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

Sextortion: Don't Pay. Don't Send More.

Essential question: What should I do if someone threatens to share a sexual image of me unless I pay or send more?

Overview

This lesson follows Pressure & Unwanted Sexual Content. Sextortion is blackmail: someone threatens to share a sexual image or video unless the young person pays, sends more, or does something else. It works by creating **panic, shame and urgency**, and it can happen within minutes. Students learn the exit plan, **Stop. Don't pay. Save. Tell. Report.**, and that it is never too late to stop, even after paying or sending more. It draws on guidance from the eSafety Commissioner, Public Safety Canada, ProtectKidsOnline.ca, Thorn and NCMEC.

Students will be able to

1. Describe how sextortion works and recognize early warning signs.
2. Explain why paying or sending more makes things worse.
3. Say what evidence to save (the threat, not the image) and where to report.
4. Use the exit plan, and know it applies even to bluffs, fake images, or after paying.

Key vocabulary

Term	Meaning
Sextortion	Threatening to share a sexual image or video unless someone pays, sends more, or does something else.
Blackmail	Using a threat to force someone to do what you want.
Fake deadline	A countdown ("you have 1 hour") used to create panic so you act before thinking.
Evidence	The threat, username, profile link, date, time and payment demand, but never the image.
Take It Down	A free tool that helps limit sharing of images taken before 18, without uploading the image.
Trusted adult	A parent, relative, teacher or counselor who will help, not blame.

Materials

- Sticky notes, 2 per student
- Wall signs: Safe move, Warning sign, Act 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 20 seconds)

Before you teach: safeguarding

- **Brief your safeguarding lead first.** Sextortion can cause intense fear and shame, and has been linked to self-harm. Make sure the counselor knows you are teaching it and can be reached that day.
- **Keep it non-graphic.** Never show, describe or ask about images. Focus on threats and responses.
- **Distancing.** Use the cards and characters. Students do not share their own experiences in class.
- **No blame.** The blackmailer is fully responsible. Never suggest the young person "should have known."
- **Watch for distress.** A student who becomes very quiet, upset or leaves may be affected. Check in privately and kindly after the lesson.

If a student tells you it is happening now

1. **Stay calm and thank them.** Tell them they are not in trouble and that you will help.
2. **Do not ask to see, copy or forward any image.** Do not take the phone away as a punishment.
3. **Help them stop contact and not pay.** Help save the threat, username, date, time and payment demand.
4. **Follow your child protection policy immediately** and inform the safeguarding lead and parents or carers as your policy requires.
5. **Report:** the platform, and the Internal Security Forces (112). If the image was taken before 18 and is on their device, Take It Down (takeitdown.ncmec.org) can help limit sharing.
6. **Check on their wellbeing.** Share the National Lifeline 1564 (24/7). If you are worried about their immediate safety, act on it at once.

Lesson procedure

Step	Time	Activity
1. Warm up	5 min	Panic versus plan
2. Learn	10 min	The video, and the three zones
3. Discuss	15 min	Scenario cards in groups
4. Create	12 min	Make an exit plan

5. Wrap up	8 min	Exit plan, quiz and exit ticket

1. Warm up: Panic versus plan (5 min)

1. *"Think of any time you panicked, like a lost phone or a missed exam. On one sticky note, write what panic made you want to do. On the other, write what actually helped."*
2. Group the notes. Point out that panic pushes us to act fast and alone, while a plan and other people help.

2. Learn: Safe move, warning sign, or act now? (10 min)

1. Play the lesson video. Ask: *"What was the blackmailer trying to make Karim feel? Why?"*
2. Walk through the three zones on page 1 of the student sheets.
3. Stress the exit plan: **Stop. Don't pay. Save. Tell. Report.** And: *it's never too late to stop*.
4. Quick check: read each line below aloud and have students point to a sign.

Situation	Zone
A new follower knows your school and starts flirting fast	Warning sign
"Pay $200 in one hour or everyone sees it."	Act now
Saving the threat message and the username	Safe move
Someone you just met pushes to switch to video right now	Warning sign
"I hacked you. I know your password."	Act now
Telling a trusted adult before the deadline	Safe move

3. Discuss: Scenario cards (15 min)

1. Put students in groups of 4. Give each group 2 or 3 cards, including at least one Safe move card (4 or 7).
2. Groups decide the zone and answer the questions on their activity sheet.
3. Each group shares one card. Ask: *"What would break the panic cycle here?"*

4. Create: Make an exit plan (12 min)

1. For one card, students write the first thing they would do, and who they would tell and how they would report.
2. Students tick the statements on page 3 they feel sure about. Point out the last one: it is never too late.

5. Wrap up (8 min)

1. Review the exit plan:

1 Stop & don't pay
Stop contact. Don't pay and don't send more.

2 Save the threat
Messages, username, date, time, payment demand. Not the image.

3 Tell someone now
Before the deadline: "Someone is threatening me. I need help."

4 Report
The platform, the police (112), and Take It Down if under 18.

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. Seems to know you	Warning sign	A new or misleading profile, details that make them seem connected to you, and fast flirting. Sextortion setups can happen in minutes.
2. Pay me	Act now	Blackmail with a fake deadline, designed to create panic, shame and urgency.
3. "I hacked you"	Act now	Sometimes it's real, sometimes a bluff. An old password from a data leak can make a fake threat look real.
4. The exit plan	Safe move	He broke the panic cycle and moved control to people who can help.
5. Already paid	Act now	Paying doesn't guarantee anything. Blackmailers often ask for more.
6. It isn't even real	Act now	A fake image can still be used to threaten and humiliate. It is still abuse.
7. A friend tells you	Safe move	Listening without judging, not asking for the image, and helping her get adult support quickly.
8. On camera, now	Warning sign	Fast pressure to go private and on camera with someone you just met.

The next lesson covers what to do if an image has already been shared: reporting, removal tools and supporting someone affected.

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: report threats and blackmail

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 warning sign I can now recognize is...

Strong answers include:

- Someone I just met moving the chat to a private app fast
- Friendly chat that suddenly turns into threats
- Demands for money, gift cards or more images
- A countdown, such as "you have one hour"
- Claiming to have an image, even a fake or AI-made one

Watch out for: "If the image is fake, it isn't serious." A fake image can still be used to threaten and harm. The same plan applies.

2. Paying makes things worse because...

Strong answers include:

- They usually ask for more
- There is no guarantee they delete anything
- It shows them you will pay
- The money is very hard to get back

Watch out for: "I've already paid, so it's too late." It's never too late: stop, save, tell and report.

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 the account
- Take It Down, if it's an image taken before I turned 18
- National Lifeline 1564
- LARA at laraa@laraa.org
- 112 if I'm in danger

Watch out for: "I'm too ashamed to tell anyone." Sextortion is blackmail and it's not your fault. Shame is what they rely on; telling someone takes their power away.