
SHER-Y
GUIDEBOOK



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LET'S START!

INTRODUCTION

Hey there! Welcome to your space.

Growing up isn't just about getting taller or passing exams. It's about figuring out who you are, how you feel about your body, and how you connect with others. And let's be honest — nobody really teaches you this, right?

That's where we come in.

Created for young people, this guidebook isn't about telling you what to do or how to be. It's a collection of challenges, reflections, and real-talk moments designed to help you build the skills and confidence to navigate life on your own terms. Think of it as your personal guide — something you can work through at your own pace, whether you're curious, confused, excited, or all of the above.

What's inside?

Module 1: Understanding Our Bodies

Your body is changing, your feelings are all over the place, and social media keeps showing you "perfect" people who don't even exist.

Through personal challenges and honest reflection, let's get real about puberty, sexual health, and what it actually means to feel good in your own skin.

Module 2: Consent is Key

From your first crush to navigating DMs (direct messages), consent isn't just about sex — it's about respect, boundaries, and making sure everyone feels safe and heard. You'll work through real scenarios and practice conversations to build the skills for those awkward, confusing moments.

Module 3: Healthy Relationships

Friendships, crushes, family drama — relationships are complicated. Through interactive challenges, you'll learn to spot the green flags (and the red ones), figure out what you actually want, and not let Instagram convince you that jealousy equals love.

Before we dive in...

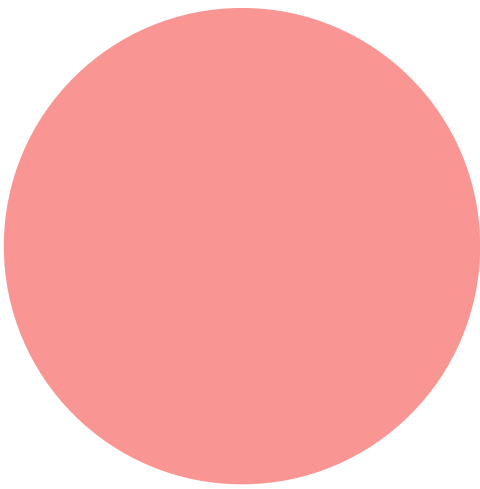
This is your journey and your challenge. You don't have to complete everything at once. Skip around, take breaks, come back when you're ready. Each challenge is designed to help you build real skills — from setting boundaries to understanding your own values. Some topics might feel uncomfortable — that's normal. Some might surprise you — that's good too.

You're not alone in figuring this out. Every single person has been where you are, wondering the same things, feeling just as confused or curious. The difference is, now you have a guide.
Ready to get started? Let's go!

P.S. — If something ever feels too heavy or brings up difficult emotions, reach out to a trusted adult, counsellor, or use the resources we've included. You've got this, but you don't have to do it alone.

UNDERSTANDING OUR BODIES

MODULE 1



INTRODUCTION TO THE MODULE

Welcome to the “**Understanding our bodies**” module - a space to explore how your body works, how it changes, and how you feel about it along the way.

The focus is on what is happening with you - your body, sure, but also your thoughts, your feelings, and how you are navigating everything from puberty to figuring out who you are as you grow up. Whether you are excited, nervous, curious, or all of the above, this module is here to remind you of one important truth:

Your body is your home - and it deserves respect, care, and understanding.

What This Module Is About:

- Understanding **puberty** and all the changes it brings - yes, the awkward stuff too.
- Learning what is happening inside your body: what hormones are doing behind the scenes, and how the reproductive system develops
- Getting real about **body image, self-esteem**, and the pressure to “look perfect” online.
- Learning how to **listen to your feelings**, manage new emotions, and recognize what is normal (spoiler: a lot more than you think).

So take a deep breath. You don't need to be perfect. You just need to be curious and kind to yourself. Let's find out together. After all, your body is your constant companion, and there's no reason to feel ashamed of it. It's something to understand, care for, and own with confidence.



MODULE 1, CHAPTER 1

What's Happening to My Body?

- Puberty 101

THEORY BLOCK

Puberty is a time of big changes - your body, brain, and emotions all start changing as you move from being a child to becoming an adult. These changes are triggered by hormones, which are like your body's messengers, telling different parts to grow, develop, or act in new ways. Everyone's journey through puberty is unique, and there's no single "right" way to experience it.

Physical Changes You Might Notice:

- Body hair starts to grow in new places - under your arms, on your legs, around your genitals, and sometimes on your face or chest.
- Breasts begin to develop and it is common for them to grow at different rates or look uneven for a while.
- Voices deepen, especially for the boys, and may crack or change unpredictably.
- Growth spurts can make you taller in a short time, and your body shape may change as you gain weight or muscles.
- Skin can become oilier and you might get pimples or acne.
- Genitals (penis, vulva, testicles, labia) may change in size or appearance.

These changes can start as early as age 8 or as late as age 16. Some people notice changes quickly, while for others it's a slower process. All of this is normal - your body is following its own timeline.

Emotional Changes You Might Feel:

- Mood swings - sometimes feeling angry, sad, or happy for no clear reason.
- Wanting more privacy or independence from family.
- New feelings about crushes, attraction, or even sexual curiosity.
- Worrying more about your looks, friendships, or fitting in.

Sexuality is a part of who we are throughout our whole lives - even if we're not dating or in any kind of sexual relationship.

Quick Tips:

- Everyone grows at their own pace. You don't have to "catch up" to anyone.
- Talk to a trusted adult if you feel overwhelmed, embarrassed, or just curious.
- Be kind to yourself-your body is working hard!



MODULE 1, CHALLENGE 1

Puberty Personal Playlist

Make a list of 5 “tracks” that describe your puberty story. These can be real songs, moods, or titles you invent (like “Mood Swing Symphony,” “Privacy please,” “Silent Growth”). Add one sentence about what each one means to you.

This will help you reflect on your experiences in a creative way through humor, honesty or whatever vibe fits you best.



Theory Block: Inside Out: Hormones, Feelings & Masturbation

Hormones are like your body's own messaging app. They carry essential instructions from your brain to different parts of your body, especially during puberty.

When puberty begins, the pituitary gland signals the release of several hormones. These hormones are found in everyone, but levels and effects differ:

- Testosterone: Higher levels (often in people with testicles) deepen the voice, increase muscle, grow body hair, and start sperm production. It also supports energy, focus, and other functions in all bodies.
- Estrogens & Progesterone: Higher levels (often in people with ovaries) start breast development and menstrual cycles and shift body composition. They also support the nervous, heart, and other body systems in everyone.
- Growth hormone: Helps bones grow and changes overall body shape.

How Hormones Affect Thoughts & Feelings

Hormones do more than change your body, they can really stir up your feelings and what's going on in your head:

- Emotions like happiness, sadness, anger, or excitement can feel stronger or show up without warning.

