Alves Banaco, R. (2018). A prática cultural do sexting entre adolescentes: Notas para a delimitação do objeto de estudo. *Acta Comportamental: Revista Latina de Análisis del Comportamiento, 26*, 127-141.
- Dekker, A., & Thula, K. (2017). Sexting as a risk?: On consensual and non-consensual distribution of personal erotic pictures using digital media. *Bundesgesundheitsblatt Gesundheitsforschung Gesundheitsschutz, 60*, 1034-1039. <https://doi.org/10.1007/s00103-017-2595-9>
- Dir, A. L., Coskunpinar, A., Steiner, J. L., & Cyders, M. A. (2013). Understanding differences in sexting behaviors across gender, relationship status, and sexual identity, and the role of expectancies in sexting. *Cyberpsychology, Behavior, & Social Networking, 16*, 568-574. <https://doi.org/10.1089/cyber.2012.0545>
- Döring, N. (2014). Consensual sexting among adolescents: Risk prevention through abstinence education or safer sexting? *Cyberpsychology: Journal of Psychosocial Research on Cyberspace, 8*, 9.
- Drouin, M., Ross, J., & Tobin, E. (2015). Sexting: A new, digital vehicle for intimate partner aggression? *Computers in Human Behavior, 50*, 197-204.
- Fahy, A. E., Stansfeld, S. A., Smuk, M., Smith, N. R., Cummins, S., & Clark, C. (2016). Longitudinal associations between cyberbullying involvement and adolescent mental health. *Journal of Adolescent Health, 59*, 502-509.
- Gewirtz-Meydan, A., Mitchell, K. J., & Rothman, E. F. (2018). What do kids think about sexting? *Computers in Human Behavior, 86*, 256-265. <https://doi.org/10.1016/j.chb.2018.04.007>
- Hudson, H. K., & Marshall, S. A. (2017). Consequences and predictors of sexting among selected Southern undergraduates. *International Journal of Sexual Health, 30*(1), 20-27. <https://doi.org/10.1080/19317611.2017.1404540>
- Johnson, M., Mishna, F., Okumu, M., & Daciuk, J. (2018). *Non-consensual sharing of sexts: Behaviours and attitudes of Canadian youth*. Ottawa, ON: MediaSmarts. Retrieved from <http://mediasmarts.ca/research-policy>
- Jørgensen, C. R., Weckesser, A., Turner, J., & Wade, A. (2019). Young people's views on sexting education and support needs: Findings and recommendations from a UK-based study. *Sex Education, 19*, 25e40.

- Katzman, D. K. (2010). Sexting: Keeping teens safe and responsible in a technologically savvy world. *Paediatrics & Children Health, 15*(1), 41-42. <https://doi-org.cyber.usask.ca/10.1093/pch/15.1.41>
- Klettke, B., Hallford, D. J., & Mellor, D. J. (2014). Sexting prevalence and correlates: A systematic literature review. *Clinical Psychology Review, 34*, 44-53.
- Kosenko, K., Luurs, G., & Binder, A. R. (2017). Sexting and sexual behavior 2011-2015: A critical review and meta-analysis of a growing literature. *Journal of Computer Mediated Communication, 22*, 141-160.
- Lehmiller, J. J., Garcia, J. R., Gesselma, A. N., & Mark, K. P. (2020). Less sex, but more sexual diversity: Changes in sexual behaviour during the COVID-19 coronavirus pandemic. *Leisure Sciences*.
<https://doi.org/10.1080/01490400.2020.1774016>
- Livingstone, S., & Görzig, A. (2014). When adolescents receive sexual messages on the internet: Explaining experiences of risk and harm. *Computers in Human Behavior, 33*, 8-15.
<https://doi.org/10.1016/j.chb.2013.12.021>
- Marume, A., Maradzika, J., & January, J. (2018). Adolescent sexting and risky sexual behaviours in Zimbabwe: A cross-sectional study. *Sexuality & Culture, 22*, 931-941. <https://doi.org/10.1007/s12119-018-9508-4>
- McEllrath, R. (2014). Keeping up with technology: Why a flexible juvenile sexting statute is needed to prevent overly severe punishment in Washington State. *Washington Law Review, 89*, 1009.
- Medrano, J. L. J., Lopez Rosales, F., & Gámez-Guadix, M. (2018). Assessing the links of sexting, cybervictimization, depression, and suicidal ideation among university students. *Archives of Suicide Research, 22*, 153-164.
<https://doi.org/10.1080/13811118.2017.1304304>
- Mori, C., Temple, J. R., Browne, D., & Madigan, S. (2019). Association of sexting with sexual behaviors and mental health among adolescents: A systematic review and meta-analysis. *JAMA Pediatrics, 173*(8), 770-779.
<https://doi.org/10.1001/jamapediatrics.2019.1658>
- Patchin, J. W., & Hinduja, S. (2020). It is time to teach safe sexting. *Journal of Adolescent Health, 66*(2020), 141-144. <https://doi.org/10.1016/j.jadohealth.2019.10.010>
- R. v. Sharpe, [2001] 1 S.C.R. 45, 2001 SCC 2 at para 115-118. <https://scc-csc.lexum.com/scc-csc/scc-csc/en/item/1837/index.do>
- Schmitz, S., & Siry, L. (2011). Teenage folly or child abuse? State responses to “sexting” by minors in the U.S. and Germany. *Policy Internet, 3*, 25-50. <https://doi.org/10.2202/1944-2866.1127>
- Slonje, R., Smith, P. K., & Frisé, A. (2017). Perceived reasons for the negative impact of cyberbullying and traditional bullying. *European Journal of Developmental Psychology, 14*, 295-310.
<https://doi.org/10.1080/17405629.2016.1200461>
- Strohmaier, H., Murphy, M., & DeMatteo, D. (2014). Youth sexting: Prevalence rates, driving motivations, and the deterrent effect of legal consequences. *Sexuality Research and Social Policy, 11*, 245e55.
- Van Ouytsel, J., Walrave, M., Ponnet, K., & Heirman, W. (2015). The association between adolescent sexting, psychosocial difficulties, and risk behavior. *Journal of School Nursing, 31*, 54-69.
<https://doi.org/10.1177/1059840514541964>
- Villacampa, C. (2017). Teen sexting: prevalence, characteristics and legal treatment. *International Journal of Law, Crime, and Justice, 49*, 10-21. <https://doi.org/10.1016/j.ijlcrj.2017.01.002>

Wood, M., Barter, C., Stanley, N., Aghtaie, N., & Larkins, C. (2015). Images across Europe: the sending and receiving of sexual images and associations with interpersonal violence in young people's relationships. *Children and Youth Services Review*, 59, 149-160. <https://doi.org/10.1016/j.childyouth.2015.11.005>

Appendix A: Resources for Parents/Guardians

CANADIAN RESOURCES
<p>1. Beyond Borders ECPAT Canada http://www.beyondborders.org/en/home/ A national, bilingual advocacy organization advancing the rights of children everywhere to be free from sexual abuse and exploitation. They are also a registered charity without political or religious affiliation.</p> <p>Fact Sheet: Self/Peer Exploitation – General (Downloadable pdf article)</p> <ul style="list-style-type: none"> • Definition of sexting • Research findings related to sexting behaviour • Why do youth engage in sexting? • What are the consequences of sexting? • What is being done about it? <p>http://www.beyondborders.org/wp-content/uploads/Self-and-Peer-Exploitation-Revised-WD-TP-June-2014.pdf</p> <p>Fact Sheet: Sexual Exploitation and Technology (Downloadable pdf article)</p> <ul style="list-style-type: none"> • Risks in communicating via technology • Canadian Coalition against Internet Child Exploitation (CCAICE) • Bill C-22: Mandatory reporting obligations <p>http://www.beyondborders.org/wp-content/uploads/SEXUAL-EXPLOITATION-and-TECHNOLOGY-Revised-WD-TP-June-2014.pdf</p> <p>Fact Sheet: Child Abuse Images – Statistics (Downloadable pdf article)</p> <ul style="list-style-type: none"> • Cybertip.ca summary report <p>http://www.beyondborders.org/wp-content/uploads/Child-Abuse-Images-Statistics.pdf</p> <p>Fact Sheet: Child Abuse Images – Law (Downloadable pdf article)</p> <ul style="list-style-type: none"> • What are child abuse images? • Domestic law • Who falls under the Act? <p>http://www.beyondborders.org/wp-content/uploads/Child-Abuse-Images-Law.pdf</p> <p>Citations/references: Yes Impact(s) of sexting covered by resource: Social, emotional, future employment, and legal consequences</p>
<p>2. Canadian Centre for Child Protection – Protect Children https://www.protectchildren.ca/en/ A national charity dedicated to the personal safety of all children. Their goal is to reduce the sexual abuse and exploitation of children, assist in the location of missing children, and prevent child victimization through a number of programs, services, and resources for Canadian families, educators, child-serving organizations, law enforcement, and other parties.</p>

Parenting tweens and teens in the digital world (Downloadable pdf article)

- Why tweens/teens are vulnerable to exploitation
- Cybertip.ca alerts
- What are the key online safety risks for tweens/teens?
- What can I do to keep my tween/teen safe?
- What is the age of consent for sexuality activity?
- Adults using blackmail tactics on teenagers
- Legal consequences
- How can I tell if my teen needs help?
- What if I need more information or guidance?

https://www.protectchildren.ca/pdfs/C3P_ParentingintheDigitalWorld_en.pdf

Citations/references: No

Impact(s) of sexting covered by resource: Legal consequences

3. Canadian Paediatric Society – Paediatrics & Child Health Journal

<https://www.cps.ca/>

Paediatrics & Child Health (PCH) is the official journal of the Canadian Paediatric Society, and the only peer-reviewed paediatric journal in Canada. Its mission is to advocate for the health and well-being of all Canadian children and youth and to educate child and youth health professionals across the country.

Sexting: Keeping teens safe and responsible in a technologically savvy world (Journal article)

- What is sexting?
- Survey results of teen and young adult electronic activity
- Why might teens be involved in sexting?
- Dangers associated with sexting
- Issues parents should be aware of with sexting and teens/young adults
- Issues healthcare professionals should be aware of with sexting and teens/young adults

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2827324/>

Citations/references: Yes

Impact(s) of sexting covered by resource: Social, emotional, and legal consequences

4. Children of the Street Society

<https://www.childrenofthestreet.com/>

Dedicated to preventing the sexual exploitation and human trafficking of children and youth in British Columbia through education strategies, public awareness initiatives, and family support. Children of the Street is a program of PLEA Community Services Society of B.C.

Sexual exploitation and trafficking of children and youth in Canada: A prevention and early intervention toolkit for parents (Downloadable pdf article)

- Section 1: What is sexual exploitation?
- Section 2: Who is exploiting our youth?
- Section 3: How and where sexual exploitation occurs
- Section 4: The impact of technology on sexual exploitation
- Section 5: Why sexual exploitation happens

- Section 6: Uniquely vulnerable communities
 - Section 7: Impacts of sexual exploitation
 - Section 8: Leaving the exploitative situation
 - Section 9: Prevention tools for parents
 - Section 10: Getting help
 - Appendix 1: Legislation
 - Appendix 2: Sexual exploitation terms
 - Appendix 3: Texting terms and sexting language
 - Appendix 4: Family safety and care planning
- <http://www.kristenfrenchcacn.org/wp-content/uploads/2019/08/Parents-Toolkit-on-Sexual-Exploitation-and-Trafficking.pdf>

Citations/references: No

Impact(s) of sexting covered by resource: Emotional, social, and legal consequences

5. Cybertip! – Canadian Centre for Child Protection

<https://www.cybertip.ca/app/en/>

Charitable organization dedicated to the personal safety of all children. Their goal is to reduce child victimization by providing national programs and services to the Canadian public to help Canadians keep themselves and their families safe while using the internet.

