# Student worksheet

Instructions: Complete this worksheet on your own. Your answers may differ from others depending on who and what you are thinking about for each situation.

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| **Question** | **Action/Answer** |
| **What would you do if you had sent a sexual image, but then you regret it?** |  |
| **What would you do if someone else had posted sexual photos of you online?**  |  |
| **Who would you talk to if the photos had already been spread online/through friends?**  |   |
| **What would you do if you received a sexual photo from someone, but didn’t ask for it?**  |  |
| **What are some possible consequences that could happen to you if you had been reported sexting?**  |  |

# Teacher Answers

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| **Question** | **Suggested Actions/Answers** |
| What would you do if you had sent a sexual image, but then you regret it? | * *Stay calm and ask the person you sent it to, to delete the photo immediately.*
* *If the photo has been posted online then un-tag yourself and report it so that it can be removed,*
* *If the person who posted the photo is at your school then you can tell a trusted teacher if you choose to. It is not okay for them to share your image without your permission.*
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| What would you do if someone else had posted sexual photos of you online?  | * *Report them to the service that they posted the photo on.*
* *If the person who posted the photo is at your school then you can tell a trusted teacher if you choose to.*
* *It is not okay for them to share your image without your permission.*
* *If people have made offensive or mean comments to you, consider blocking them.*
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| Who would you talk to if the photos had already been spread online/through friends?  | * *You might like to have a free and confidential talk with*[*Kids Helpline*](https://kidshelpline.com.au/kids/get-help/webchat-counselling/?referrer=%27acma%27)*. You can phone them on 1800 551 800 for advice and how to handle the situation. You might also want to tell your parents, teacher or trusted adult.*
* *Avoid looking at the video/image and any comments. Distract yourself by spending time with friends and family that you trust. Remember to stay positive.*
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| What would you do if you received a sexual photo from someone, but didn’t ask for it?  | * *Delete any unsolicited sexual images that you receive, even if you know the person. Do not forward the image on to anyone.*
* *Tell the person that you do not want to receive these images and ask them to stop sending them. If they are under 18 you could consider telling them that they could be breaking the law.*
* *Tell a trusted adult that you have received the image. Another option may be to report the matter to the police, especially if the person continues to send the image and you are uncomfortable.*
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| What are some possible consequences that could happen to you if you had been reported sexting?  | * *You could receive a warning or receive punishment from your school*
* *It could damage your relationships and/or your friendship group*
* *It could damage your reputation (online and offline)*
* *You could have to speak with the police and you could be charged*
* *You may end up with a criminal record*
* *You could experience problems later in life with employment*
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Source <https://www.esafety.gov.au/esafety-information/esafety-issues/sexting>