- That's normal. It's okay to feel down sometimes — everyone does — but if those feelings don't go away or get worse, it's important to talk to someone you trust or reach out for help.
- You might suddenly feel more private, want space, or start noticing others in new ways.
- Sexual feelings or curiosity might start to show up. You might wonder about crushes, attraction, kissing, or sex - and that's all a part of growing up.

Pro Tips for Emotional Self-Care:

- Name your emotions: "I feel angry/disappointed/excited when..."
- Ask yourself: What might have triggered this feeling?
- Try a coping strategy: listen to music, write it down, talk to someone, take a walk

Your emotions are signals, not problems - they help you understand what is going on inside and what might help you feel better.



MODULE 1, CHALLENGE 2

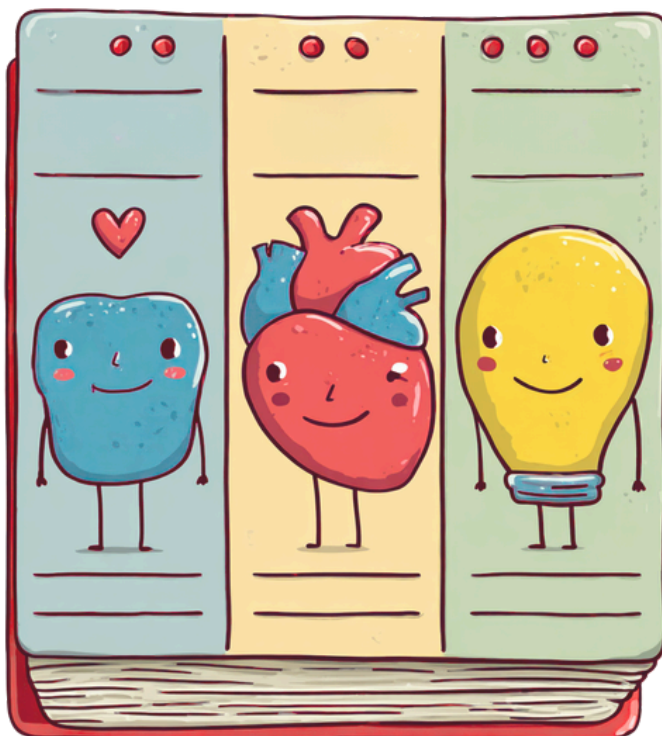
Head-Heart-Body Check-In

This challenge will help you pause and understand what your mind, feelings and body are telling you and in this way make choices that feel right, not rushed or confusing. It is a way to connect to yourself before reacting or deciding.

Think about a big decision or strong feeling you've had. Ask yourself:

- What was my head (logic) saying?
- What was my heart (emotion) feeling?
- What was my body reacting to?

Write it down or talk it over with someone you trust.



Theory Block: Periods, Wet Dreams & Reproductive Cycles

During puberty, your reproductive system wakes up. It is the part of your body that helps you grow into an adult and one day - if you choose - make a baby. This means your body starts developing the ability to release eggs or sperm, depending on your biology. It doesn't mean you're ready for sex or relationships - it just means your body is growing up and getting ready for adult functions.

You might notice changes to your genitals, new fluids, or stronger feelings-and that's all part of this natural process. Everyone's experience is different, and there's no one "right" way to go through it.

People with Ovaries & a Uterus: The Menstrual Cycle

The menstrual cycle is your body's way of preparing for a possible pregnancy. If no sperm meets the egg, the uterus says "okay, not this time," and releases the built-up blood and tissue. That's your period.

Cycle Basics:

- Menstruation: The uterus releases blood and tissue through the vagina. That is called a period.
- Ovulation: An egg is released from the ovary, usually around the middle of your cycle.
- Cycle length: 21–40 days is totally normal.
- Period length: 2–7 days. Some people have heavy flow, some light. Some have cramps, others don't.

Leading up to a period, it's common to feel different emotionally or physically - this is called PMS (Premenstrual Syndrome). You might feel tired, more emotional, have headaches, or notice bloating or sore breasts. Mild cramps or discomfort are also common during a period.

If cramps or pain show up, things like a heating pad, light exercise, stretching, warm tea, or rest can help. Some people also take pain relief medicine like ibuprofen. If the pain is very severe and stops you from going to school or doing things you usually enjoy, it's a good idea to talk to a doctor or nurse.

Period Hygiene Tips:

- Use pads, tampons, or menstrual cups - whatever feels comfortable.
- Change them every 4–6 hours to stay clean and healthy.
- Track your cycle using a calendar or app to feel more in control.

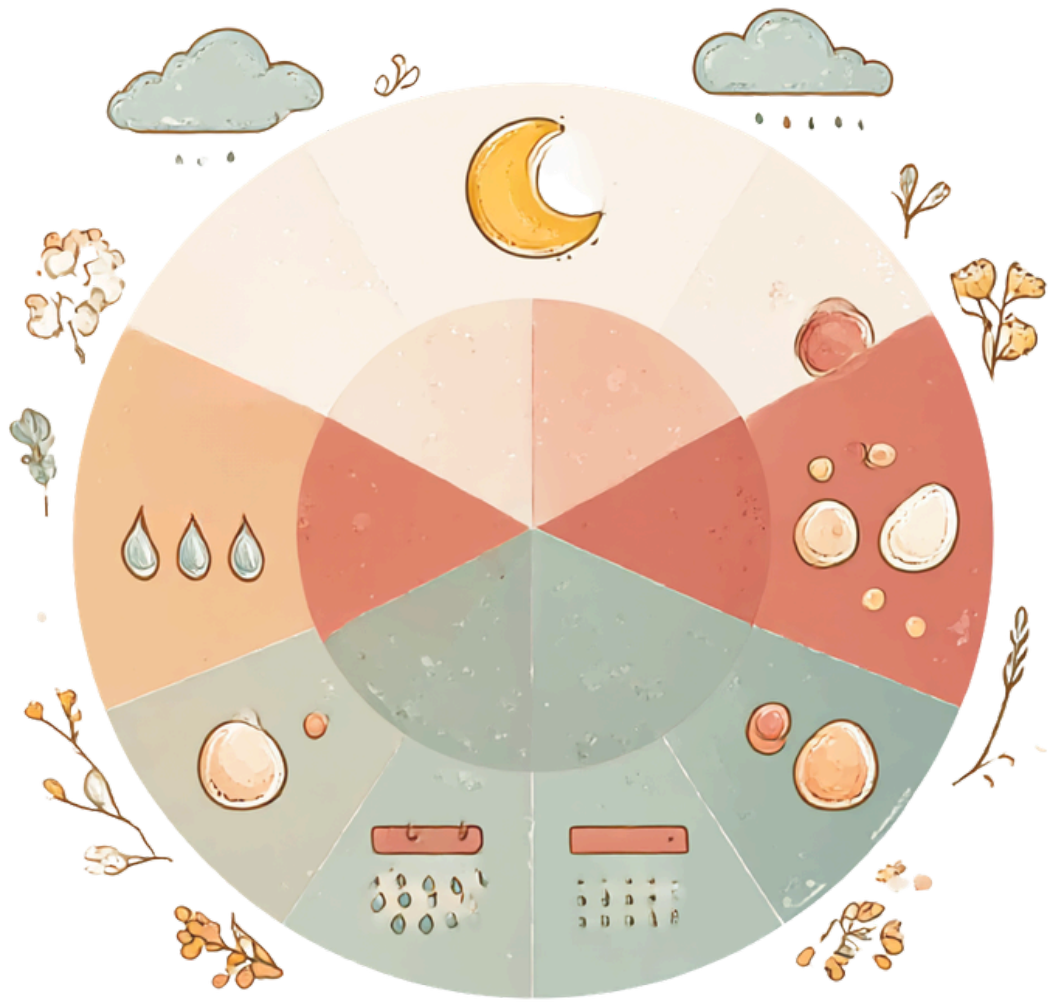
Your period isn't gross or wrong - it just means your body's working like it is supposed to. And guess what? You can still swim, dance, laugh, and live your life!