How to talk to youth about sextortion (Downloadable pdf article)

- Why teens are vulnerable
- Risks to teens
- What you can do
- How to speak to your teen about this issue
- Reminders for youth

https://www.cybertip.ca/pdfs/C3P_SafetySheet_OnlineExtortion_en.pdf

Self/peer exploitation: What parents of teens need to know (Downloadable pdf article)

- What should parents know about this issue?
- Conversations to have with your teen

https://www.cybertip.ca/pdfs/C3P_SafetySheet_SelfPeerExploitation_en.pdf

Sharing an intimate image without consent (Downloadable pdf article)

- Here are the steps you can take

https://www.cybertip.ca/pdfs/C3P_SafetySheet_NCDII_en.pdf

Citations/references: No

Impact(s) of sexting covered by resource: Not included

6. Government of New Brunswick

<https://www2.gnb.ca/content/gnb/en.html>

Main website directs individuals to various community and online resources.

It happens everyday in New Brunswick – Now you know (Website article)

- What is sexual violence?
- It happens every single day in New Brunswick – rates of sexual violence
- Unwanted comments about my body on social media
- Sending inappropriate photos
- When I don't say yes – consent
- Unwelcome words about my sexuality
- Catcalling
- New Brunswick women are concerned about sexual violence

https://www2.gnb.ca/content/gnb/en/corporate/promo/sexual_violence.html

Citations/references: Yes

Impact(s) of sexting covered by resource: Emotional consequences

7. Government of Ontario - EduGAINS

<http://www.edugains.ca/newsite/HOME/index.html>

Ontario Ministry of Education website providing Ministry-developed resources to support policies and programs related to improved learning and teaching for grades K – 12; the target audience for these resources is Ontario educators.

Quick facts for parents: Learning about online safety, including risks of sexting (Downloadable pdf article)

- Definition of sexting
- Sexting among children and youth
- Risks of sexting
- What do students learn at school about online safety and the risks of sexting?
- Talking with your children about staying safe online
- Additional resources

http://www.edugains.ca/resourcesCurrImpl/Elementary/HealthandPhysED/QuickFacts_OnlineSafetySexting.pdf

Citations/references: No

Impact(s) of sexting covered by resource: Legal, social, and emotional consequences

8. Kids Help Phone

<https://kidshelpphone.ca/>

Canada's only 24/7, national support service, offering professional counselling, information, and referrals and volunteer-led, text-based support to young people in both English and French. Can be accessed by phone, text, mobile app, or through their website.

How to talk to your teen about sexting (Website article and video)

- 6 tips parents can share with teens about sexting

https://www.huffingtonpost.ca/kids-help-phone/how-to-talk-to-your-teen-about-sexting_b_9190166.html

Citations/references: No

Impact(s) of sexting covered by resource: Legal consequences

9. MediaSmarts

<https://mediasmarts.ca/>

Canadian not-for-profit charitable organization for digital and media literacy. Their vision is that children and youth have the critical thinking skills to engage with media as active and informed digital citizens. Through their work they support adults with information and tools so they can help children and teens develop the critical thinking skills they need for interacting with the media they love.

A Guide for Trusted Adults (Downloadable pdf article)

- Introduction: Who is this guide for? Why worry about cyberviolence?
- What not to do
- What to say and what to do: Online harassment, online relationships, sexting, what's the law?
- The bigger picture: Talking about sexism in media, talking about relationships in media, being a good role model, picking up the pieces - comforting and building resilience
- Conversation starters
- Looking after yourself: Five tips for keeping stress under control
- About YWCA Canada and Project Shift
- About MediaSmarts

<https://mediasmarts.ca/sites/default/files/guides/ywca-guide-for-trusted-adults.pdf>

Sexting and youth: Confronting a modern dilemma (Website article)

- Commentary on youth behaviour related to sexting, including research findings

<https://mediasmarts.ca/blog/sexting-and-youth-confronting-modern-dilemma>

Sexting: Shifting the focus from Victim-Blaming to Respect and Consent (Website article)

- Commentary on sexting and victim blaming

<https://mediasmarts.ca/blog/sexting-shifting-focus-victim-blaming-respect-consent>

Citations/references: No

Impact(s) of sexting covered by resource: Emotional and economic consequences, as well as discussion of potential positive experiences related to sexting

10. My Alberta Health

<https://myhealth.alberta.ca/>

A resource for non-emergency health information. Healthcare experts across the province make sure the information is correct, up-to-date, and written for people who live in Alberta.

Sexting: Teens and technology (Website article)

- What is sexting?
- Why might teens sext?
- How can I talk about sexting?
- Things to tell your teen
- How can I help keep my teen safe?
- What if pictures are posted online?
- What are the risks of sexting?
- Sexting and the law
- Images of young children
- Pornography

<https://myhealth.alberta.ca/Alberta/Pages/Sexting-teens-and-technology.aspx>

Citations/references: No

Impact(s) of sexting covered by resource: Emotional, social, relational, and legal consequences

11. Need Help Now

<https://needhelpnow.ca/app/en/>

Helps teens stop the spread of sexual pictures or videos and provides support along the way.

Talking tips for parents and teens about the risks associated with using technology to experiment sexually (Website article)

- Use media stories about this issue to engage in a conversation with your teen
- Discuss the difference between healthy relationships and unhealthy relationships
- Explain the importance of establishing and respecting personal boundaries
- Discuss problems that may arise from sharing private and sexual information
- Discuss ways to get out of uncomfortable situations
- Discuss the importance of seeking your help if things have gone too far
- Discuss the Canadian laws that intersect with this issue
- Talk about the risks of doing something sexual over live cam

https://needhelpnow.ca/app/en/parent_info-talking_tips

Information, resources, and tools to help you remove sexual pictures and videos from the internet (Website article)

- Facebook
- Snapchat
- Instagram
- YouTube
- Google
- Peer's phone

https://needhelpnow.ca/app/en/removing_pictures-facebook

The law and reporting (Website article)

- Illegal pictures and videos
- Acts that violate privacy
- Acts that make others feel unsafe
- Acts that hurt the reputation of another person
- Unwanted or illegal sexual contact

https://needhelpnow.ca/app/en/law_and_reporting-laws_in_canada

Citations/references: No

Impact(s) of sexting covered by resource: Legal consequences

12. Ontario Principals Council Communicator

<https://www.principals.ca/en/index.aspx>

Voluntary, professional association representing practising principals and vice-principals in Ontario's publicly funded schools. Their goal is to provide individuals with the professional services and supports they need to provide exemplary leadership in public education.

Understanding sexting (Downloadable pdf article)

- Life consequences
- School consequences
- Legal consequences

<https://www.principals.ca/en/who-we-are/resources/Documents/Understanding-Sexting-.pdf>

Citations/references: Yes

Impact(s) of sexting covered by resource: Employment, education, and legal consequences

13. Ottawa Police Service

<https://www.ottawapolice.ca/en/index.aspx>

Committed to protecting the safety and security of their communities.

Teens and technology (Website article)

- Definition of sexting
- Why do teens sext?
- Talk to your children
- Sexting and the law
- What parents can do
- Resources

<https://www.ottawapolice.ca/en/safety-and-crime-prevention/Teens-and-Technology.aspx>

Citations/references: No

Impact(s) of sexting covered by resource: Legal, social, and future goal consequences

14. Public Legal Education and Information Service of New Brunswick (PLEIS-NB)

<http://www.legal-info-legale.nb.ca/en/>

Non-profit organization and a registered charity with the mandate to develop bilingual educational products and services about the law for the general public in order to promote access to the legal system. Their goal is to assist the public in identifying and understanding their legal rights and responsibilities, and attaining self-help skills to improve their ability to deal with legal issues.

Child internet safety: A guide for parents, caregivers, teachers, and others who work with children and youth (Downloadable pdf article)

- Section 1: Know the technology – know the jargon
- Section 2: Know the risks
- Section 3: Know the law
- Section 4: Know what you can do to protect children

<http://www.legal-info->

[legale.nb.ca/en/uploads/file/pdfs/Safety_on_the_Internet_Parents_Guide_EN.pdf](http://www.legal-info-legale.nb.ca/en/uploads/file/pdfs/Safety_on_the_Internet_Parents_Guide_EN.pdf)

Citations/references: Yes

Impact(s) of sexting covered by resource: Social, legal, and future employment consequences

15. Royal Canadian Mounted Police

<https://www.rcmp-grc.gc.ca/>

General website offers information to individuals on community and crime-related issues.

Cybercrime and youth (Website article and video)

- Cybercrime in Canada
- Cybercrime and kids
- Criminal harassment and intimidation
- Child exploitation
- Sexting
- Prevention tips
- If you are a victim
- Video – Just the facts: Cybercrime and youth

<https://www.rcmp-grc.gc.ca/en/gazette/cybercrime-and-youth>

Citations/references: No

Impact(s) of sexting covered by resource: Social and legal consequences

16. Safer Schools Together

<https://saferschoolstogether.com/>

The first company chosen to deliver provincial Violence Threat Assessment and Preventing Bullying Training to schools and communities in Canada. Also offered are comprehensive prevention and intervention strategies to assist school districts and professionals with the identification, tracking, and intervention of negative influences.

Sexting Safety Agreement V.1 (Downloadable pdf article)

- A sexting safety agreement to be completed by parents and their children
https://saferschoolstogether.com/wp-content/uploads/2020/02/Julia-Hengstler_sexting_safety_agreement_v1-0.pdf

Citations/references: No

Impact(s) of sexting covered by resource: Social and legal consequences

17. University of Fraser Valley and Community Services British Columbia

<https://www.comservice.bc.ca/>

Supports and empowers individuals and families to realize their potential and achieve self-reliance. They do this by offering client-centered services and programs that embrace the following values: Community, Compassion, Excellence, Growth, and Respect.

Sexting (Downloadable pdf article)

- What is sexting?
- How common is sexting?
- Laws relevant to sexting
- Why is sexting happening?
- How can parents or other adults intervene?
- Things students should know

<https://www.comservice.bc.ca/sites/default/files/files/YFCI%20SR%20Sexting.pdf>

Citations/references: No

Impact(s) of sexting covered by resource: Emotional, social, and legal consequences

18. West Coast Legal Education and Action Fund

<http://www.westcoastleaf.org/>

Offers trusted legal voices, respected advocates, and passionate educators on gender equality and human rights issues to expose and challenge discriminatory policies and practices; dedicated to using the law as a strategy to work towards an equal and just society for all women and people who experience gender-based discrimination.

