

Targeted session: TACSA – Image taken and shared with consent then shared or shown to another person without consent

Resources needed for this session

- Scenario 1
Sam & Ali

Session overview

This is an opportunity to explore thoughts, feelings and responses when someone shares an image with another person without consent.

Information for practitioner

Along with looking at TACSA specifically this session relates back to the foundation session on relationships.

It is important to acknowledge that scenarios are never going to reflect how we might be feeling or what we might do or say in that moment, but this is a way for us to have discussions.

The scenario has been written so as to depersonalise this from the young person. Be clear that we are not asking them to share anything personal. Be aware that they may choose to share their own experience which needs to be responded to in a sensitive and mindful way with reassurance that they don't have to say anything they don't want to.

Throughout this session you will need to be mindful of how the young person is, what they say, their body language, behaviours and any other potential impact this topic might have. The young person may not feel comfortable to take control of the session and stop if they need to. Practitioners must be aware and be prepared to pause or stop totally before any distress is caused. Utilise the looking after yourself exercises to support the young person if the session is stopped.

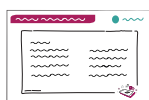
Pre-session action

Select a *"Looking after yourself"* exercise in advance for the close of the session.

Session

Check in with the young person as to how they have been since your last session together. Are there any thoughts or feelings that you may need to reflect on and address before you begin this session?

Inform the young person what we are going to do in this session, sharing the overview.



Scenario 1 Ali and Sam

Before talking about specific things from this scenario ask the young person what their initial thoughts and feelings are on reading/hearing this. The practitioner needs to take a lead from the young person, based on how they are feeling.

- **What are your thoughts about the relationship between Sam and Ali?**

Discussion should include reflection on the positive aspects of the relationship along with aspects that may feel uncomfortable with. For example: they like each other, they worry about whether they are wanted, they like to spend time with each other, they share intimate images, Ali doesn't listen, Ali is complimentary, Ali uses coercion to get what they want.



It is important to highlight that this is just a snippet of a relationship and discuss whether this is reflective of relationships the young person is aware of or has had themselves.

- **Is there anything that you would say is unacceptable behaviour in this scenario?**

Discussion would include: sharing/showing intimate image without consent, lack of concern for how Sam feels, pressuring them into sending images, not listening to when they say they don't want to, no reassurance that they don't have to do anything they don't want to, behaving in a way that makes Sam feel worried – withholding replying to Sam as a way to get what they want (coercion).

Consider discussing flattery and how the buying of a chocolate bar could be very thoughtful but how there is a possibility that a gift comes with an expectation which could be coercive, abusive, controlling.

- **Does Sam trust Ali?**

Discuss Ali showing Sam the image and whether that is acceptable. Sam raised this as a worry but this is not acknowledged by Ali at all.

- **How might Sam and Ali be feeling?**

Discuss the validity of feelings and accepting how we feel when other may try to influence those feelings. It is important to recognise how feelings might manifest and be seen in our behaviours.

- **If Sam told you about what had happened what would you say?**



This is an exercise that practitioner and young person need to do together.

Imagine you are the person Sam trusted to talk to and Sam tells you what happened. What would you say? What might Sam need? What advice you would give? What might you say about their relationship?



Reflections

The reflective question on this exercise is whether we would listen to our own advice if Sam were saying it to us.

- **Does it make a difference what gender Sam and Ali are?**

Would your response be different if this was not a heterosexual relationship?



Consider different types of relationships, cultures, genders and identities in your discussion.



Looking after yourself exercise to close

Ali and Sam are 16 and have been seeing each other for the last few months.

They spend a lot of time together on Snapchat, talking and sharing pictures. They have taken and shared nudes but recently Ali has had to talk Sam into sending them.

One day in school, Ali left their friends and spent lunchtime with Sam. Ali even bought their favourite chocolate bar for Sam, which Sam thought was sweet. That night on Snapchat, Ali tells Sam that they looked amazing at school today.

Ali messages telling Sam that they look hot. Ali says "send me a picture with no underwear on". Sam replies laughing saying "you're bad".

Ali says "I was just messing" but tells Sam they want to see their body. Sam smiles but says "no, not now, I've got homework to do".

Ali says that Sam hasn't sent a picture in ages and can't help how hot they are. Sam stops smiling and says "no, you'll only show it to Alex again. I don't want to".

Ali laughs and says "go on, you know you love me".

Sam doesn't reply and soon after Ali sends Sam a picture of a sad face emoji. Ali asks if Sam doesn't want to be together anymore and questions whether Sam even fancies them. Sam says not to be silly, they love being together, but then hears nothing more from Ali.

Sam worries that they have upset Ali and ruined things between them. They've always shared pictures and talked easily.

Late that night Ali sends a naked image and says "your turn". Sam sends a picture, saying it's for them only. Ali doesn't say anything but sends the fire emoji.

