



CARD 1 · DATING

Just one

Jad has been talking to someone he likes. They keep asking for a private photo: "Come on, just one." When he hesitates: "If you trusted me, you would."

TALK ABOUT IT

- Healthy response, pressure, or get help now?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Pressure ☐ Get help



CARD 2 · GETTING HELP

Telling someone

After weeks of pressure from someone online, Nour tells the school counselor: "I need help with something online. I don't want to be judged." She shows the messages, not any image.

TALK ABOUT IT

- Healthy response, pressure, or get help now?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Pressure ☐ Get help



CARD 3 · SCHOOL

Your turn

A classmate sends Nour an unwanted sexual image, then writes: "Your turn 😊."

TALK ABOUT IT

- Healthy response, pressure, or get help now?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Pressure ☐ Get help



CARD 4 · FRIENDS

"What should I do?"

Maya receives an unwanted image. Panicking, her first idea is to forward it to her best friend to ask what to do.

TALK ABOUT IT

- Healthy response, pressure, or get help now?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Pressure ☐ Get help



CARD 5 · ONLINE

Fast and private

A new online contact turns the chat sexual within an hour, asks Karim to move to another app and turn on his camera.

TALK ABOUT IT

- Healthy response, pressure, or get help now?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Pressure ☐ Get help



CARD 6 · GROUP CHAT

Everyone does it

In a group chat, a friend jokes: "Relax, everyone sends them. Why are you being weird?"

TALK ABOUT IT

- Healthy response, pressure, or get help now?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Pressure ☐ Get help



CARD 7 · DATING

We're done then

When Nour says no to sending a photo, her boyfriend writes: "Fine. I guess we're done then."

TALK ABOUT IT

- Healthy response, pressure, or get help now?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Pressure ☐ Get help



CARD 8 · DATING

Respecting a no

Karim asks someone he is dating if they would ever send a photo. They say "No." Karim answers: "Okay, sorry I asked," and never brings it up again.

TALK ABOUT IT

- Healthy response, pressure, or get help now?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Healthy ☐ Pressure ☐ Get help