#CyberMisogyny: Using and strengthening Canadian legal responses to gendered hate and harassment online (Downloadable pdf article)

- Chapter 1: “Revenge porn” and the non-consensual distribution of intimate images
- Chapter 2: Teen “sexting” and sexualized online bullying
- Chapter 3: Online sexual exploitation of children and youth
- Chapter 4: Cyberstalking
- Chapter 5: Hate speech and advocating gender-based violence online
- Appendix: List of recommendations

<http://www.westcoastleaf.org/wp-content/uploads/2014/10/2014-REPORT-CyberMisogyny.pdf>

Is that legal? Understanding Canadian law about issues of online harassment, exploitation, and abuse (Downloadable pdf article)

- Revenge porn
- Sexting and child pornography
- Cyberstalking
- Sexual exploitation and internet luring
- Resources

<https://static1.squarespace.com/static/5241e71de4b0dd06055b6730/t/54da69cbe4b0ddd496ad3bc3/1423600150744/Cyber+Misogyny+Legal+Guide+FINAL.pdf>

Citations/references: No

Impact(s) of sexting covered by resource: Social, emotional, and legal consequences

AUSTRALIAN RESOURCES

19. ESafety Commissioner

<https://www.esafety.gov.au/>

Empowering all Australians to have safer, more positive experiences online through a wide range of online safety programs and resources.

Sending nudes and sexting (Website article and videos)

- Definition of sexting
- How common is it?
- What are the risks?
- Sexting and the law
- How can I minimize the risks to my child?
- What can I do when things go wrong?

<https://www.esafety.gov.au/parents/big-issues/sending-nudes-sexting>

Citations/references: No

Impact(s) of sexting covered by resource: Social, relational, emotional, educational, future employment, and legal consequences

20. headspace

<https://headspace.org.au/>

Works to address the unique barriers that young people face accessing mental health support by providing tailored and holistic mental health support to youth aged 12 – 25. With a focus on early intervention, they work with young people to provide support at a crucial time in their lives – to help get them back on track and strengthen their ability to manage their mental health in the future. At the heart of their services is ensuring they meet the evolving and unique needs of young people and those who support them. Therefore, young people are at the centre of everything they do and they play an active role in designing, developing, and evaluating their programs.

Understanding sexting and image-based abuse – for families (Website article)

- Definition of sexting
- Sexting and the law
- What is image-based abuse? How common is image-based abuse?
- How can I help?
- How can I help protect my young person from image-based abuse?
- What if my young person has experienced image-based abuse?
- Additional resources

<https://headspace.org.au/friends-and-family/understanding-sexting-and-image-based-abuse-for-family-and-friends/>

Citations/references: No

Impact(s) of sexting covered by resource: Relational, legal, and social consequences, particularly for vulnerable groups (e.g., people living with a disability, Indigenous peoples, LGBTQI-identified individuals)

21. Kids Helpline

<https://kidshelpline.com.au/>

Australia's only free, confidential, 24/7 online and phone counselling service for young people aged 5 to 25. Qualified counsellors are available via WebChat, phone, or email anytime and for any reason.

Sexting and the impacts on young people (Website article)

- Understanding sexting, the risks, and why young people sext
- Warning signs things might not be okay with your child
- How to protect your child from the risks of sexting
- Resources

<https://kidshelpline.com.au/parents/issues/sexting-and-impacts-young-people>

Citations/references: No

Impact(s) of sexting covered by resource: Legal, emotional, and social consequences

22. Raising Children

<https://raisingchildren.net.au/>

Provides free, reliable, up-to-date, and independent information to help families grow and thrive. They are funded by the Australian Government, reviewed by experts, and are non-commercial. Their articles, videos, and interactive resources are tailored to different ages and stages.

Sexting: Talking with teenagers **suitable for 12-18 years* (Website article)

- What is sexting?
- What teenagers wish their parents knew about sexting
- Talking with teenagers about sexting: Why it's important
- How to start a conversation about sexting
- Sexting risks: How to explain them to teenagers
- Respectful relationships: A good way to protect teenagers from sexting risks
- Why sexting can be a serious issue for teenagers
- Sexting and the law

<https://raisingchildren.net.au/teens/entertainment-technology/pornography-sexting/sexting-teens>

Citations/references: No

Impact(s) of sexting covered by resource: Social, legal, and emotional consequences

23. Relationships Australia

<https://www.relationshipsnsw.org.au/>

An independent, not-for-profit organization dedicated to enhancing relationships within families and their communities in order to foster personal and social well-being.

What parents need to know about sexting (Website article)

- Definition of sexting
- Sexting among adolescents
- Talking to your kids about sexting
- Sexting and the law
- Referrals

<https://www.relationshipsnsw.org.au/what-parents-need-to-know-about-sexting/>

Citations/references: No

Impact(s) of sexting covered by resource: Legal, social, and educational consequences

24. Victoria State Government

<https://www.education.vic.gov.au/Pages/default.aspx>

Lead the delivery of education and development services to children, young people, and adults both directly through government schools and indirectly through the regulation and funding of early childhood services, non-government schools, and training programs.

Sexting (Website and downloadable pdf and rtf article)

- What is “sexting”?
- What are the possible social consequences of “sexting”?
- What are the possible legal consequences of “sexting”?
- What are the reasons for “sexting”?
- Talk with your child
- What do I do if I find explicit images of my child?

Website:

<https://www.education.vic.gov.au/about/programs/bullystoppers/Pages/advice sexting.aspx>

Article pdf:

<https://www.education.vic.gov.au/Documents/about/programs/bullystoppers/smsexting.pdf>

Article rtf:

<https://www.education.vic.gov.au/Documents/about/programs/bullystoppers/smsexting.rtf>

Citations/references: No

Impact(s) of sexting covered by resource: Social and legal consequences

UNITED KINGDOM RESOURCES

25. Priory

<https://www.priorygroup.com/>

Leading independent provider of behavioural care in the United Kingdom.

How to talk to your child about the dangers of sexting (Website article)

- What is sexting?
- Why is sexting so common amongst young people?
- What are the consequences of sexting?
- Why should you discuss sexting with your child?
- Tips on how to talk to your child about sexting
- What should you do if you think your child is a victim of sexting?

<https://www.priorygroup.com/blog/how-to-talk-to-your-child-about-the-dangers-of-sexting>

Citations/references: No

Impact(s) of sexting covered by resource: Emotional, sexual, and future prospect consequences

26. Safeguarding Board of Northern Ireland (SBNi)

<https://www.safeguardingni.org/>

Replaced the Regional Child Protection Committee (RCPC) with an extended role to include the wider area of safeguarding, as well as statutory child protection.

Sexting and the Law (Downloadable pdf pamphlet)

- What is “sexting”?
- Is it illegal?
- If it’s a sexually explicit picture/image of an adult and sent between adults
- If it’s a sexually explicit image of an adult and sent between children
- If it’s a sexually explicit image of an adult and sent from an adult to a child
- If it’s a sexually explicit image of a child (under 18 years of age)
- What if a child (under 18 years of age) takes a sexually explicit image of themselves?
- If it’s a sexually explicit text/chat between adults (this can include requests for pictures of a sexual nature)
- If it’s a sexually explicit text/chat between an adult and a child (this can include requests for pictures of a sexual nature)
- If it’s a sexually explicit text/chat between children
- Additional resources

https://www.psnipolice.uk/contentassets/fae34aff4af6409e9ad393130043ec55/sexting_the_law_leaflet_trifold.pdf

Citations/references: No

Impact(s) of sexting covered by resource: Legal consequences

ADDITIONAL EUROPEAN RESOURCES

27. Israel – PureSight Online Child Safety **content appears to be American-based*

<https://www.puresight.com/>

Aims to shine a light on potential internet-based threats and provide parents with the digital tools to protect their kids online, to allow them to browse the internet openly but safely.

Sexting FAQs (Website article)

- What is sexting?
- Is sexting illegal?
- Don't teens understand the risks when they send these photos?
- Why do teens sext?
- What are the consequences of sexting?
- My child is sending nude pictures of him or herself on a mobile phone. What should I do?
- My child has received a nude image on their mobile phone. What should I do?
- Is sexting different from cyberbullying?

<https://www.puresight.com/resources/sexting-faqs/>

Sexting (Website article)

- Definition
- Prevalence
- Lingo
- Why do kids do it?
- The biology behind it

<https://www.puresight.com/resources/sexting/>

Sexting – What can be done? (Website article)

- Prevention
- After the fact

<https://www.puresight.com/resources/sexting-what-can-be-done/>

The dangers of sexting (Website article)

- Mental health, personal consequences
- Legal implications

<https://www.puresight.com/resources/the-dangers-of-sexting/>

Citations/references: No

Impact(s) of sexting covered by resource: Legal, social, emotional, and psychological consequences

UNITED STATES OF AMERICA RESOURCES

28. AASA The School of Superintendents Association

<https://www.aasa.org/home/>

Premiere organization serving leaders who can learn from each other in service of students. As leaders of public education, they have the knowledge of what works best to meet the needs and address the challenges every day for every student.

Sexting (Website article)

- What is “sexting”?
- How common is sexting?
- How does sexting affect youth?
- Are there any legal precedents regarding sexting?
- What are the ramifications for schools?
- What should school districts do?
- Resources
- Further reading

<https://www.aasa.org/content.aspx?id=3390>

Citations/references: No

Impact(s) of sexting covered by resource: Social, emotional, and legal consequences; as well as ramifications for schools

29. Be Web Smart

<https://www.bewebsmart.com/>

Website offering articles, tips, guidance, and reviews for parents who want to keep their families safe and productive online.

How to prevent anonymous sexting over AirDrop in iOS (Website article)

- How AirDrop works
- How to prevent strangers from sending photos to your iOS device using AirDrop
- How to completely disable AirDrop

<https://www.bewebsmart.com/ipod-ipad-iphone/how-to-prevent-airdrop-sexting-ios/>

Citations/references: No

Impact(s) of sexting covered by resource: Emotional consequences

30. Bradley Hospital

<https://www.bradleyhospital.org/>

Provides expert, family-focused care to children and adolescents with psychological, developmental, and behavioural problems, through a wide range of inpatient, outpatient, residential, and partial hospital programs.

Teens and sexting: What is it and what can parents do? (Website article)

- What is “sexting”?
- Why sexting matters
- Advice for parents
- More advice on what to do

<https://www.bradleyhospital.org/teens-and-sexting-what-it-and-what-can-parents-do>

Citations/references: No

Impact(s) of sexting covered by resource: Social, emotional, and legal consequences

31. California Bar Association

<https://www.calbar.ca.gov/>

Mission is to protect the public and includes the primary functions of licensing, regulation, and discipline of attorneys; the advancement of the ethical and competent practice of law; and support of efforts for greater access to, and inclusion in, the legal system.

Kids and the law: An A-Z guide for parents (Downloadable pdf article)

- What is sexting? (page 9)
- What can I do if a sexually explicit or otherwise inappropriate photo of my child or teenager turns up on a website? (page 9)
- Social networking, sexting, and cyberbullying guidance for parents in the digital age (page 9)

https://www.advancingjustice-alc.org/wp-content/uploads/2012/11/Kids_2011_English.pdf

Citations/references: No

Impact(s) of sexting covered by resource: Social, emotional, and legal consequences

32. Center for Parent/Youth Understanding (CPYU)

<https://digitalkidsinitiative.com/>

Provides information, analysis, and resources to parents, youth workers, pastors, and anyone else who longs to love and lead children and teens in today's rapidly changing cultural context.

A parent's guide to sexting (Downloadable pdf article)

- Introduction
- What is sexting? How prevalent is sexting?
- The most common sexting scenarios
- Why do kids sext?
- Legal issues and concerns
- Sexting prevention "talking points"
- A word on "sextortion"

<https://digitalkidsinitiative.com/wp-content/uploads/2015/10/Sexting-Revised-October-2015.pdf>

Citations/references: Yes

Impact(s) of sexting covered by resource: Social, emotional, and legal consequences

33. Children Without a Voice

<https://www.childrenwithoutavoic usa.org/>

Children Without A Voice USA is a grass roots, non-profit organization dedicated and determined in fighting crimes, child abuse, and neglect in America through education and advocacy.

