Technology in Relationships
10th Grade Sexual Health Education Lesson

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Lesson plan for Technology in Relationships Lesson 7 for tenth grade sexual health education.

Sexual Health Education
Lesson 7:

Technology in Relationships

Learning Targets

We will be able to:

- Define "**sexting**" and explain its risks.

- Consider healthy and unhealthy uses of **technology** in a relationship

- Reflect on how to make **responsible decisions** about technology in a relationship

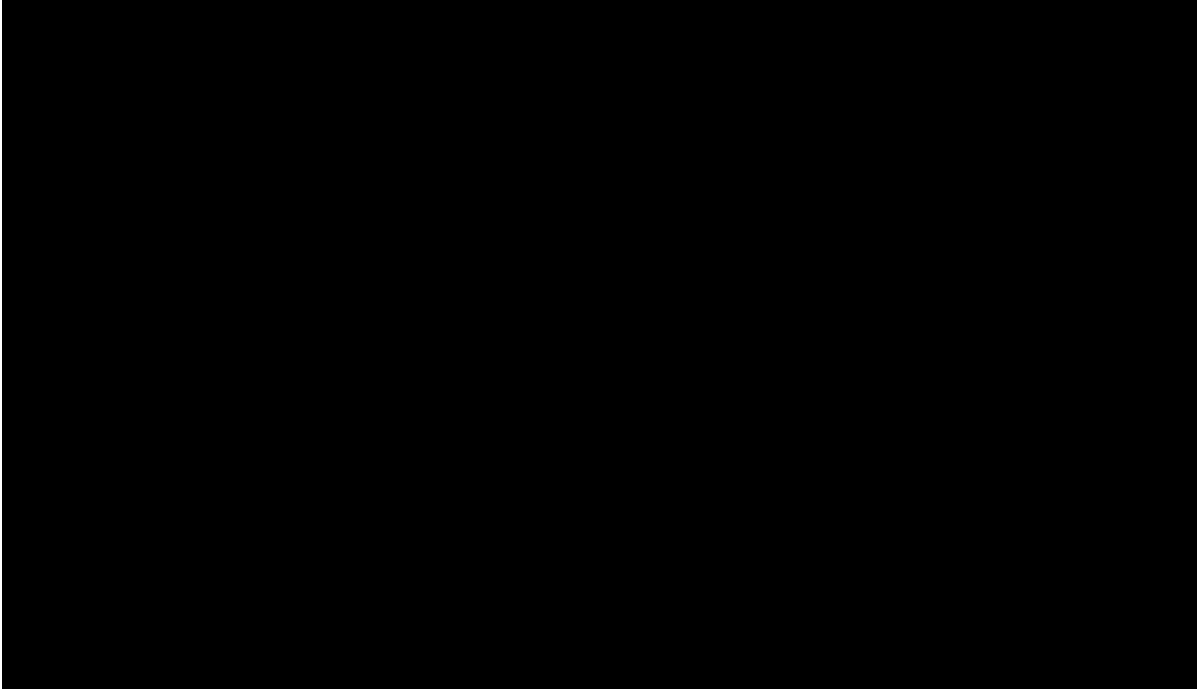# Group Agreements

Relationships and Technology

Do Now

Answer the following questions in your workbook

- **Read an excerpt from the news article "T*eens Report in a Survey That They Are Bullied and Harassed Online."* Then answer the following 2 questions:**

1) What is your reaction to the statistics shared in the article about unhealthy uses of technology? Have you or anyone you know experienced online harassment, bullying or received unwanted inappropriate pictures?

2) What are some of the *healthy* ways that teens use technology in their friendships and romantic relationships?

Worksheet Section 1

What is Sexting?

Think, Write, Talk

- How is the sharing of nude pictures *today* different than 50 years ago before the internet was invented?

- Do you think there are different risks now than there were before? Explain.

