TEACHER GUIDE · MODULE 3 · AGES 14 TO 18 · 50 MINUTES

Pressure & Unwanted Sexual Content

Essential question: What can I do when someone pressures me for sexual messages or images, or sends something I didn't ask for?

Overview

Module 3 moves from recognizing risk to preventing and responding. This lesson is about pressure for sexual messages, images or videos, and about receiving content you didn't ask for. Its message: **the pressure is the warning sign, not your discomfort**. Students learn that they owe nothing, that "no" is enough, never to forward sexual content, to save details safely, and to get help. It draws on guidance from the eSafety Commissioner, Public Safety Canada, ProtectKidsOnline.ca, Thorn and NCMEC.

Students will be able to

1. Recognize pressure, including when it sounds romantic, normal or flattering.
2. Explain that receiving something never creates a debt, and that no is enough.
3. Explain why they should never forward sexual content, and what evidence to save instead.
4. Know four steps (stop, save, report and block, tell someone) and where to get help.

Key vocabulary

Term	Meaning
Pressure	Pushing someone past their answer: asking again, guilt, threats or "everyone does it."
Consent	A free yes, without pressure. Pressure is never consent.
Unwanted content	Sexual messages, images or videos that someone did not ask for.
Evidence	Messages, username, profile link, date and time, but never the explicit image.
Report	Using an app's tools, or a service like Take It Down, to flag harmful content or accounts.
Trusted adult	A parent, relative, teacher or counselor who will help, not blame.

Materials

- Sticky notes, 2 per student
- Wall signs: Healthy response, Pressure, Get help now (wall-signs.pdf)
- Scenario cards, one set per group of 4 (scenario-cards.pdf)
- Student activity sheets, one per student (student-activity-sheets.pdf)
- Quiz, one per student (quiz.pdf)

- Family tips to send home (family-tips.pdf)
- The lesson video, at the top of the lesson web page (about 1 minute 35 seconds)

Before you teach: safeguarding

- **Prepare the support first.** Tell your school counselor or safeguarding lead that you are teaching this lesson, and have their name and room ready to share.
- **Keep it non-graphic.** Discuss pressure and responses only. Never show, describe or ask about sexual images.
- **Distancing.** Use the cards and "a young person" or the characters' names. Students never share their own experiences in class.
- **No blame, ever.** Avoid "why did they send it?" or "they should have known." The responsibility lies with the person who pressured, sent or shared.
- **Mind the legal point carefully.** Explain that copying or forwarding sexual images of under-18s can cause harm and legal problems, so students should never forward. Do not frame it as a threat to the young person who was targeted.
- **If a student discloses** during or after the lesson: listen calmly, thank them for telling you, do not promise secrecy, do not ask to see or copy any image, and follow your child protection policy the same day. Take It Down (takeitdown.ncmec.org) can help remove images of under-18s.

Lesson procedure

Step	Time	Activity
1. Warm up	5 min	What does pressure sound like?
2. Learn	10 min	The video, and the three zones
3. Discuss	15 min	Scenario cards in groups
4. Create	12 min	Your no, your next move
5. Wrap up	8 min	Four steps, quiz and exit ticket

1. Warm up: What does pressure sound like? (5 min)

1. Hand out two sticky notes per student.
2. > *"On one note, write a way someone might pressure a friend to do something they don't want to, about anything at all. On the other, write a short way to say no."*
3. Group the notes. Point out that pressure often sounds friendly, and that the shortest no is usually the strongest.

2. Learn: Healthy response, pressure, or get help now? (10 min)

1. Play the lesson video. Ask: *"Which messages sounded caring, but were really pressure?"*
2. Walk through the three zones on page 1 of the student sheets.

3. Stress the five things: **You owe nothing. No is enough. Don't forward. Save details. Get help.**
4. Quick check: read each line below aloud and have students point to a sign.