Teen sexting: Illegal and dangerous! (Downloadable pdf pamphlet)

- Sexting definition
- Who sex texts?
- Why do teens sex text?
- Consequences
- Tips for parenting
- Resources

[https://www.childrenwithoutavoic usa.org/wp-content/uploads/pdfs/teen%20sexting%20\(2\).pdf](https://www.childrenwithoutavoic usa.org/wp-content/uploads/pdfs/teen%20sexting%20(2).pdf)

Citations/references: No

Impact(s) of sexting covered by resource: Legal, emotional, and social consequences

34. Connect Safely

<https://www.connectsafely.org/>

Non-profit organization dedicated to educating users of connected technology about safety, privacy, and security. Resources include research-based safety tips, parents' guidebooks, advice, news, and commentary on all aspects of tech use and policy. They offer in-depth guides and "quick-guides" for parents, educators, youth, and policymakers, along with resources for seniors and other adults.

Tips for dealing with teen sexting (Website and downloadable pdf article)

- Definition of sexting
- Various causes
- Possible consequences, including severe consequences
- Legal issues
- Parents, talk with your kids
- The bottom line for everybody
- Parents
- Teens

Website: <https://www.connectsafely.org/tips-for-dealing-with-teen-sexting/>

Article pdf: https://www.connectsafely.org/pdfs/sexting_tips.pdf

Citations/references: No

Impact(s) of sexting covered by resource: Social, legal, and emotional consequences

35. Cyberbullying Research Center

<https://cyberbullying.org/>

Dedicated to providing up-to-date information about the nature, extent, causes, and consequences of cyberbullying among adolescents.

Teen sexting: A brief guide for educators and parents (Downloadable pdf article)

- Definition of sexting
- High profile incidents
- Review of the research
- Requests for "nudes"
- Formal and informal responses
- What schools should do
- A call for education and outreach

<https://cyberbullying.org/sexting-research-summary.pdf>

Sexting Laws (Downloadable pdf and website article)

- Table summarizing state laws related to sexting

Article pdf: https://cyberbullying.org/pdfs/2019_Sexting_Laws.pdf

Website: <https://cyberbullying.org/sexting-laws>

It is Time to Teach Safe Sexting (Website article)

- Teen sexting is a problem
- A new paradigmatic approach – harm reduction instead of risk reduction
- Safe sex and safe sexting
- Strategies for safe sexting
- Final thoughts on the safe sexting approach
- References

<https://cyberbullying.org/it-is-time-to-teach-safe-sexting>

Citations/references: Yes

Impact(s) of sexting covered by resource: Social, emotional, and legal consequences

36. Cyberwise

<https://www.cyberwise.org/>

Resource site for busy adults seeking to help youth use tech safely and wisely.

Sexting (Website article)

- Definition of sexting
- Links to additional resources

<https://www.cyberwise.org/sexting>

When sexting goes wrong: What if your child's nude selfie goes viral? (Website article)

- How to remove a naked selfie after it goes public
- The 4 most important parties to contact

<https://yourteenmag.com/technology/when-sexting-goes-wrong>

Citations/references: No

Impact(s) of sexting covered by resource: Legal and social consequences

37. Healthy Teens Magazine

<https://healthyteens.ca/>

Presents articles on crucial issues facing teens and their parents, written by professionals in fields such as Addictions and Mental Health.

Sexting teens (Website article)

- Definition of sexting
- Why are teens sexting?
- How many teens are sexting?
- For parents

<https://healthyteens.ca/sexting-teens/>

Citations/references: No

Impact(s) of sexting covered by resource: Social, legal, and future education/career consequences

38. Microsoft

<https://www.microsoft.com/en-us/download>

Technology company dedicated to advancing human and organizational achievement.

Let's get real about sexting (Downloadable pdf article)

- Definition of sexting
- Reasons for sexting
- Sexting consequences
- Advice for parents: Talk with your kids
- Lay the groundwork
- Talk about sexting

https://download.microsoft.com/download/6/E/6/6E6860BB-1F2B-4A6D-B800-8391515E66D8/GetRealAboutSexting_FactSheet_online.pdf

Citations/references: Yes

Impact(s) of sexting covered by resource: Legal and social consequences

39. NetSmartz

<https://www.missingkids.org/netsmartz>

Online safety education program providing age-appropriate videos and activities to help teach children to be safer online with the goal of helping children to become more aware of potential online risks and empowering them to make safer choices on- and offline.

Sexting and sextortion (Website article)

- The issue
- By the numbers
- How to talk about it
- Recommended resources

<https://www.missingkids.org/netsmartz/topics/sexting>

Talking to teens about sexting (Website and downloadable English and Spanish pdf articles)

- Definition of sexting
- The risks
- How to talk about it
- If your child's image is already out there

Website: <https://www.missingkids.org/blog/2019/post-update/talking-to-teens-about-sexting>

English pdf:

<https://www.missingkids.org/content/dam/netsmartz/downloadable/tipsheets/Talking%20to%20Teens%20About%20Sexting.pdf>

Spanish pdf:

<https://www.missingkids.org/content/dam/netsmartz/downloadable/tipsheets/Talking%20to%20Teens%20About%20Sexting%20ES.pdf>

Sexting: What you should know, how you should respond (Website article)

- Is your teen sexting?
- The basics
- Why do people sext?
- What to do if it happens
- Resources

<https://www.missingkids.org/blog/2019/post-update/sexting-what-you-should-know-how-you-should-respond>

Sextortion: What parents should know (Downloadable pdf article)

- Definition of sextortion
- Who are the perpetrators?
- How does it happen?
- When it's an unknown offender vs. when it's someone known
- What can I do about it?

<https://www.missingkids.org/content/dam/netSMARTZ/downloadable/sextortion-what-parents-should-know.pdf>

Citations/references: Yes

Impact(s) of sexting covered by resource: Emotional, social, future education/career, and legal consequences

40. Norfolk Advocates for Children

<https://norfolkadvocatesforchildren.com/index.html>

Member of the Massachusetts Children's Alliance, providing child friendly, culturally competent, specialized services for child abuse victims and their non-offending families.

Sexting resource sheet for parents (Downloadable pdf article)

- Sexting
- Prevention
- What can you do?
- Websites and online resources

<https://campussuite-storage.s3.amazonaws.com/prod/1213978/583ade96-581b-11e7-99ef-124f7febbf4a/1705723/6ad0c77e-17fa-11e8-851e-129a91750400/file/SEXTINGRESOURCESHEETFORPARENTS7.pdf>

Citations/references: No

Impact(s) of sexting covered by resource: Social and emotional consequences

41. Very Well Family

<https://www.verywellfamily.com/>

Offers a realistic and friendly approach to pregnancy and parenting, with a library of more than 5,000 pieces of content, written by more than 100 healthcare professionals and industry experts. Information is also vetted by board-certified physicians.

Why is sexting a problem for teens? (Website article)

- Why is sexting a problem?
- Reasons for sexting
- How can parents prevent sexting?
- Topics to discuss with your child

<https://www.verywellfamily.com/what-is-sexting-problem-1258921>

Citations/references: No

Impact(s) of sexting covered by resource: Social, emotional, and legal consequences

Appendix B: Resources for Youth

CANADIAN RESOURCES
<p>1. BC Society of Transition Houses https://bcsth.ca/ Member-based, provincial umbrella organization that, through leadership, support and collaboration, enhances the continuum of services and strategies to respond to, prevent, and end violence against women, children, and youth.</p> <p>Misusing communication: Texting and sexting (Downloadable pdf article)</p> <ul style="list-style-type: none"> • Texting too much • Sexting • Sexting can also have legal consequences • Reading someone else’s texts • Threats over text • What can I do? <p>https://bcsth.ca/wp-content/uploads/2019/03/6.3-Misusing-Communication_Texting-and-Sexting.pdf</p> <p>Citations/references: No Impact(s) of sexting covered by resource: Relational, legal, and emotional consequences</p>
<p>2. Canadian Centre for Child Protection – Cybertip.ca https://www.cybertip.ca/app/en/ Charitable organization dedicated to the personal safety of all children. Their goal is to reduce child victimization by providing national programs and services to the Canadian public to help Canadians keep themselves and their families safe while using the internet.</p> <p>It is a big deal Grades 9-12 activity book (Downloadable pdf activity book)</p> <ul style="list-style-type: none"> • Stereotypes • Dating relationships • Sexting • Sexual consent • Sexual violence • The Law – It is a BIG deal • Uncomfortable situations • Answer key • Getting help <p>https://www.cybertip.ca/pdfs/ItisaBigDeal_en.pdf</p> <p>Citations/references: No Impact(s) of sexting covered by resource: Social and emotional consequences</p>

3. Kids Help Phone

<https://kidshelpphone.ca/>

Canada's only 24/7, national support service, offering professional counselling, information, and referrals and volunteer-led, text-based support to young people in both English and French. Can be accessed by phone, text, mobile app, or through their website.

What is sexting? (Website article)

- Definition
- Prevalence of sexting among youth
- Motivations for sexting
- I'm thinking about sending a sext – questions to ask yourself

<https://kidshelpphone.ca/get-info/what-sexting/>

Sexting: Privacy and the law (Website article)

- Privacy and technology
- Sexting and the law
- Talking to a lawyer
- How to find a lawyer
- If you need to involve the law

<https://kidshelpphone.ca/get-info/sexting-privacy-and-law/>

Sexting and consent: Important facts to know (Website article)

- What is the age of consent?

<https://kidshelpphone.ca/get-info/sexting-and-consent-important-facts-know/>

Sexting basics: How to stay safe (Website article)

- Tips for safer sexting
- What to do if...
- What's the difference between sexting and...

<https://kidshelpphone.ca/get-info/sexting-basics-how-stay-safe/>

Pic'd: A decision game about sexting (Online game)

- Online game

<https://kidshelpphone.ca/get-info/picd-a-decision-game-about-sexting>

Citations/references: No

Impact(s) of sexting covered by resource: Legal, emotional, and social consequences

4. MediaSmarts

<https://mediasmarts.ca/>

Canadian not-for-profit charitable organization for digital and media literacy. Their vision is that children and youth have the critical thinking skills to engage with media as active and informed digital citizens.

Help! Someone shared a photo of me without my consent! (Downloadable pdf article)

- Tip Sheet for youth

https://mediasmarts.ca/sites/default/files/tip-sheet/tipsheet_photo-no-consent.pdf

On the loose: A guide to life online for post-secondary students (Downloadable pdf article)

- Supports young adults who are experiencing both new freedoms and challenges in their post-secondary life
- Sexting discussed on page 14

https://mediasmarts.ca/sites/default/files/guides/on_the_loose.pdf

Citations/references: No

Impact(s) of sexting covered by resource: Legal, emotional, and social consequences; positive relational outcomes

5. Ontario Women's Justice Network

<https://owjn.org/>

Project of [METRAC](#) Action on Violence. METRAC works with individuals, communities, and institutions to change ideas, actions, and policies with the goal of ending violence against women and youth.

Sexting and the law about sharing intimate images (Website article)

- What does "intimate image" mean?
- Is "sexting" illegal?
- I am worried there is a sexual picture/video of me online: What can I do?
- Get more help and information

<https://owjn.org/2019/05/sexting-and-the-law-about-sharing-intimate-images/>

Citations/references: Yes

Impact(s) of sexting covered by resource: Legal consequences

6. Ottawa Police Service

<https://www.ottawapolice.ca/en/index.aspx>

Committed to protecting the safety and security of their communities.