People with Testicles: Wet Dreams

A wet dream is when semen is released during sleep - often after a dream that feels sexual.

What to know:

- It's a sign your body is beginning to produce sperm.
- You don't control it-and that's okay.
- It doesn't mean you're "ready" for sex. It's just biology doing its thing.
- You might wake up to find semen on your underwear or sheets. A quick wash of yourself, your clothes or your sheets and you're good.



MODULE 1, CHALLENGE 3

Build Your Toolkit

Make a list or even a “starter kit” for your first period or wet dream: hygiene products, spare underwear, pain reliever, and something that helps you feel calm (like music, deep breaths, or a favorite hoodie).

Planning ahead helps you feel more confident and less stressed when changes happen. This challenge is about getting to know what you need to feel prepared, comfortable and in control of your own body and your space.



Theory Block:

Getting to know how bodies work is about biology and feeling more confident in your own skin, understanding what is normal (and that you are normal), and being able to talk about sensitive topics like sex, attraction, gender, and personal boundaries without shame, fear, or awkwardness.

It helps you make smart, respectful choices for your health, and how you treat yourself and others. The more you understand your body and how it works, the easier it is to speak up, ask questions, and make decisions that you will not overthink later.

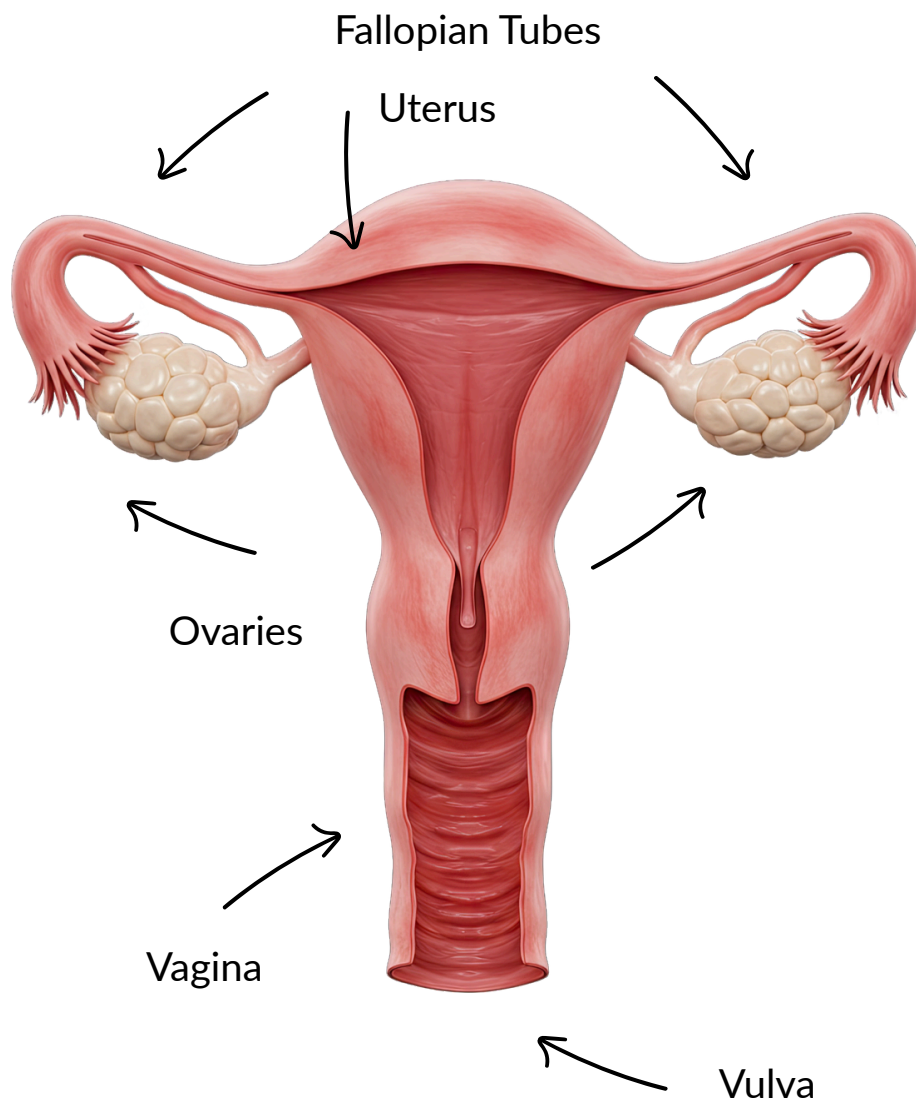
The Reproductive System

Female reproductive system:

- **Ovaries:** Two small glands that store thousands of tiny egg cells (called ova) and release them one at a time during ovulation. They also make the hormones estrogen and progesterone, which help with breast development, menstruation, and emotional changes.
- **Fallopian Tubes:** These are like tunnels that carry the egg from the ovary to the uterus. This is usually where fertilization happens if sperm meets the egg.
- **Uterus:** A muscular organ (about the size of a fist) where a pregnancy could grow. If there's no fertilized egg, the uterus sheds its lining each month-that's your period.
- **Vagina:** A stretchy, muscular canal that connects the uterus to the outside of the body. Period blood flows through it, and it's where a tampon, menstrual cup, or penis can go during sex. It also allows a baby to be born.
- **Vulva:** The outside parts you can see, including the labia (skin folds), clitoris (a small, sensitive organ that can feel good when touched), and vaginal opening. The vulva comes in many shapes, sizes, and colors-all normal.

