THINK U KNOW

STUDENT ACTIVITY PACK

Online interactions: Raising awareness about image-based abuse
Years 9–12

Content Warning: The content in this lesson plan discusses topics relating to online abuse, including image-based abuse. If you feel the information is distressing in any way, please let your teacher know. Some of the content may be confronting, so talk with your teacher about support or report options.

LEARNING GOALS

To provide students with practical skills by encouraging critical thinking and prompting thought and consideration towards sharing personal sexual content and non-consensual image sharing.

1. Students explore the role of technology in relationships and the expectations that everyone's boundaries will be respected, and discuss strategies to assist them in doing so.

2. Students apply critical thinking skills when interacting with people online and ensuring their privacy and safety are a priority at all times.

3. Students consider current legislation that exists around image-based abuse and implications for non-consensual image sharing.

4. Students can apply previous learning on reporting processes and where to get help to situations where they feel their privacy and/or safety is at risk.
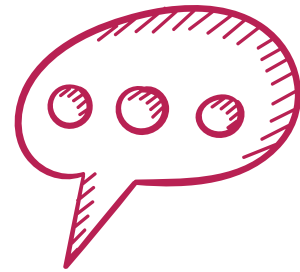
TIME

Approximately 40 minutes

LESSON PLAN SEQUENCE

1. Introduction, legislation, ThinkUKnow tips and did you know?

2. Overview of image-based abuse and scenario

3. Scenario activity and questions

4. Summary question

5. Concluding activity
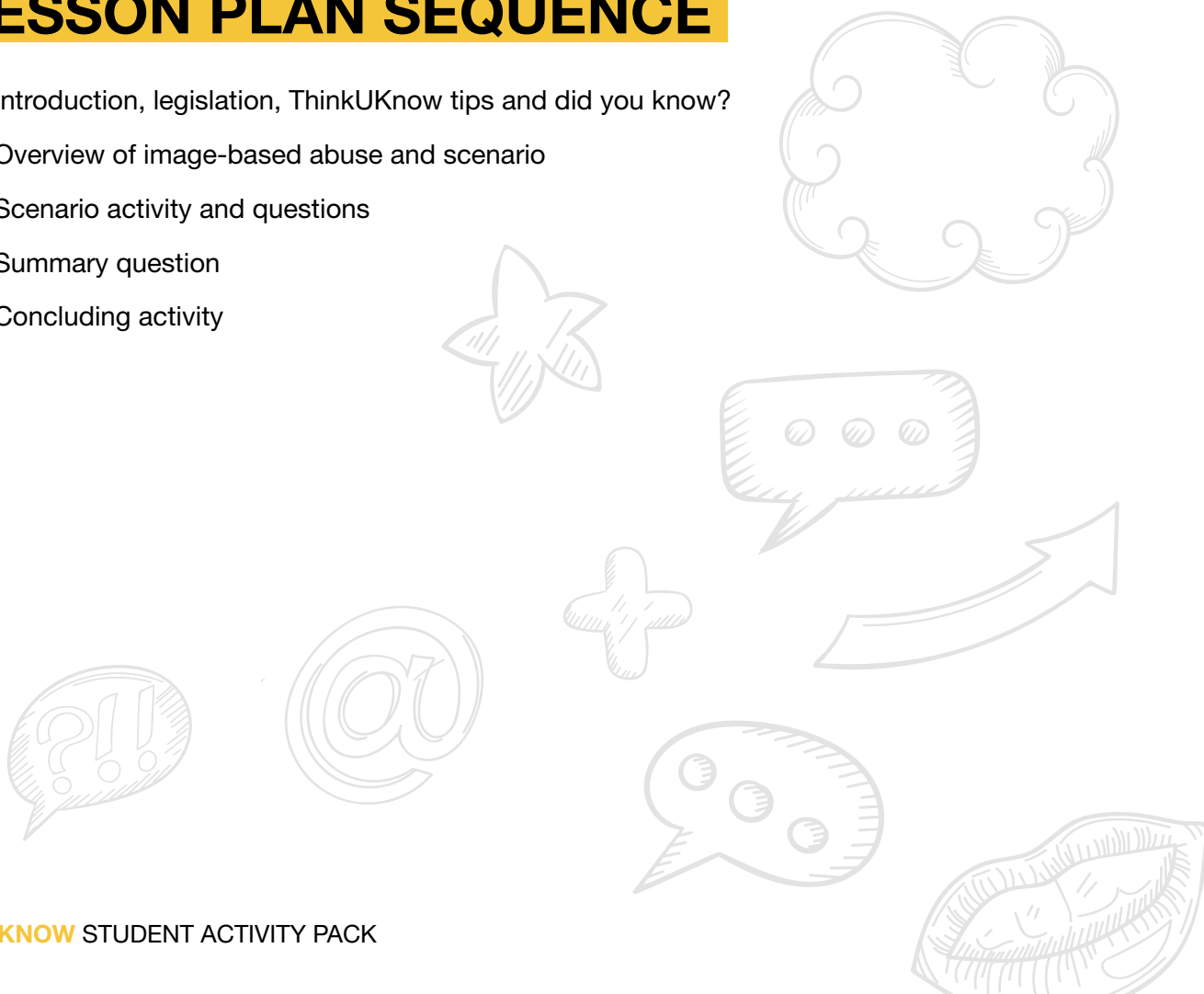
1. INTRODUCTION

Technology plays an important role in our everyday lives, and a significant part of this is how we build and maintain our relationships.