Sexting: It's your future! Think B4 you text (Downloadable pdf PowerPoint)

- Quick facts on texting and social media use
- What is sexting?
- How's it being done?
- Who's doing it?
- Why is it happening?
- Dangers of sexting
- Consequences
- What can you do?
- Internet safety
- Cyberbullying
- Tips for dealing with cyberbullies

http://www.ottawacspa.ca/cspa/images/resources/parenting_now/cspa-pn-sexting.pdf

Citations/references: No

Impact(s) of sexting covered by resource: Emotional, social, future employment, and legal consequences

7. Scarleteen

<https://www.scarleteen.com/>

Provides inclusive, comprehensive, supportive sexuality and relationships information for teenagers and emerging adults.

This guide to sexual grooming can protect you and your friends from online abusers (Website article)

- What is sexual grooming?
- The steps of grooming
- Red flags and warning signs
- Next steps – where to get help and reporting options

https://www.scarleteen.com/article/abuse_and_assault/this_guide_to_sexual_grooming_can_protect_you_and_your_friends_from_online

Citations/references: No

Impact(s) of sexting covered by resource: Emotional and legal consequences

8. Sexuality and U – The Society of Obstetricians and Gynaecologists of Canada

<https://www.sexandu.ca/>

Provides accurate, credible, and up-to-date information and education on topics related to sexual and reproductive health. SexandU.ca is an initiative of the Society of Obstetricians and Gynaecologists of Canada, Canada's leading authority on sexual and reproductive health.

Online safety (Website article)

- Tips to protect yourself online
- Advice from the Royal Canadian Mounted Police (RCMP) on cyberbullying
- Resources

<https://www.sexandu.ca/consent/online-safety/>

Citations/references: No

Impact(s) of sexting covered by resource: Social and legal consequences

9. University of Fraser Valley

<https://www.ufv.ca/>

Fully accredited, public university that enrolls approximately 15,000 students per year.

Sexting (Downloadable pdf article)

- What is sexting?
- How common is sexting?
- Laws relevant to sexting
- Why is sexting happening?
- How can parents or other adults intervene?
- Things students should know

<https://www.comservice.bc.ca/sites/default/files/files/YFCI%20SR%20Sexting.pdf>

Citations/references: No

Impact(s) of sexting covered by resource: Legal and social consequences

10. University of Toronto

<https://www.utoronto.ca/>

One of the world's top research-intensive universities, driven to invent and innovate.

Awareness campaign on non-consensual sharing of intimate images and safety (Website article)

- Brief video on privacy and safety
- Safety tips and ideas
- Video on taking a stand against “revenge porn”
- Informal survey on non-consensual sharing of intimate images
- Research findings from Media Smarts (see above for full report)

<https://www.communitysafety.utoronto.ca/sexting-safety-awareness-campaign/>

Citations/references: Yes

Impact(s) of sexting covered by resource: Social and legal consequences

AUSTRALIAN RESOURCES**11. ESafety Commissioner**

<https://www.esafety.gov.au/>

Empowering all Australians to have safer, more positive experiences online through a wide range of online safety programs and resources.

Being pressured to send nudes (Website article and video)

- What to do
- Video – Send noods, not nudes

<https://www.esafety.gov.au/young-people/being-pressured-to-send-nudes>

My nudes have been shared (Website article)

- What to do

<https://www.esafety.gov.au/young-people/my-nudes-have-been-shared>

Receiving unwanted nudes (Website article)

- What to do

<https://www.esafety.gov.au/young-people/receiving-unwanted-nudes>

Citations/references: Yes

Impact(s) of sexting covered by resource: Emotional, social, and legal consequences

12. Get the Facts

<https://www.getthefacts.health.wa.gov.au/>

Aims to provide accurate and reliable information on sexual health, blood-borne viruses, and relationships for young people aged 13-17 years in Western Australia.

Sexting (Website article)

- Definition
- What are the laws?
- Emotional consequences
- What to do if a “private” sext goes public
- What to do if someone sends you an unwanted sext
- Where to go for help
- More information

<https://www.getthefacts.health.wa.gov.au/keeping-safe/sexting>

Citations/references: No

Impact(s) of sexting covered by resource: Legal, emotional, and social consequences

13. Youth Law

<https://youthlaw.asn.au/>

Works to address the legal issues facing young people through legal services, advocacy, law reform, and preventative education programs, within a human rights and social justice framework.

Sexting or sharing sexual images online (Website and downloadable pdf article)

- What is sexting?
- When is it illegal to take, keep, or share sexual images?
- What makes something child pornography?
- What if I am under 18 and I take or keep sexual images of myself or someone else who is under 18?
- What are the penalties?
- What should I do if someone sends me an illegal photo or video?
- Resources

Website: <https://youthlaw.asn.au/learn-about-the-law/sexting/>

Article pdf: <https://youthlaw.asn.au/learn-about-the-law/sexting/?pdf=7928>

Citations/references: No

Impact(s) of sexting covered by resource: Legal consequences

UNITED KINGDOM RESOURCES

14. BISH United Kingdom

<https://www.bishuk.com/>

BISH is a guide to sex, love, and you for everyone over 14, offered by a qualified youth worker and sexual health trainer.

How to be good at sexting (Website article)

- Remember the law
- Asking to sext
- What kind of sexting do you want to do?
- What are you going to do with the sexts?
- How to get started
- When and how long
- Setting the scene
- How to take a good picture
- Pictures – go beyond basic
- Lastly – good = ethical

<https://www.bishuk.com/porn/how-to-be-good-at-sexting/>

Sexting, consent, and the law (Website article)

- It's illegal for under 18s
- Other people may see
- Safer sexting
- How to report it

<https://www.bishuk.com/porn/sexting-2/>

Citations/references: No

Impact(s) of sexting covered by resource: Legal consequences and positive relational outcomes

15. South West Grid for Learning Trust

<https://swgfl.org.uk/>

Not-for-profit charity ensuring everyone can benefit from technology, free from harm.

So you got naked online: A resource provided by South West Grid for Learning (Downloadable pdf comic book)

- What does “sexting” mean?
- Consensual or non-consensual
- Sharing pictures
- All about trust
- Where your picture might be
- Will I get in trouble?
- Who can help me?
- The future
- Organizations that can help
- Self-care tips

<https://swgfl.org.uk/assets/documents/so-you-got-naked-online.pdf>

Citations/references: No

Impact(s) of sexting covered by resource: Emotional, social, and legal consequences

UNITED STATES OF AMERICA RESOURCES

16. Administration for Children and Families

<https://www.acf.hhs.gov/>

Promotes the economic and social well-being of families, children, individuals, and communities.

Family and Youth Service Bureau Adolescent Pregnancy Prevention Program

<https://teenpregnancy.acf.hhs.gov/>

Supports state, Tribal, and community efforts to promote sexual risk avoidance and personal responsibility education to prevent pregnancy, non-marital sexual activity, and the spread of sexually transmitted diseases among adolescents.

Teen Sexting: Think twice before you hit “send” (Downloadable pdf English and Spanish comic)

- What is sexting?
- How many teens sext?
- Why is it risky?
- How can I prevent it?
- I received or sent a sext. Now what?

English pdf: https://teenpregnancy.acf.hhs.gov/sites/default/files/resource-files/SextingInfographicWeb_final.pdf

Spanish pdf: https://teenpregnancy.acf.hhs.gov/sites/default/files/resource-files/SpanishSextingInfographicWeb_final.pdf

Citations/references: Yes

Impact(s) of sexting covered by resource: Legal and emotional consequences

17. A Thin Line Campaign (MTV)

<http://www.athinline.org/>

Developed to empower individuals to identify, respond to, and stop the spread of digital abuse in their lives. The campaign is built on the understanding that there's a "thin line" between what may begin as a harmless joke and something that could end up having a serious impact.

Sexting: What is it? (Website article)

- 3 questions to ask yourself about sexting: 1) Was this my idea?; 2) Where will this picture end up?; 3) What was going on when this pic was taken?
- What could happen?
- Draw your line

<http://www.athinline.org/facts/sexting>

Citations/references: No

Impact(s) of sexting covered by resource: Social consequences

18. Common Sense Media

<https://www.commonsensemedia.org/>

Leading source of entertainment and technology recommendations for families and schools, helping them navigate the digital world with their kids. Together with policymakers, industry leaders, and global media partners, they are building a digital world that works better for all kids, their families, and their communities.

Send me a nudie? ;)...Promise not to share? (Downloadable pdf workbook)

- What others have done when faced with the decision to engage in sexting
- How the technology works and what the actual risks are
- What steps you can take to gain back some control over a situation that feels out of control
- Whether your fears of getting into trouble are realistic
- The impact on your future and what you can do about it
- How to get support and advice from organizations that are there to help with just this sort of issue

https://www.commonsensemedia.org/sites/default/files/uploads/landing_pages/sexting_handbook_ce_1020_1_.pdf?utm_source=twitter&utm_medium=csm

Citations/references: No

Impact(s) of sexting covered by resource: Emotional, social, and legal consequences

19. National Crime Prevention Council

<http://archive.ncpc.org/>

Mission is to be the nation's leader in helping people keep themselves, their families, and their communities safe from crime; produces tools that communities can use to learn crime prevention strategies, engage community members, and coordinate with local agencies.

Cyberbullying and sexting on social media (Website article)

- What does cyberbullying look like?
- What to do if you or someone you know is being cyberbullied
- Sexting
- Legal implications

<http://archive.ncpc.org/programs/living-safer-being-smarter/surfing-safer/cyberbullying-and-sexting-on-social-media.html>

Citations/references: Yes

Impact(s) of sexting covered by resource: Emotional, social, and legal consequences

20. NetSmartz

<https://www.missingkids.org/netsmartz/home>

Online safety education program providing age-appropriate videos and activities to help teach children to be safer online with the goal of helping children to become more aware of potential online risks and empowering them to make safer choices on- and offline.

Think before you send: Tips to prevent sexting for teens (Website article)

<https://www.missingkids.org/blog/2019/post-update/tips-to-prevent-sexting-for-teens>

Think before you send (Downloadable pdf English and Spanish articles)

- Think about the consequences
- Never take...
- Before hitting send
- If you forward...
- If anyone pressures...

English pdf:

<https://www.missingkids.org/content/dam/netSMARTZ/downloadable/tipsheets/Think%20Before%20You%20Send.pdf>

Spanish pdf:

<https://www.missingkids.org/content/dam/netSMARTZ/downloadable/tipsheets/Think%20Before%20You%20Send%20ES.pdf>

You sent a sext. Now what? (Downloadable pdf English and Spanish articles)

- Comic describing scenario
- Report
- Get support
- Don't give up
- What if I'm being blackmailed?

English pdf:

https://www.missingkids.org/content/dam/netSMARTZ/downloadable/tipsheets/You_Sent_A_Sext_Now_What.pdf

Spanish pdf:

https://www.missingkids.org/content/dam/netSMARTZ/downloadable/tipsheets/You_Sent_A_Sext_Now_What_es.pdf

Citations/references: No

Impact(s) of sexting covered by resource: Emotional, social, and legal consequences

21. Planned Parenthood

<https://www.plannedparenthood.org/>

Trusted healthcare provider, an informed educator, a passionate advocate, and a global partner helping similar organizations around the world; delivers vital reproductive health care, sex education, and information to millions of women, men, and young people worldwide.