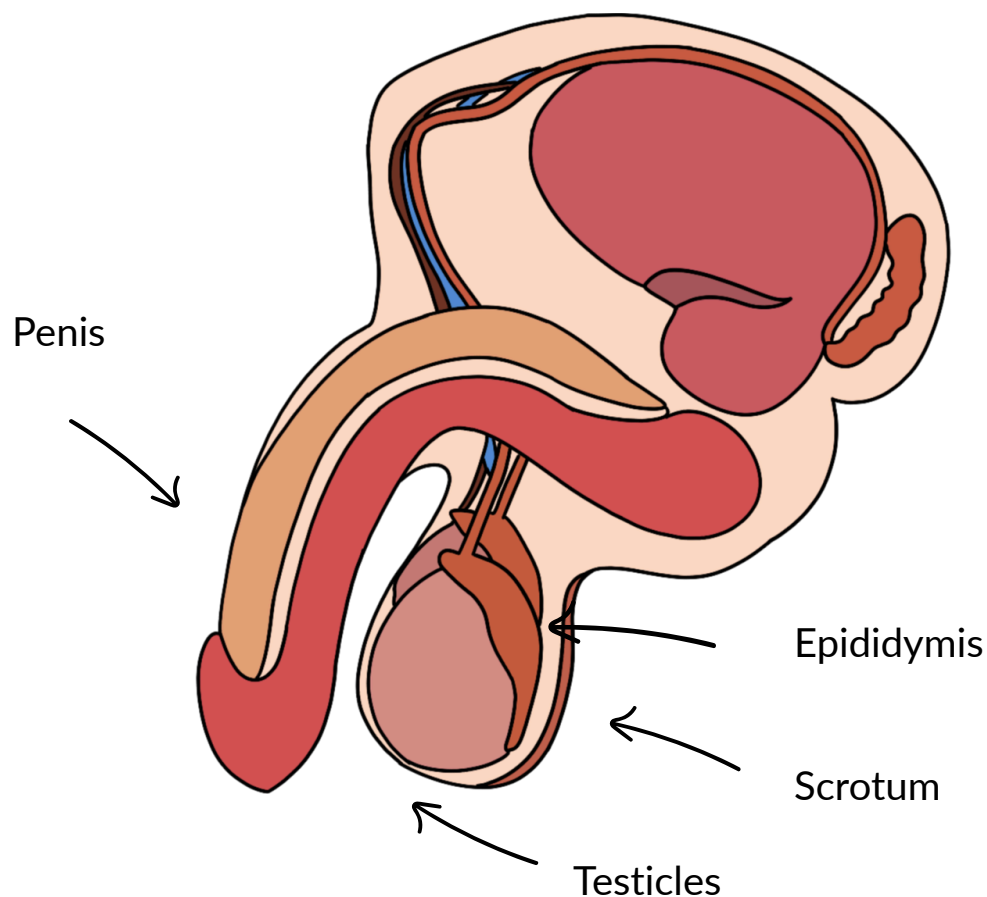
The vagina is on the inside. The vulva is on the outside.

You might see white or clear discharge in your underwear. This is normal and helps keep the vagina clean. But sometimes it can be a sign that something is not quite right. If the smell is strong or unpleasant, or if the fluid looks green, grey, or a darker yellow than usual, it's a good idea to talk to a doctor or nurse. The same goes if there's itching, burning, pain, or if you notice a lot more fluid than normal. If you ever see this fluid mixed with blood when it's not your period, that's also a reason to get checked out.



Male reproductive system:

- **Testicles (or testes):** Two round organs that make sperm (reproductive cells) and testosterone (a hormone that causes changes like a deeper voice and facial hair). They usually hang in the scrotum.
- **Scrotum:** A pouch of skin that holds and protects the testicles. It also helps control their temperature-keeping sperm healthy by moving the testicles closer or farther from the body.
- **Epididymis:** A tightly coiled tube at the back of each testicle where sperm mature and are stored.
- **Penis:** A soft body part that can become erect (firm) due to increased blood flow. It carries urine and semen out of the body-but not at the same time.



You might notice **pre-ejaculate** (a clear fluid) or **spontaneous erections**- even without sexual thoughts (and that is totally normal to have one in completely random situations).

During puberty, people with penises may experience erections that happen without any clear reason - even in completely non-sexual situations like sitting in class or waking up in the morning. This is called an involuntary or spontaneous erection.

It happens because the body is adjusting to new hormone levels and increased blood flow, and it doesn't always mean someone is turned on. It can feel awkward, but it's nothing to be ashamed of - it's just part of how bodies grow and change.

Tip: If it happens in public, taking a few deep breaths, covering with a backpack or jacket, or sitting down can help until it passes.

Penises come in all shapes, colors, and sizes. So do vulvas and so do breasts. Comparing yours to someone else's (especially online) doesn't tell you if yours is "normal." If it's healthy and works for you, it's normal. Real bodies come in all kinds of shapes, and there's no "right" version. All bodies are valid and deserve respect.

What is Sexuality?

When people hear the word sexuality, they often think just about sex- but it's so much more than that. Sexuality is a part of who you are as a person, and it can grow and change over time. It includes:

- How you feel about your body and identity
- Who you're attracted to (if anyone)
- How you express love, attraction, and connection
- Your personal thoughts about relationships and touch

You might hear people describe their sexuality and gender using terms like:

Sexual and romantic attraction: Straight, gay, lesbian, bisexual, pansexual, asexual, queer

Gender identity (how you feel and identify your gender):

- Cisgender: a person whose identity matches the sex they were given at birth.
- Transgender: a person whose identity differs from the sex they were given at birth.
- Non-binary: a person whose gender identity does not fit within the traditional categories of male or female.

Everyone's experience with sexuality is personal and unique. What matters is being true to yourself.

Let's Talk About Masturbation:

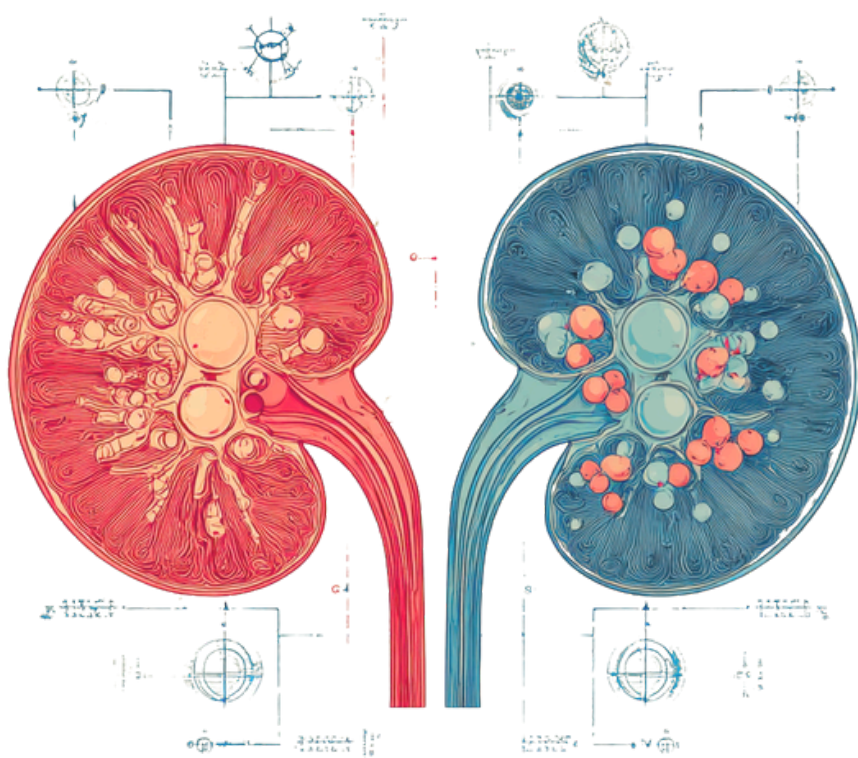
Masturbation means touching your own genitals (penis, clitoris, vulva, etc.) in a way that feels good, often for comfort, curiosity, or sexual pleasure. It is:

- Private and healthy
- Not harmful to your body or future fertility
- Not a sign that you're "too sexual"
- Something many people try, but not necessarily everyone does

People might masturbate to explore their own body, relax, satisfy curiosity, or simply because it feels good.

You might feel embarrassed talking about it, but the truth is: it's normal.

It's your body - and learning about it helps you build confidence and understand your boundaries.



MODULE 1, FINAL CHALLENGE

Message to Me

Write a note to yourself one year from now.

Include:

- One thing you're currently figuring out or unsure about
- One thing you've learned that's helped you feel more confident
- A hope or wish for your future self

Example:

“Dear me, I hope you're still asking questions and still being kind to your body even on hard days, when everything is feeling wrong and nothing is working as it is supposed to be.”



MODULE 1, CHAPTER 2

What Is Sexual Health (and Why Does It Matter)?

THEORY BLOCK

Sexual health is so much bigger than just avoiding pregnancy or STIs (Sexually Transmitted Infections). It's truly feeling at home in your body, having the confidence to make choices that are right for you, and learning to trust your own judgment over all the outside chatter.

You don't have to be sexually active to care about sexual health. Whether you're curious, figuring things out, or not into any of it right now, you still deserve honest info and support.

Sexual health means:

- Understanding how your body works and taking good care of it, whether you are sexually active or not (meaning yearly check-ups with a doctor, checking the cycle, etc)
- Knowing how to protect it and enjoy it safely
- Feeling confident asking questions and setting your own pace

Yes, pleasure is part of sexual health, too. Learning what feels good - whether that's through touch, movement, emotions, or imagination is all part of knowing and caring for yourself. That might mean solo exploration, laughing with someone you trust, or just paying attention to what your body likes and doesn't like. Pleasure isn't something to be ashamed of. Pleasure is one way your body gives you information and joy.

You'll learn more about relationships, consent, and communication in the next modules but for now, let's focus on understanding your body, making your own decisions, and knowing the facts that keep you safe and in control.



MODULE 1, CHALLENGE 1

My Sexual Health Self-Check

True sexual health starts with you, with knowing your body inside and out, respecting your own limits, and being clear on your values, well before anyone else comes into the picture. This challenge is all about checking in with yourself.

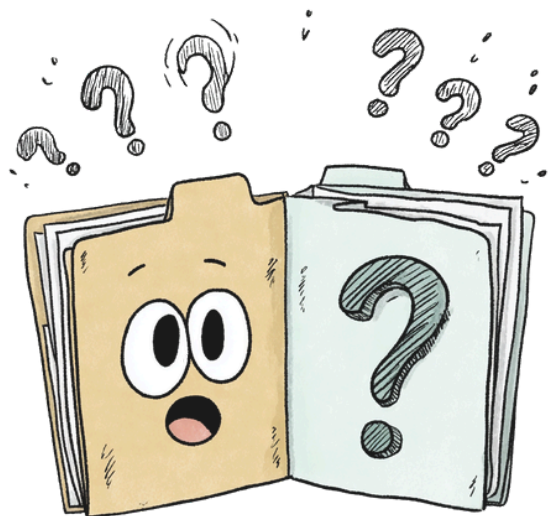
Grab a notebook or a private space to reflect. You don't need to share this with anyone unless you want to.

- **What do I already know about my body and how it works?**

List 2-3 things you've learned that help you feel more informed or confident.

- **What questions do I still have?**

Write down 2-3 questions you're curious about. (No question is too small or weird - being curious is smart.)



Theory Block:

STIs (sexually transmitted infections) are common and fully treatable (like chlamydia) or manageable (like HIV). But there is a lot of shame, fear, and gossip around them that make it hard to talk about. So let's clear things up.

STIs can be spread through:

- Vaginal, oral, and anal sex
- Skin-to-skin contact (for example, herpes, HPV - Human Papillomavirus)
- Through blood and also from mother to child during pregnancy, childbirth, and even breastfeeding.
- STIs can spread even when a person has no symptoms, because the infection can still be present in their body and passed on through sexual contact.

Common STIs:

- Chlamydia, gonorrhea, herpes, HPV, syphilis, HIV

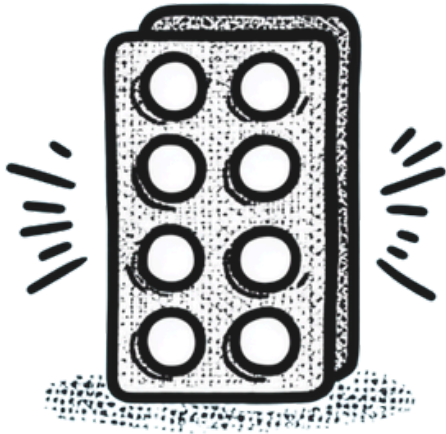
You can't always tell if someone has an STI.

That's why regular testing - just like going to the dentist - is part of taking care of yourself (not a punishment or proof of "bad" choices).

Myths to bust:

- “You would know if someone had an STI.”
- “Only people with multiple partners get them.”
- “You can’t get STIs from oral sex.”

You can protect yourself by using condoms, getting tested regularly, and talking honestly with partners.



MODULE 1, CHALLENGE 2

STI Myth Detective

You're now a **Myth Detective** tasked with clearing up confusion about STIs in your school or community.

Pick 3–4 statements and label them:

- Fact
- Myth
- Not sure

Then research or discuss the truth behind each one.

Sample statements:

- “You can’t get an STI from oral sex.”
- “You only need to get tested if you have symptoms.”
- “HPV can go away on its own.”
- “If someone looks clean, they are.”
- “Getting tested is the only way to know for sure if you have an STI”
- “The birth control pill protects against STIs.”
- “Using condoms can help prevent the spread of HIV.”
- “If you don’t have symptoms, you don’t have HIV.”
- “HIV can be treated but not cured.”

Theory Block:

Being sexually active (now or someday) means thinking about how to protect your body and also how to enjoy yourself without worry.