Situation	Zone
"If you trusted me, you would."	Pressure
Forwarding an unwanted image to a friend to ask what to do	Get help now
Saying "No." and then not replying	Healthy response
"I sent you one, now it's your turn."	Pressure
A new contact pushes you to switch apps and turn on your camera	Get help now
Saving the messages and username, then telling a trusted adult	Healthy response

3. Discuss: Scenario cards (15 min)

1. Put students in groups of 4. Give each group 2 or 3 cards, including at least one Healthy response card (2 or 8).
2. Groups decide the zone and answer the questions on their activity sheet.
3. Each group shares one card. Ask: *"What is the safest next move, and who could help?"*

4. Create: Your no, your next move (12 min)

1. Remind students that a no doesn't need a speech: *"No." "Not happening." "Stop asking."* Or no reply at all.
2. For one card, students write a short response and the next step they would take.
3. Students tick the statements on page 3 they feel sure about.

5. Wrap up (8 min)

1. Teach the four steps:

1 Stop
Stop replying if they won't respect your answer.

2 Save
Messages, username, date and time. Never the image.

3 Report & block
Use the app's tools once details are saved.

4 Tell someone
A trusted adult can help you make a plan.

2. Students complete the quiz (4 min), then go through the answers.
3. Students fill in the exit ticket. Remind everyone where help is, and hand out the family tips.

Teacher key: scenario cards

Card	Zone	Signs to notice
1. Just one	Pressure	Repeated asking and a “love test.” Turning trust into proof is pressure, not consent.
2. Telling someone	Healthy response	She asked for help early and kept evidence safely.
3. Your turn	Get help now	Unwanted sexual content, followed by pressure to send something back. Receiving something never creates a debt.
4. “What should I do?”	Get help now	Forwarding spreads the harm and, for under-18s, copying sexual images can create legal risk.
5. Fast and private	Get help now	Fast sexual escalation, private channels and pressure are strong reasons to stop. The person may not be who they say.
6. Everyone does it	Pressure	Trying to make a boundary feel strange. “Everyone does it” is pressure, and it isn’t true.
7. We’re done then	Pressure	Punishing a no with a breakup threat is pressure.
8. Respecting a no	Healthy response	One question, a clear no, and the no is respected without pushing or sulking.

The next lesson covers sextortion (“pay me or I share it”). If a student raises it now, reassure them: don’t pay, don’t send more, save the details and tell a trusted adult straight away.

Where to get help

Write these on the board, with your school counselor’s name and room.

1564

National Lifeline for emotional support, open 24/7

LARA

Email for support and guidance: laraa@laraa.org

112

Internal Security Forces, if someone is in danger or threatening you

Take It Down (takeitdown.ncmec.org): Free help to remove private images taken before you turned 18. The image never leaves your device.

Activity 6 answer guide: Reflect

Students complete three sentence starters. These are examples of strong answers, not the only right ones. Use them to check understanding and to correct the common misconception in each "Watch out for" line. Online, students see the same examples after they finish the activity.

1. One kind of pressure I can now recognize is...

Strong answers include:

- "If you loved me, you would"
- Asking again and again for a private photo
- "Your turn" after sending something I didn't ask for
- Threatening to end the relationship or friendship
- "Everyone does it"

Watch out for: "If I replied or flirted at first, I owe them." You don't owe anyone images or messages. You deserve support, whatever happened before.

2. One thing I would never do with an unwanted image is...

Strong answers include:

- Forward it, even to ask a friend for advice
- Send anything back
- Share it in a group chat or joke about it
- Keep a copy as "evidence" (save the messages, username, date and time instead)

Watch out for: "Forwarding it to a friend to ask what to do is fine." It spreads the harm and can create legal risk. Describe what happened, or show the device to a trusted adult.

3. If this happened to me or a friend, I would tell...

Strong answers include:

- A parent, carer or another trusted adult
- A teacher or school counsellor
- The app, by reporting and blocking
- National Lifeline 1564
- LARA at laraa@laraa.org
- 112 if someone is threatening me

Watch out for: "I'd get in trouble." You are not in trouble, and it is never your fault.