All about sexting (Website article)

- What is sexting?
- What should I do if someone asks me to sext them?
- How can I keep my pictures and messages private?
- Someone sent me a sext or naked pic. What should I do?

<https://www.plannedparenthood.org/learn/teens/bullying-safety-privacy/all-about-sexting>

Citations/references: No

Impact(s) of sexting covered by resource: Social, privacy, and legal consequences

Appendix C: Resources for Educators

CANADIAN RESOURCES
<p>1. BC Civil Liberties Association https://bccla.org/ Actively advancing human rights and civil liberties through litigation, law reform, community-based legal advocacy, and public engagement and education for the last half century.</p> <p>Rights talk: Students and civil liberties at school (Downloadable pdf article)</p> <ul style="list-style-type: none"> Chapter 4: Technology and civil liberties – sexting, child pornography, video surveillance <p>https://bccla.org/wp-content/uploads/2013/11/2013-Handbook-Rights-Talk.pdf</p> <p>Citations/references: Yes Impact(s) of sexting covered by resource: Legal consequences</p>
<p>2. Canadian Centre for Child Protection – Cybertip.ca https://www.cybertip.ca/app/en/ Charitable organization dedicated to the personal safety of all children. Their goal is to reduce child victimization by providing national programs and services to the Canadian public to help Canadians keep themselves and their families safe while using the internet.</p> <p>It is a big deal Grades 9-12 activity book (Downloadable pdf activity book)</p> <ul style="list-style-type: none"> Sexting Sexual consent and sexual violence The Law – It is a BIG deal Uncomfortable situations Answer key Getting help <p>https://www.cybertip.ca/pdfs/ItisaBigDeal_en.pdf</p> <p>Citations/references: No Impact(s) of sexting covered by resource: Social and emotional consequences</p>
<p>3. Canadian Teacher Magazine <i>*must register for complete access</i> https://canadianteachermagazine.com/ Provides Canadian teachers informative articles on instructional strategies and methodology, classroom management, professional development, and national and international issues.</p> <p>Five lessons on sexting: The naked truth about sexting (Website article)</p> <ul style="list-style-type: none"> Lesson 1: The internet is public Lesson 2: The internet is not within your sphere of control Lesson 3: The internet is viral Lesson 4: What goes on the internet stays on the internet Lesson 5: Negative publicity on the internet can cost you <p>https://canadianteachermagazine.com/2009/11/11/five-lessons-on-sexting-the-naked-truth-about-sexting/</p>

Citations/references: No

Impact(s) of sexting covered by resource: *Must register for complete access (could only access at one time point)*

4. Durham Region

<https://www.durham.ca/en/>

Website linking residents to health and wellness information.

Consent, Sexual Assault, and Sexting – Grade 9 (Downloadable pdf full lesson plan)

- Overall expectation
- Specific expectation
- Learner outcome
- Materials
- Introduction
- Approaches/strategies
- Types of sexual assault
- For students – handouts, exercises
- For teachers – student assessment
- True/false flash card activity
- Healthy/unhealthy/abusive relationship posters
- Sexual assault/relationship violence scenarios
- Consequences of sexting handout

<https://www.durham.ca/en/health-and-wellness/resources/Documents/SexualHealth/SEXedManual/grade9/consentSexualAssaultSexting.pdf>

Consent, Sexual Assault, and Sexting – Grade 9 (Downloadable PowerPoint presentation)

- Sexual assault – definition, types
- Healthy, unhealthy, abusive relationships – signs
- Relationship violence and sexual assault scenario questions
- Where to get help
- Sexting and the law – child pornography, sexting, and Canadian law

<https://www.durham.ca/en/health-and-wellness/resources/Documents/SexualHealth/SEXedManual/grade9/consentSexualAssaultSexting.ppt>

[x](#)

Citations/references: Yes

Impact(s) of sexting covered by resource: Social and legal consequences

5. Government of Canada – Status of Women Canada

<https://cfc-swc.gc.ca/index-en.html>

Works to advance equality for women by focusing on three priority areas: increasing women's economic security and prosperity; encouraging women's leadership and democratic participation; and ending gender-based violence.

Cyberbullying and online sexual exploitation in the lives of girls and young women workshop overview (Website article)

- Background
 - Key insights – some forms of cyberbullying and online sexual exploitation are gender-based violence; cyberbullying and online sexual exploitation, particularly sexting, is increasing as children and youth rely on more technology
 - Considerations for addressing the issues: effective approaches to prevent and respond to cyberbullying and online sexual exploitation involve multi-faceted and multi-sectoral efforts; seeking youth input is an essential piece of the puzzle in understanding and addressing the issues
- <https://cfc-swc.gc.ca/abu-ans/wwad-cqnf/girls-filles/cyber-en.html>

Citations/references: Yes

Impact(s) of sexting covered by resource: Legal consequences

6. McCreary Centre Society

<http://www.mcs.bc.ca/>

Non-government not-for-profit organization committed to improving the health of British Columbia youth through research, evaluation, and community-based projects.

Sexual health of youth in BC (Downloadable pdf article)

- Sexting, page 29 – definition, research findings on youth behaviour, sexting correlates
- http://www.mcs.bc.ca/pdf/AHSV_sexual_health.pdf

Citations/references: Yes

Impact(s) of sexting covered by resource: Safety concerns and social consequences

7. MediaSmarts

<https://mediasmarts.ca/>

Canadian not-for-profit charitable organization for digital and media literacy. Their vision is that children and youth have the critical thinking skills to engage with media as active and informed digital citizens. Through their work they support adults with information and tools so they can help children and teens develop the critical thinking skills they need for interacting with the media they love.

A guide for trusted adults (Downloadable pdf article)

- Who is this guide for?
- Why worry about cyberviolence?
- What not to do
- What to say and what to do – online harassment, online relationships, sexting, what's the law?
- The bigger picture
- Conversation starters
- Looking after yourself: Five tips for keeping stress under control

<https://mediasmarts.ca/sites/default/files/guides/ywca-guide-for-trusted-adults.pdf>

Rethinking approaches to sexting: Insights from Canadian data - Non-consensual sharing of sexts: Behaviours and attitudes of Canadian youth (Downloadable pdf report and PowerPoint)

- Prevalence of sexting behaviours
- Non-consensual sharing of sexts
- Factors associated with non-consensual sharing of sexts
- Parents, educators, and legal consequences
- Associated factors of sexting

Report pdf: <https://mediasmarts.ca/sites/mediasmarts/files/publication-report/full/sharing-of-sexts.pdf>

PowerPoint pdf: <http://www.oecd.org/sti/ieconomy/workshop-protection-children-connected-world-1-1c-johnson.pdf>

Citations/references: Yes

Impact(s) of sexting covered by resource: Psychological, social, and legal consequences

8. Ontario Principals Council Communicator

<https://www.principals.ca/en/>

Voluntary, professional association representing practising principals and vice-principals in Ontario's publicly funded schools. Their goal is to provide individuals with the professional services and supports they need to provide exemplary leadership in public education.

Understanding sexting (Downloadable pdf article)

- Life consequences
- School consequences
- Legal consequences

<https://www.principals.ca/en/who-we-are/resources/Documents/Understanding-Sexting-.pdf>

Citations/references: Yes

Impact(s) of sexting covered by resource: Future employment, social, and legal consequences, as well as consequences for schools

9. Public Legal Education and Information Service of New Brunswick (PLEIS-NB)

<http://www.legal-info-legale.nb.ca/en/>

Non-profit organization and a registered charity with the mandate to develop bilingual educational products and services about the law for the general public in order to promote access to the legal system. Their goal is to assist the public in identifying and understanding their legal rights and responsibilities, and attaining self-help skills to improve their ability to deal with legal issues.

Child internet safety: A guide for parents, caregivers, teachers, and others who work with children and youth (Downloadable pdf article)

- Section 1: Know the technology – know the jargon
- Section 2: Know the risks
- Section 3: Know the law
- Section 4: Know what you can do to protect children

http://www.legal-info-legale.nb.ca/en/uploads/file/pdfs/Safety_on_the_Internet_Parents_Guide_EN.pdf

<p>Citations/references: Yes Impact(s) of sexting covered by resource: Privacy issues, legal, and social consequences</p>
<p>10. Scarleteen https://www.scarleteen.com/ Provides inclusive, comprehensive, supportive sexuality and relationships information for teenagers and emerging adults.</p> <p>The Cutting Room Floor: On Sexting (Q&A with Tracy Clark-Flory or Salon.com) (Website article)</p> <ul style="list-style-type: none"> • Where does “sexting” fall within teenage sexual development? • Can it be a healthy form of teenage sexual self-expression? • Is it reasonable or fair to allow that some teenagers will have sex but not that they will engage in this type of sexual experimentation? • How does the internet and other technology play a role in teenagers’ sexual development? • What are the main dangers of “sexting” and how should parents address concerns about that type of behaviour? • Is there any difference in the way this behaviour potentially impacts girls as opposed to boys? <p>https://www.scarleteen.com/blog/heather_corinna/2009/09/30/the_cutting_room_floor_on_sexting</p> <p>Citations/references: No Impact(s) of sexting covered by resource: Developmental, legal, and gendered consequences</p>
<p>11. The Sex Information & Education Council of Canada http://sieccan.org/ Registered not-for-profit charitable organization that works with educators, health professionals, community organizations, governments, and other partners to promote the sexual and reproductive health of Canadians. A core objective of SIECCAN is to increase the capacity of educators and institutions that deliver education and healthcare to Canadians to provide comprehensive sexual health education.</p> <p>Sexual health education in the schools: Questions and answers, updated 2015 Ontario edition (Downloadable pdf article)</p> <ul style="list-style-type: none"> • Should learning about the risks of sexting and online pornography be integrated into school-based sexual health education? <p>http://sieccan.org/wp-content/uploads/2018/05/SIECCAN-QA-Sexual-health-education-in-the-schools-2015-Ontario.pdf</p> <p>Citations/references: Yes Impact(s) of sexting covered by resource: Legal consequences</p>
<p>12. Sexuality and U – The Sex Information and Education Council of Canada https://www.sexandu.ca/ Provides accurate, credible, and up-to-date information and education on topics related to sexual and reproductive health. SexandU.ca is an initiative of the Society of Obstetricians and Gynaecologists of Canada, Canada’s leading authority on sexual and reproductive health.</p>

Sexting: Considerations for Canadian youth (Downloadable pdf article)

- How common is sexting among teens?
- Why do teens sext?
- Sexting and Canadian law
- Sexting: Different scenarios
- Privacy issues
- Take home messages

<http://web1.nbed.nb.ca/sites/ASD-E/schools/bmhs/school-news/Documents/WebPage.pdf>

Citations/references: Yes

Impact(s) of sexting covered by resource: Legal consequences and privacy issues

13. Teen Talk

<http://teentalk.ca/>

Youth Health Education Program providing services for youth from a harm reduction, prevention education perspective. They focus on sexuality, reproductive health, body image, substance use awareness, mental health, issues of diversity, and anti-violence issues. They adhere to the belief that by providing youth with accurate, non-judgemental information they can make healthier decisions and choices for themselves.