There are two types of protection:

- **Against pregnancy** → contraception
- **Against STIs** → barrier methods (like condoms)

You can use both together. That's called **dual protection**.

Types of Contraception (Birth Control):

Barrier Methods

These work by physically blocking sperm from reaching an egg. Bonus: they are the only methods that also help protect against STIs.

- **External condoms** (often called “male” condoms): Worn on the penis. They are easy to find, simple to use, and protect against most STIs.
- **Internal condoms** (sometimes called “female” condoms): Worn inside the vagina or anus. They offer protection and can be inserted before sexual activity begins.

Hormonal Methods

These use hormones to stop ovulation or change the body so it's harder for pregnancy to happen. They don't protect against STIs. Hormonal methods need to be prescribed by doctor or nurse.

- **The pill:** Taken once a day. It can help with period cramps or acne, but you need to take it regularly for it to work well.
- **The patch:** Sticks to your skin and releases hormones. You change it once a week.
- **The shot:** Given every 3 months by a nurse or doctor. It's a good "set it and forget it" option.

Since your body is still developing, it is important to talk to a healthcare provider about which type of contraception is best for you - everyone's body is different, and what works for one person might not be right for another. Your doctor or nurse can help you find the safest and most comfortable option based on your body, health, and lifestyle.

Long-Acting Reversible Contraception (LARC)

A healthcare provider needs to insert them

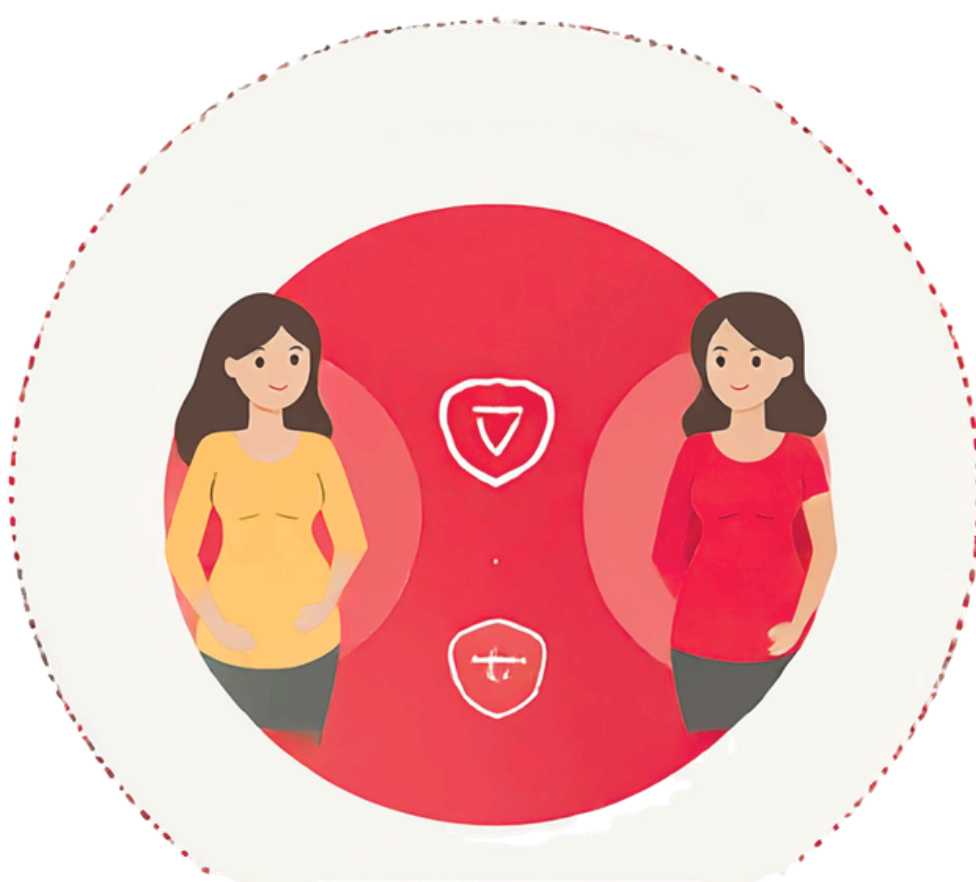
- **Implant:** A tiny rod that goes under the skin of your upper arm. It works for up to 3-5 years.
- **IUD (Intrauterine Device):** A small device placed in the uterus. Some types use hormones, others don't. Depending on the type, it can last 3 to 10 years.

Emergency Contraception

Used after unprotected sex (or if something goes wrong, like a condom breaking).

- **Plan B (morning-after pill):** Most effective within 3 days, but can still work up to 5 days later. It won't cause an abortion - it just helps prevent pregnancy from starting.
- **Important:** This is for emergency use only. It's not meant to be used as a regular birth control method, because frequent use can be hard on the body and may cause side effects.

You don't need to be having sex to learn about birth control. In fact, knowing your options ahead of time makes future choices feel easier-not pressured.



MODULE 1, CHALLENGE 3

My Protection Playlist

Even if you are not sexually active, it's smart to know your options.

Learning about protection now helps you feel more confident, informed, and in control later, of course on your terms.

Create a “playlist” of 3-5 protection options that feel important to know about. These don't have to be your personal choices - just methods you want to understand better.

For each one, write down:

- What it does (for example: protects against pregnancy, STIs, or both)
- How it's used
- One pro (what's good about it)
- One thing to think about (like a reminder, side effect, or myth)



MODULE 1, FINAL CHALLENGE

What would I do?

This challenge is all about imagining real-life moments and thinking through how you might handle them. There are no perfect answers, explore what matters to you, and how you would speak up or take care of yourself in the moment.

Example scenarios:

A friend shares something about contraception that doesn't sound true - what do you do? - Where could you go to check the facts?

You've been thinking about becoming sexually active, but you're not sure what you need to know first. - What would help you feel ready? What questions or boundaries do you want to be clear on ahead of time?

Someone you really like says, "We don't need a condom." - How do you respond? What tools or knowledge from this chapter help you feel confident in your choice?



MODULE 1, CHAPTER 3

What is Body Image?

Positive vs. Negative Body Image

THEORY BLOCK

Body image is the way we see, think, and feel about our own bodies. It includes what we believe about how we look, how we feel in our bodies, and how we think others see us.