Worksheet Section 2

WA Laws on Sexting

Washington's child pornography laws prohibit possessing, sending and receiving of nude or sexually suggestive images of a minor (a person under 18). This includes sexting between two minors. These laws apply to adults and minors who send, recieve or possess. images of minors. A minor can commit an offense by sexting a selfie sending an image of another minor, or even simply having these types of images saved on their phone.
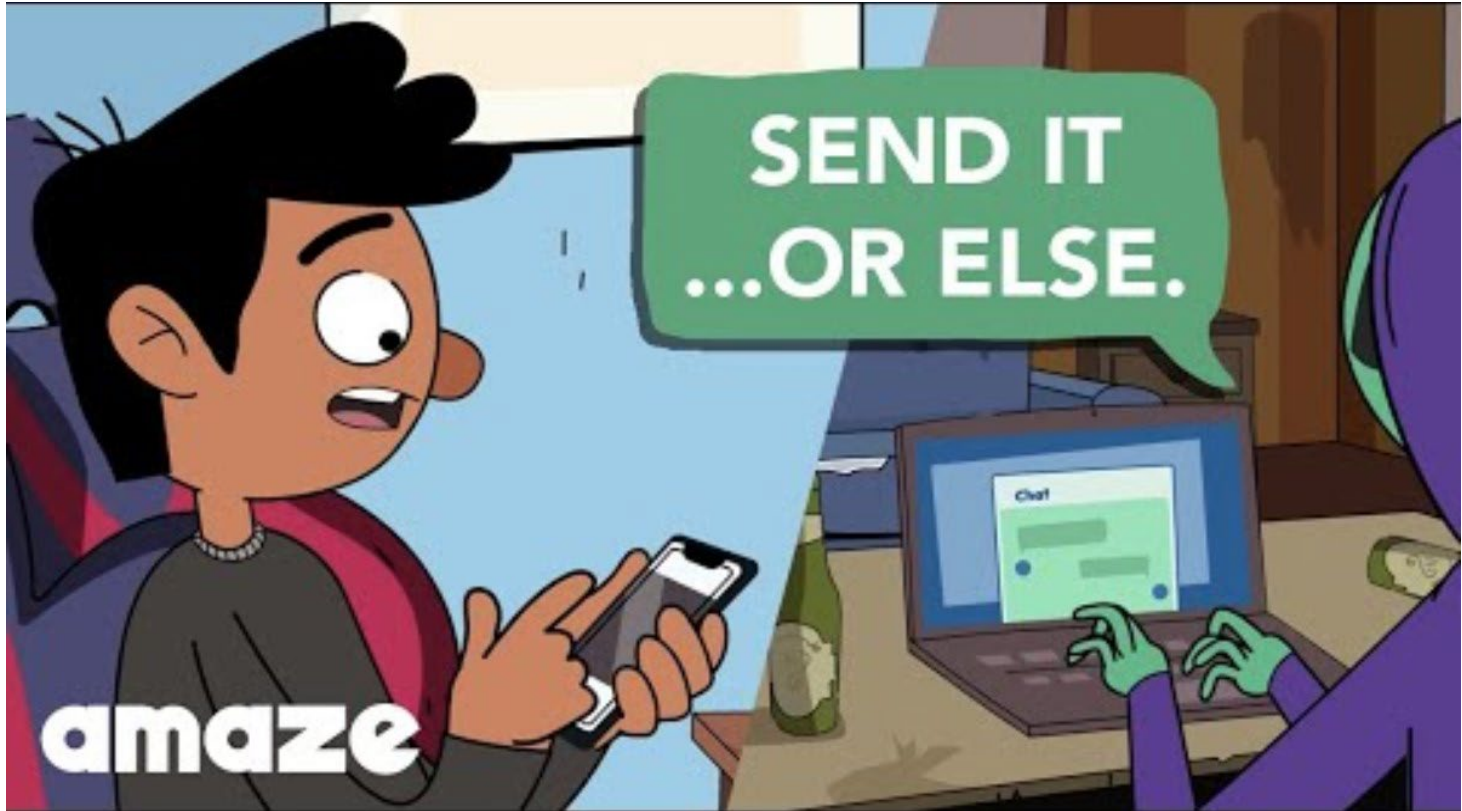
Sexting: What Should You Do?

Porn Is Not Sex Ed

Sextortion: Online Coercion & Blackmail

Qualities of a Healthy Relationship

What is a healthy relationship?

Spell it out with CERTS!

Consent

Equality

Respect

Trust

Safety

Tech in Relationships: Healthy or Not?

Instructions: For each of the following examples, decide whether you think the example shows a healthy or unhealthy behavior. Write why in the last column (Explanation using CERTS).

Tech in Relationships (1/10):

Asking your partner to text you a revealing pic.

Healthy or Unhealthy?

Sending a revealing pic to someone you've talked to while gaming online, but never met in person.

Healthy or Unhealthy?

Sending a revealing pic to your crush when they have not asked for one.

Healthy or Unhealthy?

Tech in Relationships (4/10):

"Liking" a video posted by your crush on social media.

Healthy or Unhealthy?

Posting a cute video on tik tok to wish your partner a happy birthday.

Healthy or Unhealthy?

Tech in Relationships (6/10 :

Posting a revealing pic of someone else on social media.

Healthy or Unhealthy?

Tech in Relationships (7/10):

Breaking up with someone via text.

Healthy or Unhealthy?

Tech in Relationships (8/10):

Posting about a fight with a partner on social media

Healthy or Unhealthy?

Tech in Relationships (9/10):

Posting public affectionate messages such as "I love you" to your partner on social media

Healthy or Unhealthy?

Tech in Relationships (10/10):

Going through your partner's phone to see who they've been texting.

Healthy or Unhealthy?

Tech in Relationships: Wrap Up

- Any sharing of nude or revealing pictures carries safety risks as well as possible legal consequences.
- Using technology to bully, shame or embarrass someone is cyberbullying, and can also be considered sexual harassment.
- Using technology to control or harm a romantic partner is a form of relationship abuse.

Exit Ticket

Read the following scenario and respond in your workbook

Scenario: *Cal grabs his boyfriend Ollie's phone every day to check who has been texting and DMing him. Cal says it's because he loves Ollie so much and doesn't want other people getting in the way of their relationship.*

- **If you were Ollie's friend, what advice would you give him in this situation?**
- **Does this relationship have CERTS?**

Worksheet Section 4

Put Your Questions in the Question Box

- Questions will be answered next time we meet for class