Image-based abuse occurs when intimate, nude or sexual images are shared without the consent of those depicted, or a threat to share the content is made. This includes images or videos that have been digitally altered.

Examples of image-based abuse include:

- Your current partner, or an ex, sharing a sexual image of you on social media without your consent.
- Someone threatening to send an intimate image of you to other students in your year group.

Whether it is social media, instant messaging or image sharing apps, the way we behave online should be the same as if you were interacting with someone in person.

In the online context, this means showing each other respect, because regardless of whether you are online or offline, everyone has the right to be treated with respect.

Respect means:

- Respecting your own boundaries and not engaging in something that makes you feel uncomfortable. Knowing you have the right to say no.
- Not coercing people into situations or pushing them beyond their boundaries.
- Understanding that everyone is different and what you might see as something easy or minor to do, might make someone else feel uncomfortable.

Think about your friendships and relationships, do you manage these differently depending on whether you are communicating online or face-to-face? Why is it different or the same?

You aren't required to share these answers if you aren't comfortable, this is just something for you to think about.

A NOTE ON LEGISLATION

If you share someone else's personal sexual content to deliberately embarrass or cause harm, there can be severe consequences for your actions.

- Some states and territories have laws which specifically address image-based abuse and can be found at www.esafety.gov.au/image-based-abuse/legal/whats-the-law-inmy-state-territory.
- The *Enhancing Online Safety Act 2015* was recently amended to establish a civil penalties scheme to address the non-consensual sharing of intimate images. This scheme allows victims of image-based abuse to make a report to the eSafety Commissioner who can take removal action. In some cases, action can also be taken against the person who posted, or threatened to post, an intimate image without consent. Further information can be found at www.esafety.gov.au/image-based-abuse/actions/civil-penalties-scheme.
- Under Commonwealth legislation, having a naked or even a partially naked image of a person under the age of 18 (including youth produced material) may be classified as child exploitation material.

THINKUKNOW'S TIPS

Image-based abuse can be a complex and difficult situation, so it is important that you seek help and know how to take action.

If you are a victim of image-based abuse, it is not your fault and there is help available.

1 If someone has distributed your content without consent, collect as much evidence as you can including screenshots, URL's or any other records to make a report to police or the eSafety Commissioner.

2 It is never too late to seek help or support from trusted adults or support services.

3 Your safety and wellbeing should be your priority, nothing is so bad that that you can't tell someone.

4 Know how to report and block on the apps and sites you use.

5 If you receive a personal sexual image from someone, delete it straight away and do not share it – there can be significant consequences.

The eSafety Commissioner has a range of resources and advice on what to do if you or a friend find themselves in this situation (visit esafety.gov.au)

DID YOU KNOW?

A study[1] involving 6,000 participants aged 16 to 64 years old from Australia, New Zealand and the United Kingdom conducted in 2019 found that:

- 1 in 3 respondents reported that someone had taken a nude or sexual image of them without their consent

- 1 in 5 reported that someone had shared a nude or sexual image of them without their consent

- Almost 1 in 5 reported that someone had threatened to share a nude or sexual image of them

- 1 in 7 of those surveyed had experienced all three forms of image-based abuse

- 1 in 2 respondents aged 16-39 years had experienced one or more form of image-based abuse

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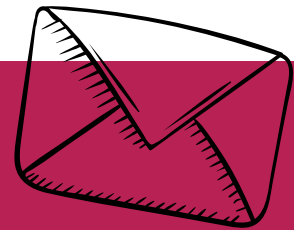
1 Image based sexual abuse – an international study of victims and perpetrators
https://www.researchgate.net/profile/Asher_Flynn2/publication/339488012_Image-based_sexual_abuse_An_international_study_of_victims_and_perpetrators/links/5e55aed24585152ce8efd840/Image-based-sexual-abuse-An-international-study-of-victims-and-perpetrators.pdf?origin=publication_detail

2. OVERVIEW OF IMAGE-BASED ABUSE AND SCENARIO

Just to get you thinking before watching the video, answer the below questions with what you've learnt so far.