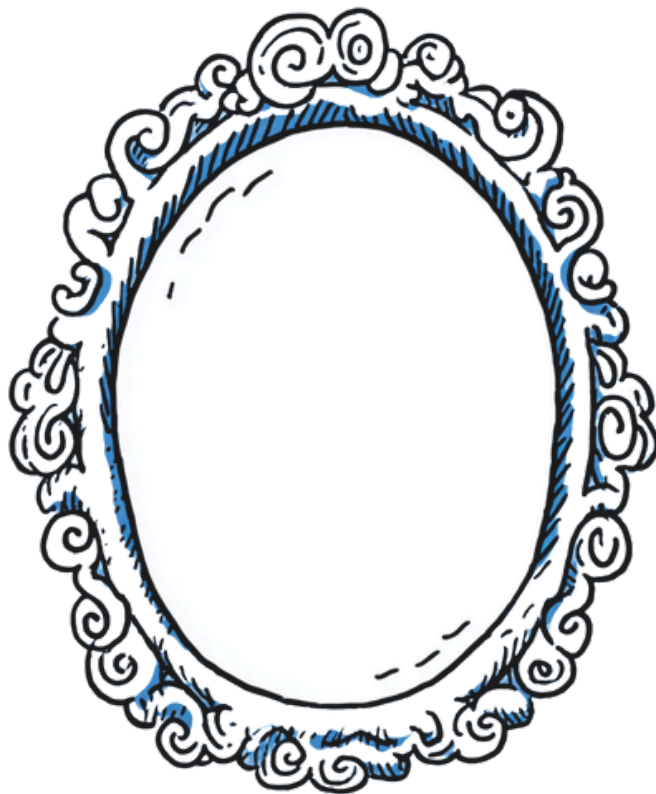
A **positive body image** means you feel good in your body. It doesn't mean you think your body is "perfect"- it means you accept it, appreciate it, and treat it with kindness. People with positive body image feel more confident, take care of themselves in healthy ways, and are less likely to compare themselves to others.

On the flip side, a **negative body image** is when you often feel unhappy or uncomfortable in your body. You might constantly compare yourself to others, feel like you need to change to be "good enough," or avoid doing things (like swimming or wearing certain clothes) because of how you think you look. These thoughts can sneak up on anyone, especially when we see unrealistic images in the media or hear unkind comments about somebody's appearance.

Everyone's body is different - and that's a good thing. Your body is supposed to change during puberty. You might grow taller, gain weight, get acne, or notice new hair or curves. And it is ok.

MODULE 1, CHALLENGE 1

Write down three things you like or appreciate about your body. These can be about how it looks, what it can do, or how it makes you feel. Keep this list somewhere visible and read it when you're being hard on yourself.



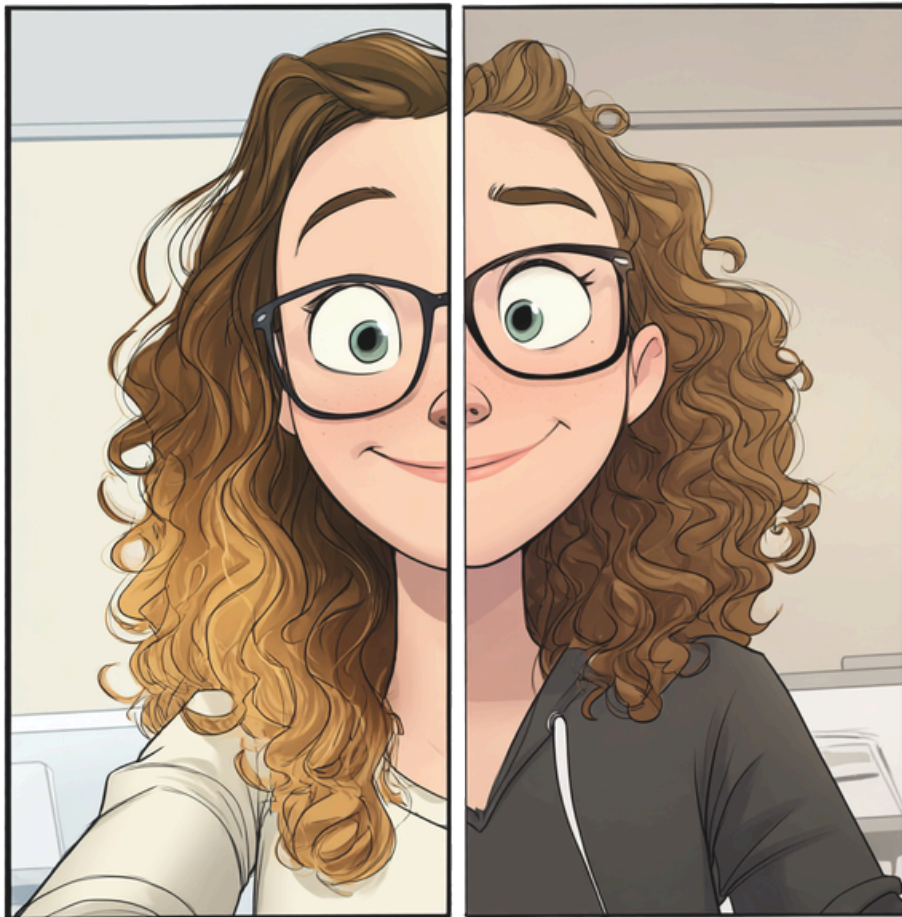
Theory Block:

Let's be honest - social media is everywhere. Whether it's Instagram, TikTok or whatever new app pops up next week, we scroll through endless photos and videos of people who seem to have it all: glowing skin, perfect outfits, sculpted bodies, flawless lives. But here's the truth most people don't talk about: what you see online isn't always real.

A lot of the content we see is edited, filtered, or staged. People use lighting tricks, photo editing apps, face-tuning filters, and even change their body shape with apps or camera angles. So even though it looks like everyone is living their best life and looking perfect 24/7 - it is mostly just highlights and illusions. People often post that way because we all want to feel seen, appreciated, and valued. The strategies we use to feel those things can look different - some share carefully curated images, others stay quiet and scroll. No way is "wrong", but it helps to remember that what we see online isn't the full story.

These constant images of "ideal" bodies or faces can make us feel like we are not good enough. We start comparing ourselves- "Why don't I look like that?" "Why isn't my skin that clear?" "Should I change the way I dress or eat?" Over time, this comparison game can mess with our confidence, increase anxiety, and make us forget how awesome we really are.

Here's what's real: everyone has insecurities, and no one looks like their filtered photos all the time-not influencers, not celebrities, not anyone. And beauty? It doesn't come in just one look, body type, or skin tone. Real beauty is in diversity, in self-expression, and in being kind to yourself and others.



MODULE 1, CHALLENGE 2

Choose one social media account that makes you feel bad about yourself and unfollow or mute it. Then follow one account that celebrates body diversity, mental health, or self-love. Reflect on how this small change affects the way you feel online.



Theory Block:

Society often has different expectations for how boys, girls, and people of other genders should look and behave. These gender norms can lead to pressure to change your body, act a certain way, or hide parts of who you are.

Challenging these norms means accepting and supporting people of all genders to be comfortable in their own skin.

From a young age, we're often told and sometimes without words - how we're "supposed" to look, act, and even feel based on our gender. These are called gender norms, and they can shape everything from the clothes we wear, to our gender expression, to the way we show emotions, and even how we feel in our own skin.

