



# Internet Safety: Let's Start A Conversation



## Grade 7 Discussion Guide

Sharing Sexually Explicit Images  
Online

## How to Use This Guide

Together, watch the video *Sharing Sexually Explicit Images Online* and then use the Conversation Starter Questions and Themes to Reinforce the Learning to facilitate your conversation. You can also use the Conversation Starter Questions and Themes to Reinforce the Learning to spark a conversation without watching the video.



### Video Description

A person is in their kitchen scrolling through their social media, screen capturing explicit images and sharing them with friends, including their cousin, through social media. The person includes inappropriate comments about some of the people in the images. The person's cousin receives the explicit images while walking outside with a friend. They discuss the repercussions for all involved, the sender, those who received it, and the people in the images. The cousin decides NOT to forward the images and then deletes them. The cousin and their friend agree to talk to the cousin about appropriate online behaviour.

### Conversation Starter Questions

Technology has its benefits, but there are also dangers associated with the use of computers and digital technologies such as encountering pornography, other sexually explicit materials, or being coerced into sharing explicit sexual images. It is important to know how to protect oneself from these dangers and how to respond if encountering them online.

- How do our digital devices benefit us? What are some of the dangers we might encounter?
- What potential negative impact does viewing sexually explicit media such as pornography have on how we view others?
- How might viewing sexually explicit images affect our understanding of consent and what respectful relationships look like, sound like, and feel like?

- What can you do to minimize the potential negative impacts of viewing sexually explicit media while treating others with respect?
- How can you take care of your physical and mental health when it comes to digital media?

## Themes to Reinforce the Learning

Your child will have discussed some of these Internet safety topics and strategies as part of their learning at school. As technology evolves, it is important to continue to be aware of how technology impacts their life and the dangers of using technology. Consider working the following topics and strategies into your conversations with your child to support their learning and encourage them to apply these strategies in all online situations.

### Benefits and Dangers of Technologies

- Information is easy to access, to share and it saves time. It helps people stay connected with others and work together.
- Information may not be accurate or credible and the information provided may expose someone to unwanted solicitation.
- Too much time on technology can lead to a reduction in physical activity and social isolation.
- Too much personal data can be shared which exposes people to the risk of cyber theft and identity theft.

### Sexually Explicit Images

- Digital technology can expose individuals to sexually explicit images such as pornography that promotes gender stereotypes, unsafe sex practices, and unrealistic portrayals of sex, sexuality, and relationships.
- Pornography often portrays relationships in unrealistic and harmful ways. It can reduce people to sexual objects and is often disrespectful to women. This can also be true of video and online games.
- Pornography may show unrealistic, unhealthy, or harmful behaviours, sexually violent content and gender stereotypic behaviour.
- Sexually explicit images showing someone being coerced or forced into a sexual act violates their consent and thus reinforces the idea that non-consensual sex is ok.
- The sharing of sexually explicit images and messages in chat rooms and blogs can reinforce that viewing and sending sexually explicit images and messages is okay.
- Viewing online pornography is not as private and anonymous as someone might think.
- Actively searching for sexually explicit content can expose individuals to receiving sexually explicit images, cyberbullying, and harassment.

- Searching for terms that have a non-sexual as well as sexual meaning can create a digital footprint that exposes individuals to receiving unwanted images or messages from others wanting them to view or share sexually explicit images.
- Digital technology can expose individuals to online predators who can threaten them if they don't share images of themselves.
- Once something is posted online, it can stay there forever. Even if deleted, it can still be preserved somewhere on the internet and used to bribe or bully people.

## Strategies to Stay Safe from Online Dangers

- Be careful in chat rooms and while opening unsolicited messages to avoid unintentional exposure to sexually explicit images or to online predators who pretend to be friends.
- Be careful when choosing website links. They can accidentally expose individuals to pop-up images or advertise pornography.
- Avoid sharing any personal information with someone you have only interacted with online.
- Don't share usernames, passwords or where you live with anyone, including friends.
- Check and set privacy settings on all applications you use.
- Block or report people who make you feel unsafe or uncomfortable.
- Avoid uploading pictures, videos, or posts with backgrounds that make it easy to identify your location.
- Don't create posts that may show that you have problems at home or at school.
- Reach out to a trusted adult who can help.

## Additional Resources

For additional information about the dangers of technology and strategies to stay safe online, consult:

- [Cybertips.ca](https://www.cybertips.ca)
- [Public Health Agency of Canada, Resources to keep children safe online](https://www.canada.ca/en/public-health/services/resources/keep-children-safe-online)

For more information on Ophea, visit [www.ophea.net](https://www.ophea.net)