Teen Talk Activities Binder (Downloadable pdf article)

- Sexting framed as: “fun/safe activity” to avoid pregnancy and sexually transmitted infections; and sexual abuse when sexting is unwanted and/or forced

<http://teentalk.ca/wp-content/uploads/2014/05/Teen-Talk-Activities-Binder-20172.pdf>

Citations/references: No

Impact(s) of sexting covered by resource: Emotional, sexual, physical, spiritual, and financial consequences

14. West Coast Legal Education and Action Fund

<http://www.westcoastleaf.org/>

Offers trusted legal voices, respected advocates, and passionate educators on gender equality and human rights issues to expose and challenge discriminatory policies and practices; dedicated to using the law as a strategy to work towards an equal and just society for all women and people who experience gender-based discrimination.

#CyberMisogyny: Using and strengthening Canadian legal responses to gendered hate and harassment online (Downloadable pdf article)

- Chapter 1: “Revenge porn” and the non-consensual distribution of intimate images
- Chapter 2: Teen “sexting” and sexualized online bullying
- Chapter 3: Online sexual exploitation of children and youth
- Chapter 4: Cyberstalking
- Chapter 5: Hate speech and advocating gender-based violence online
- Appendix: List of recommendations

<http://www.westcoastleaf.org/wp-content/uploads/2014/10/2014-REPORT-CyberMisogyny.pdf>

Is that legal? Understanding Canadian law about issues of online harassment, exploitation, and abuse (Downloadable pdf article)

- Revenge porn
- Sexting and child pornography
- Cyberstalking
- Sexual exploitation and internet luring
- Resources

<https://static1.squarespace.com/static/5241e71de4b0dd06055b6730/t/54da69cbe4b0ddd496ad3bc3/1423600150744/Cyber+Misogyny+Legal+Guide+FINAL.pdf>

Citations/references: No

Impact(s) of sexting covered by resource: Legal consequences

AUSTRALIAN RESOURCES

15. Australian Government Australian Institute of Criminology

<https://www.aic.gov.au/>

Australia's national research and knowledge centre on crime and justice seeking to promote justice and reduce crime by undertaking and communicating evidence-based research to inform policy and practice.

Sexting among young people: Perceptions and practices (Website and downloadable pdf article)

- Research report on sexting among youth
- Definition of sexting
- Rates of sexting
- Sexting behaviour
- Results from current study – prevalence and context of sexting among youth

Website article: <https://www.aic.gov.au/publications/tandi/tandi508>

Article pdf: <https://www.aic.gov.au/sites/default/files/2020-05/tandi508.pdf>

Sexting: What does the research say? (Downloadable pdf article)

- Definition of sexting
- Description of literature review undertaken
- Prevalence of sexting among youth and adults
- Facts about sexting
- What next?
- Further reading and resources

<https://aifs.gov.au/cfca/2018/02/16/sexting-what-does-research-say>

Citations/references: Yes

Impact(s) of sexting covered by resource: Positive relationship outcomes and social consequences

16. Australian Psychological Society (APS)

<https://www.psychology.org.au/>

Advocate for the profession of psychology, support high standards, promote community well-being, and are dedicated to providing benefits to support members.

Sexting among minors: The potential for harm (Website article)

- Definition of sexting
- Concerns about youth sexting
- The potential harm from sexting
- Protecting young people from possible harms
- APS recommendations to the Senate Inquiry

<https://www.psychology.org.au/inpsych/2013/october/sexting>

Citations/references: Yes

Impact(s) of sexting covered by resource: Risks to privacy and confidentiality; social, legal, and developmental consequences

17. Growing and Developing Healthy Relationships – Government of Western Australia Department of Health

<https://gdhr.wa.gov.au/>

Long-standing educational curriculum and teaching resource funded by the Western Australian Department of Health (WA Health). The website is designed to support teachers, school nurses, and schools to provide positive and comprehensive sexual health and relationships education.

Sexting – lesson plan for year 9 (Website, downloadable pdf/doc lesson plan, and video)

- Decision-mapping process to explore situations where people might be asked to send a sext
- Emotional, social, ethical, and legal consequences of sending or not sending a sext
- Image-based abuse laws and where to go for help
- Worksheet: Make cyberspace a better place. What do you think?
- Worksheet: What would I do?
- YouTube Video: Alarmed

Lesson plan website: <https://gdhr.wa.gov.au/-/sexting>

Lesson plan pdf:

https://gdhr.wa.gov.au/c/portal/journal_content_docmosis/export_article?groupId=10184&articleId=123811&filename=Sexting&extension=pdf

Lesson plan doc:

<https://gdhr.wa.gov.au/documents/10184/Make%20cyberspace%20a%20better%20place.%20What%20do%20you%20think/253520/930e1e2b-487b-4905-ba28-4fcf4a9ef253?t=1605886127830>
<https://gdhr.wa.gov.au/documents/10184/What%20would%20I%20do/253520/25249669-3c4b-4ede-8a26-cbfee1319e4?t=1605886127830>

Lesson plan video:

<https://www.youtube.com/watch?v=uQxJqbdXw9s&list=UUdv8domEzeDFPchhXk56V4w>

Background teacher notes/Guide: Dealing with disclosures (Website lesson plan)

- Overview
- Protective interrupting
- Disclosures of abuse
- Responding to a child disclosing abuse
- Who can assist in child abuse matters?
- Looking at yourself
- Professional development
- Teaching protective behaviours to children
- Related policies, guidelines, and recommendations
- Further reading

<https://gdhr.wa.gov.au/-/dealing-with-disclosur-1>

Background teacher notes/Guide: Sexting (Website lesson plan)

- Overview
- Legal issues
- Psychological consequences
- Relevant resources

<https://gdhr.wa.gov.au/-/cyberworld-sexting>

Sexting: To send or not to send – lesson plan for years 8, 9, or 10 (Website, downloadable pdf lesson plan, and videos)

- Video and decision-mapping to explore situations where people might be asked to send a sext
- Emotional, social, ethical, and legal consequences of sending or not sending a sext
- Image-based abuse laws and where to go for help
- YouTube video: Get the facts – sexting
- Video: Image-based abuse
- PowerPoint: To send or not to send
- Worksheet: To send or not to send

Lesson plan website: <https://gdhr.wa.gov.au/-/sexting-to-send-or-not-to-send>

Lesson plan video: <https://www.youtube.com/watch?v=aaMr7y8pcmY>

Lesson plan website and video: <https://www.esafety.gov.au/key-issues/image-based-abuse>

Lesson plan PowerPoint:

https://gdhr.wa.gov.au/documents/10184/To%20send%20or%20not%20to%20send%20PP_teacher%20resource%20%284.88MB%29/253516/a1e480fd-1aeb-ce1e-6e84-0672bdc23461?t=1605886617154

Lesson plan doc:

https://gdhr.wa.gov.au/documents/10184/To%20send%20or%20not%20to%20send_take%20home%20activity.docx/253516/ecbddd95-ce8f-8624-de19-50ffcb7382d6?t=1605886822040

Citations/references: No

Impact(s) of sexting covered by resource: Emotional, social, ethical, and legal consequences

18. Kids Helpline

<https://kidshelpline.com.au/>

Australia's only free, confidential, 24/7 online and phone counselling service for young people aged 5 to 25. Qualified counsellors are available via WebChat, phone, or email anytime and for any reason.

Sexting lesson plan: Sexting lesson 1, years 10-12 (Downloadable pdf lesson plan)

- Background
- Learning objectives
- Resources for the lesson
- Additional resources

<https://files.clickviewapp.com/v1/files/f0b397c602a24a97bd1cedf35b646d2f>

Citations/references: No

Impact(s) of sexting covered by resource: Social, economic/future, and legal consequences

19. ThinkUKnow

<https://www.thinkuknow.org.au/>

National program delivering online child safety information in schools and organizations to parents, carers, teachers, and students from the first year of school to Year 12. The ThinkUKnow program gives parents, carers, teachers, and students information on how to stay safe online, including avoiding unwanted contact, online grooming, self-generated content, sexual extortion, and how to get help.

Sexting educational video – Megan's story (Downloadable pdf article and video)

- Definition of sexting
- Rates of sexting among youth
- Social and legal consequences
- Additional resources
- Video discussion questions
- Additional activities

Article pdf:

https://www.parliament.vic.gov.au/images/stories/committees/lawrefrom/isexting/subs/S57_-_AFP_-_Attachment_2.pdf

Video: <https://www.youtube.com/watch?v=nliwNAwS1BY>

Citations/references: No

Impact(s) of sexting covered by resource: Social and legal consequences

UNITED KINGDOM RESOURCES**20. Child Exploitation Online Protection (CEOP)**

<https://www.ceop.police.uk/safety-centre/>

Law enforcement agency here to help keep children and young people safe from sexual abuse and grooming online.

“Sexting” in schools: Advice and support around self-generated images – what to do and how to handle it (Downloadable pdf booklet)

- Part 1: Practical advice about what to do if sexting happens in your school
- Part 2: Provides an overview of the problem and offers insight into research
- Exercise sheet, resource sheets, and annexes

<https://www.parentsprotect.co.uk/files/Sexting-in-Schools-eBooklet-FINAL-30APR13.pdf>

Citations/references: No

Impact(s) of sexting covered by resource: Legal, social, and economic/career consequences

21. Childnet International

<https://www.childnet.com/>

Mission is to work in partnership with others around the world to help make the internet a great and safe place for children. They work directly with children and young people from the ages of 3 to 18 on a weekly basis, as well as parents, carers, teachers, and professionals.

Sexting and the law (Website article)

- How can you help pupils understand the different consequences of sexting?
- What is it?
- Sexting and the law
- Other consequences/risks
- Advice and resources
- Useful resources

<https://www.childnet.com/blog/sexting-and-the-law>

Sexting (Website article)

- Definition
- Frequently asked questions
- What advice can I give to my pupils?

<https://www.childnet.com/teachers-and-professionals/hot-topics/sexting>

Picture This (drama activity about sexting) (Website, downloadable doc lesson plans, and dramatic scripts)

- Picture This script
- Lesson plan 1: To fully understand the term sexting
- Lesson plan 2: Understanding the play and characters
- Lesson plan 3: Devising and deciding a realistic ending

Website: <https://www.childnet.com/resources/picture-this>

Lesson plan doc: <https://www.childnet.com/ufiles/Picture-This--Script---updated.doc>

Lesson plan doc: <https://www.childnet.com/ufiles/LESSON-PLAN-1---updated.doc>

Lesson plan doc: <https://www.childnet.com/ufiles/LESSON-PLAN-2---updated.doc>

Lesson plan doc: <https://www.childnet.com/ufiles/LESSON-PLAN-3----updated.doc>

Handling disclosures (Downloadable doc article)

- Disclosure and reporting
<https://www.childnet.com/ufiles/Handling-disclosures1.doc>

Citations/references: Yes

Impact(s) of sexting covered by resource: Legal, psychological, emotional, and social consequences

22. Institute for Public Policy Research

<https://www.ippr.org/>

Registered charity and the UK's pre-eminent progressive think tank.

Young people, sex, and relationships: The new norms (Downloadable pdf article)

- Sex and relationships: Where do young people need more support?
- The new norms: Hearing young people's voices (sexting and pornography section page 20)
- Policy recommendations

https://www.ippr.org/files/publications/pdf/young-people-sex-relationships_Aug2014.pdf?noredirect=1

Citations/references: Yes

Impact(s) of sexting covered by resource: Legal, social, and gender stereotype consequences

23. Ipsos Mori

<https://www.ipsos.com/en>

Believe their clients need more than a data supplier, they need a partner who can produce accurate and relevant information and turn it into actionable truth. They use the best of science, technology, and know-how and apply the principles of security, simplicity, speed, and substance.