What is image-based abuse?
Answer:

What does non-consensual means?
Answer:

3. SCENARIO ACTIVITY AND QUESTIONS – SPOT THE RED FLAGS

Do you know how to spot a red flag?

This video is a scenario where characters undertake actions that can lead to image based abuse. These actions are followed by a red flag which will pop up on screen.

As you watch the video, keep an eye out for the flags throughout and think about what actions the characters take which may indicate the wrong behaviour.
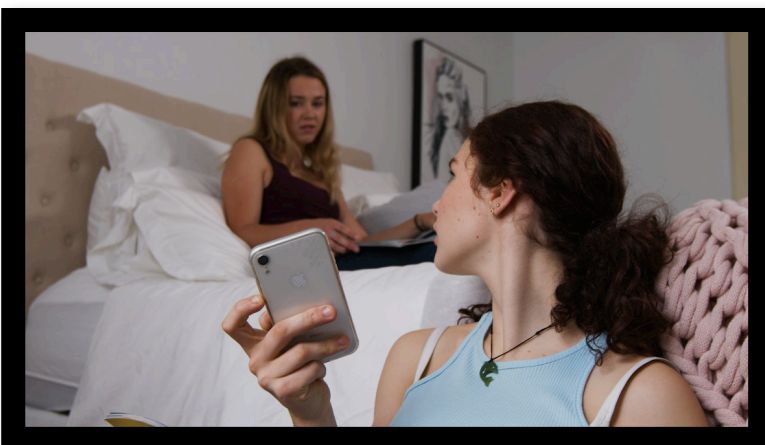
0:09

Access the video here: **https://youtu.be/_0xhJUcJtk4**

There were four red flags raised in this video at various points. How did the red flags correspond with the wrong actions?

Flag one

What happened in this situation and what did flag one signify?

What is the correct action to take?

0:14

Answer:

Flag two

What happened in this situation and what did flag two signify?
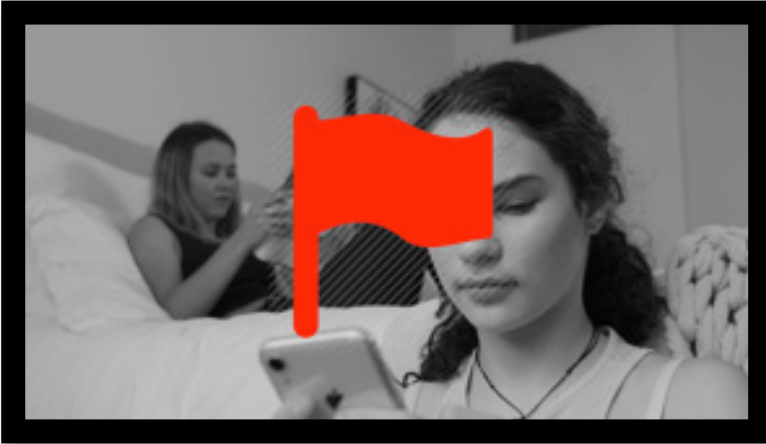
What is the correct action to take?

0:26

Answer:

Flag three

What happened in this situation and what did flag three signify?

What is the correct action to take?

0:33

Answer:

Flag four

What happened in this situation and what did flag four signify?

What is the correct action to take?

0:46

Answer:

OPTIONAL EXTENSION ACTIVITY

1. What advice would you give a friend who found their content had been shared without consent?
    Answer:

2. Discuss ways to say 'no' if someone asks you to share personal sexual content of yourself.
    Answer:

3. Identify options to seek help and advice from if they were in this (or similar) scenario.
    Answer:

4. SUMMARY QUESTION

After you have completed the scenario activity 'Spot the red flags', write down what the correct action should have been taken to avoid the image-based abuse situation unfolding.

5. CONCLUDING ACTIVITY

Now have a think back to the start of the lesson where we discussed technology in the role of online interactions. Think about whether you have been respectful to others in your online interactions or whether you have in the past contributed to image-based abuse. What can you do to make the situation better? If you messaged someone something that was inappropriate you could apologise and ask them to delete it? If someone isn't respecting your privacy or wishes you may need to ask someone for help or talk to a trusted adult, like your parents or teachers.

Assessment

Send your 'Spot the red flags' scenario answers back to your teacher. They just want to make sure you are thinking about these things before sharing content online and can offer further advice if you need it.

HELP AND SUPPORT

Online child sexual exploitation, including grooming and extortion, can be reported to the **Australian Centre to Counter Child Exploitation**.

The **ThinkUKnow** website has information and resources to prevent online child sexual exploitation as well as how to report and get help.

If you become aware of explicit content that has been posted online, including child sexual abuse material, report the site to the **eSafety Commissioner**. They have a range of powers to take action to have content removed.

Kids Helpline is a free, confidential telephone and online counselling service for young people between 5 and 25 years old.

If a child is in immediate danger, call 000.

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