

Pressure and unwanted content

Name: _____

Class: _____

1. Warm up

One way someone might pressure a friend (about anything) is...

A short way to say no is...

2. Healthy response, pressure, or get help now?

You owe nothing. No is enough. Don't forward. Save details. Get help.

Healthy response

Boundaries are respected, or help is on the way.

- A no is accepted the first time
- Saying no without explaining
- Not replying at all
- Saving messages, not images
- Reporting and blocking
- Telling a trusted adult

Pressure

Someone is pushing past your answer.

- "Just one"
- "If you trusted me..."
- "Everyone does it"
- "I sent you one"
- Breakup threats
- Asking again and again

Get help now

Stop, save the details and tell someone.

- Unwanted sexual content
- "Your turn" after sending one
- Moving to a private app fast
- Requests for camera or video
- Threats of any kind
- An image being forwarded

Quick check: tick the zone for each situation

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

Scenario discussion

Answer these with your group for each card you receive.

Card number: _____ ☐ Healthy response ☐ Pressure ☐ Get help now

What is the warning sign?

How might the person feel?

What is the safest next move?

Who could help?

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Card number: _____ ☐ Healthy response ☐ Pressure ☐ Get help now

What is the warning sign?

How might the person feel?

What is the safest next move?

Who could help?

Your no, your next move

Card number: _____

What I could say (or: no reply at all)

What I would do next (stop, save, report, block, tell)

I know that... (tick what you feel sure about)

- ☐ I don't owe anyone a photo, video or message.
- ☐ No is enough. I don't need to explain.
- ☐ I never forward sexual images, even to ask for advice.
- ☐ I save messages and usernames, not images.
- ☐ I know how to report and block in my apps.
- ☐ I know an adult I could tell.

If someone pressures you or sends something unwanted

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.

Exit ticket

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

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

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

Need to talk? Your school counselor, the National Lifeline 1564 (24/7), or LARA: laraa@laraa.org. Take It Down (takeitdown.ncmec.org) helps remove images of under-18s.