Beyond Binary: The lives and choices of Generation Z (Downloadable pdf article)

- Social – discussion of sexting page 40
- Technology
- Political
- Economic
- Idealistic/realistic

https://www.ipsos.com/sites/default/files/2018-08/ipsos_-_beyond_binary_-_the_lives_and_choices_of_gen_z.pdf

Citations/references: Yes

Impact(s) of sexting covered by resource: Personal and sexual risks

24. Staffordshire Safeguarding Children Board

<https://www.staffsscb.org.uk/>

Key statutory mechanism for agreeing how local organizations will co-operate, to safeguard and promote the welfare of children and young people living in Staffordshire.

Responding to sexting (you produced sexual imagery): Guidance for professionals (Downloadable pdf article)

- What is “sexting”?
- Before making a judgement, the following should always be considered
- Aggravated “sexting”
- Risk management
- Initial response
- Assessing the risks
- Informing parents (or carers)
- Securing and handing over devices to the police
- Searching devices, viewing, and deleting imagery
- Interviewing and talking to the young person/people involved (case study examples)
- Resources and support

<http://kettlebrook.staffs.sch.uk/wp-content/uploads/2015/09/KSSS-Responding-to-Sexting-Guidance-Nov-2018.pdf>

Citations/references: No

Impact(s) of sexting covered by resource: Legal consequences

25. United Kingdom Council for Child Internet Safety

<https://www.gov.uk/government/organisations/uk-council-for-internet-safety>

Group of more than 200 organizations drawn from across government, industry, law, academia, and charity sectors that work in partnership to help keep children safe online.

Sexting in schools and colleges: Responding to incidents and safeguarding young people (Downloadable pdf article)

- Background and content
- Handling incidents
- Educating young people

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/759007/6_2939_SP_NCA_Sexting_In_Schools_FINAL_Update_Jan17.pdf

Sexting: How to respond to an incident (Downloadable pdf article)

- What is “sexting”?
- What to do if an incident involving “sexting” comes to your attention

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/759009/Overview_of_Sexting_Guidance.pdf

Citations/references: No

Impact(s) of sexting covered by resource: Legal, personal, and social consequences

26. Yfoundations – Jessie Hunt, Youth Health Sector Support Worker

<https://yfoundations.org.au/>

Works to create a future without youth homelessness by providing a voice for young people experiencing and at risk of homelessness. They work collaboratively with service providers, NGOs, government departments, and community members to provide research, sector development, policy advice, health projects, and services for young people.

Beyond “sexting”: Consent and harm minimization in digital sexual cultures (Downloadable pdf article)

- Section 1: Sexuality and shame: Current approaches to digital sex education
- Section 2: A harm minimization approach
- Section 3: Applying harm minimization to digital sex education
- Appendix A: Principles of harm minimization for digital sex education
- Appendix B: Sample workshop

<http://yfoundations.org.au/wp-content/uploads/2018/11/Beyond-Sexting.pdf>

Citations/references: Yes

Impact(s) of sexting covered by resource: Gendered social consequences

ADDITIONAL EUROPEAN RESOURCES**27. Italy – Unicef Innocenti Research Centre**

<https://www.unicef-irc.org/>

Works to safeguard the rights of all children in all circumstances, supported by the most reliable evidence and the latest knowledge.

Child Safety Online: Global challenges and strategies (Downloadable pdf article)

- Part One: Child abuse linked to information and communication technology
- Part two: Building a protective environment
- Glossary
- Explanation of sexting provided, page 5

https://www.unicef-irc.org/publications/pdf/ict_eng.pdf

Citations/references: Yes

Impact(s) of sexting covered by resource: Social risks of sharing and not sharing online

28. United Nations Educational, Scientific, and Cultural Organization - UNAIDS

<https://www.unaids.org/en>

Provides the strategic direction, advocacy, coordination, and technical support needed to catalyse and connect leadership from governments, the private sector, and communities to deliver life-saving HIV services.

International technical guidance on sexuality education: An evidence-informed approach (Downloadable pdf article)

- Understanding of comprehensive sexuality education
- Young people’s health and well-being

- The evidence base for comprehensive sexuality education
- Key concepts, topics, and learning objectives
- Building support and planning for the implementation of CSE programs
- Delivering effective CSE programmes
- Definition of sexting on page 24
- Sexting content within lesson plan page 57

https://www.unaids.org/sites/default/files/media_asset/ITGSE_en.pdf

Citations/references: Yes

Impact(s) of sexting covered by resource: Personal safety and gender stereotypes

UNITED STATES OF AMERICA RESOURCES

29. California Partnership to End Domestic Violence

<https://www.cpedv.org/>

Promotes the collective voice of a diverse coalition of organizations and individuals, working to eliminate all forms of domestic violence. They advance their mission by shaping public policy, increasing community awareness, and strengthening their members' capacity to work toward the common goal of advancing the safety and healing of victims, survivors, and their families.

Safer Sexting (Downloadable pdf lesson plan)

- Materials
- Overview of session
- Learning objectives
- Introduction
- Warm-up questions
- Risks of sexting
- Why do people like sexting?
- Sexting spectrum
- Community responses: When sexting goes public
- Group brainstorm: Alternatives to sending nudes
- Consent, saying no, and hearing no
- Getting help
- Handouts and close out
- Safer sexting checklist for students
- Sexting risks activity

https://www.cpedv.org/sites/main/files/file-attachments/safer_sexting_curriculum.pdf?1531943281

Citations/references: No

Impact(s) of sexting covered by resource: Harm reduction approach to impacts – focus on both positive and negative outcomes (e.g., social, personal)

30. Common Sense Media

<https://www.commonsensemedia.org/>

Leading source of entertainment and technology recommendations for families and schools, helping them navigate the digital world with their kids. Together with policymakers, industry leaders, and global media partners, they are building a digital world that works better for all kids, their families, and their communities.

Overexposed: Sexting and relationships lesson plan, grades 9-12 (Downloadable pdf lesson plan)

- Essential question
- Lesson overview
- Learning objectives
- Materials and preparation
- Family resources
- Estimated time
- Standards alignment
- Key vocabulary
- Student worksheets

<https://www.kpbsd.k12.ak.us/Workarea/DownloadAsset.aspx?id=33693>

Citations/references: No

Impact(s) of sexting covered by resource: Personal and social consequences

31. Crimes Against Children Research Center (CCRC)

<http://unh.edu/ccrc/index.html>

Mission is to combat crimes against children by providing high-quality research and statistics to the public, policymakers, law enforcement personnel, and other child welfare practitioners. CCRC is concerned with research about the nature of crimes including child abduction, homicide, rape, assault, and physical and sexual abuse, as well as their impact.

The true prevalence of “sexting” (Downloadable pdf factsheet)

- What is sexting?
- Sex & Tech Survey
- Teen Online & Wireless Safety Survey
- AP-MTV Digital Abuse Study
- South West Grid for Learning & University of Plymouth Sexting Survey
- PEW Internet & American Life Project
- Conclusions

http://www.unh.edu/ccrc/pdf/Sexting%20Fact%20Sheet%204_29_11.pdf

Citations/references: Yes

Impact(s) of sexting covered by resource: Legal consequences

32. Cyberwise

<https://www.cyberwise.org/>

Resource site for busy adults seeking to help youth use tech safely and wisely.

Safe Online Relationships: Lesson 4 (Downloadable pdf lesson plan)

- Definition of sexting
- Sexting behaviour statistics
- How to talk to young people about sexting

<https://d5d67f66-6cc8-47c4-830f->

[e75ea3d9d064.filesusr.com/ugd/f6bccd_de59b266891d44ba8dd77a60a7e489d2.pdf](https://d5d67f66-6cc8-47c4-830f-e75ea3d9d064.filesusr.com/ugd/f6bccd_de59b266891d44ba8dd77a60a7e489d2.pdf)

CyberCivics Lesson Plan – Level 3 (Downloadable pdf lesson plan) *Available only to subscribers

- Unit 1: Living in a participatory culture
- Unit 2: Calling on critical thinking
- Unit 3: “Fake” news
- Unit 4: Stereotypes and media representation
- Unit 5: Visual literacy
- Unit 6: Sexting
- Unit 7: Digital leadership
- Extra Unit: Final project research

<https://www.cybercivics.com/year-3>

Citations/references: Yes

Impact(s) of sexting covered by resource: Psychological and legal consequences

33. Futures Without Violence

<https://www.futureswithoutviolence.org/>

Provides ground-breaking programs, policies, and campaigns that empower individuals and organizations working to end violence against women and children around the world.

Effective responses to teen sexting: A guide for judges and other professionals (Downloadable pdf report)

- What is teen sexting?
- What are the potential harms to teens?
- How prevalent is teen sexting?
- What are the legal issues?
- What does the case law say?
- What does the law review literature say?
- Is there a federal law that specifically addresses teen sexting?
- How is the criminal justice system responding?
- Prosecution
- Diversion
- Adjudication
- Education
- How are state legislatures responding?
- Legal sanctions and reduced penalties
- Educational programs

- Legal sanctions and educational programs
- Commissions to study the issue
- How are schools responding?
- How are media organizations responding?
- How are non-profit organizations responding?
- Guidelines for judges
- What factors should judges consider in adjudicating teen sexting cases?
- How can judges participate in efforts to prevent teens from sexting?

<https://www.futureswithoutviolence.org/userfiles/file/Judicial/Effective%20Responses%20to%20Teen%20Sexting.pdf>

Citations/references: Yes

Impact(s) of sexting covered by resource: Legal, psychological, and social consequences

34. NetSmartz

<https://www.missingkids.org/netsmartz>

Online safety education program providing age-appropriate videos and activities to help teach children to be safer online with the goal of helping children to become more aware of potential online risks and empowering them to make safer choices on- and offline.

“Your Photo Fate”: Discussion guide (Downloadable pdf English and Spanish lesson plans and video)

- Listen
- Share
- Discuss
- Appreciate

English pdf: <https://www.missingkids.org/content/dam/netsmartz/downloadable/discussion-guides/your-photo-fate-discussion-guide.pdf>

Spanish pdf: <https://www.missingkids.org/content/dam/netsmartz/downloadable/discussion-guides/your-photo-fate-discussion-guide-es.pdf>

Video:

https://www.youtube.com/watch?v=d5b1XZAKTlk&feature=emb_title

Student project kit (Downloadable pdf English and Spanish lesson plans)

- About this kit
- Advisor start guide
- Student start guide
- Review the issues
- Tips for project delivery
- Internet safety projects
- Give a presentation
- Perform a skit
- Classroom activities by grade
- Activities for everyone

English pdf:

https://www.missingkids.org/content/dam/netSMARTZ/downloadable/studentprojectkit/Student_Project_Kit_V1.5.pdf

Spanish pdf:

https://www.missingkids.org/content/dam/netSMARTZ/downloadable/studentprojectkit/Student_Project_Kit_V1.5_ES.pdf

Citations/references: No

Impact(s) of sexting covered by resource: Social and legal consequences

35. University of Washington

<http://www.washington.edu/>

One of the world's preeminent public universities.

Lesson: Sexting (Middle/High school) (Downloadable pdf lesson plan)

- Overview
- Objectives
- Preparation and materials
- Procedures
- Activities
- Assessment

https://depts.washington.edu/sexmedia/educators/socialnetwork/lesson_p-sexting.pdf

Citations/references: No

Impact(s) of sexting covered by resource: Legal and personal consequences