The problem? These norms are super limiting and often unrealistic. They don't leave space for individuality, and they definitely don't reflect how complex and diverse real people are.

- **Boys** might feel like they have to be tall, muscular, tough, and never cry. Showing emotions or liking things labeled "feminine" (like dancing, caring about fashion, or expressing vulnerability) might get them judged.

- **Girls** are often expected to always look “put together”-slim, cute, well-dressed, and “pleasant.” They might be praised for being quiet or nice, even when they want to speak up or be bold.
- **Non-binary and trans youth** may feel like they don’t fit into these boxes at all. This disconnect can lead to confusion, frustration, or feeling invisible.

But guess what? **There’s no one right way to be a boy, girl, both, neither, or anywhere in between.** You don’t need to change your body to meet someone else’s idea of what’s “normal.” The way your body looks, the way you dress, the way you express yourself-those are all **yours** to choose.

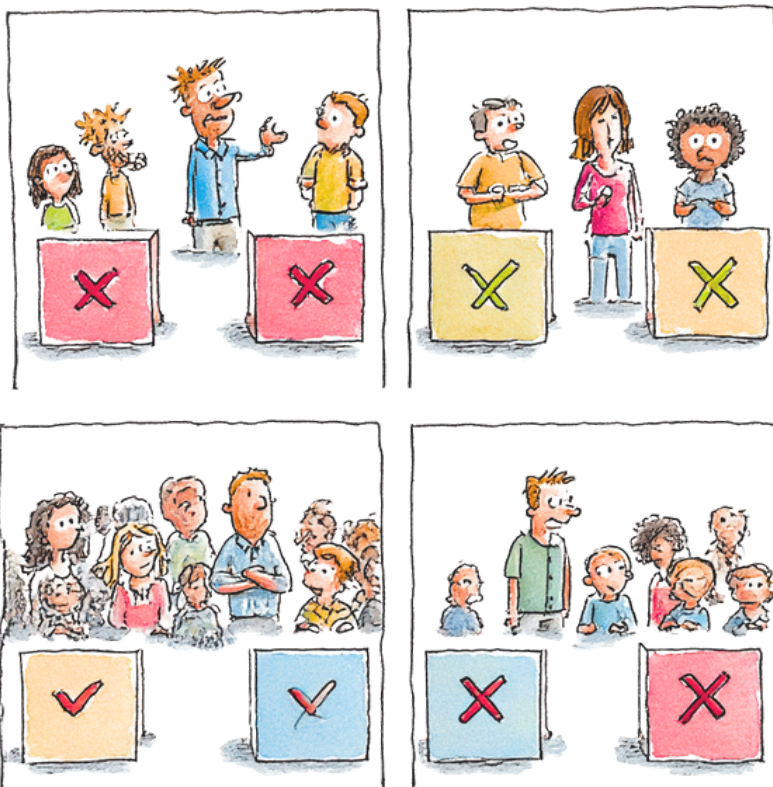


MODULE 1, CHALLENGE 3

Reflect on one message you've heard about how someone "should" look because of their gender. Write it down and then write a sentence challenging that idea (for example, "Boys don't need to have big muscles to be strong," or "Beauty doesn't mean being skinny")

Statements:

- "Girls should wear make-up to look pretty"
- "Real men don't cry or show their emotions"
- "Girls should always dress feminine"
- "If you're not thin, you're not beautiful."
- "Boys should be tall and muscular to be attractive."
- "Your gender has to match how your body looks."
- "If you're non-binary, people should always be able to tell just by looking at you."



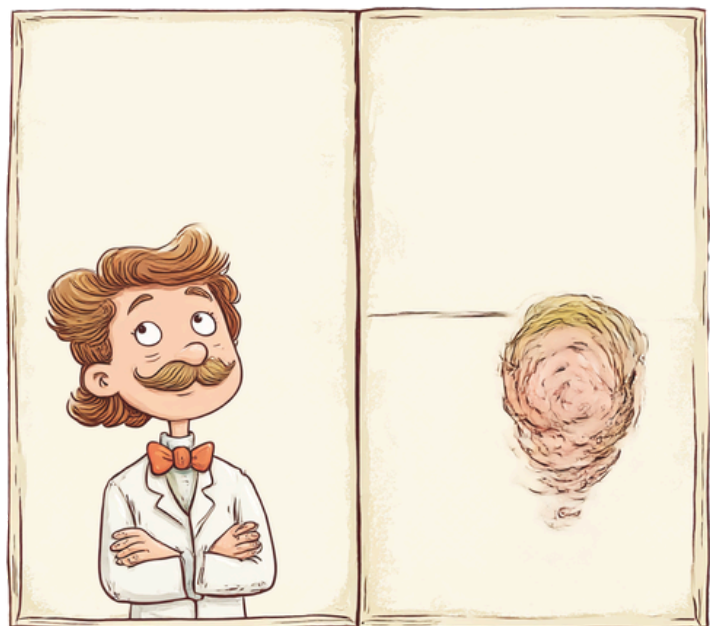
MODULE 1, FINAL CHALLENGE

Compliment Chain

Write down **one kind thing about yourself**. It might be something you like, something you're proud of, or something you've done well lately.

Then, write a compliment for someone you care about (a friend, sibling, or even a teacher). If you feel comfortable, share your compliment with them and encourage them to do the same for someone else.

When you say something kind to yourself, it helps build confidence from the inside. And when you lift someone else up, it reminds you that we are all doing it. A small compliment can go a long way for them and for you.



END OF MODULE

Before you go, take a moment to pause and check in with yourself. You've just explored a lot - from body changes and emotions to confidence, pleasure, and identity. These questions are not a test. They are here to help you notice what stuck with you, what you want to remember, and how you might care for yourself moving forward.

- What is one thing I learned in this module that changed how I think about my body or my feelings?
- Was there anything that surprised me, made me curious, or even felt a bit awkward but in a good way?
- What will I take with me from this module to help me feel more confident in everyday life?
- What is one step I can take no matter big or small - to care for my body, feelings, or sexual health in a way that feels right for me?
- What's one question I still have, or one thing I want to learn more about?

“If you want to dig deeper” type of resources

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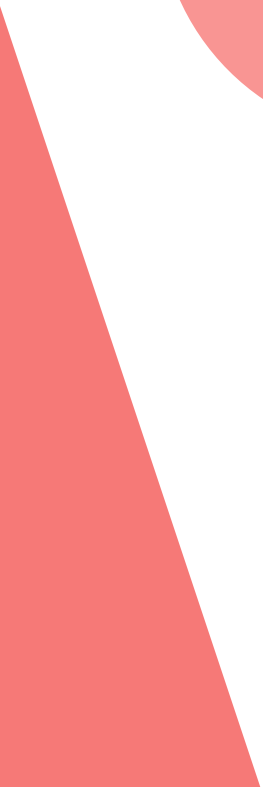
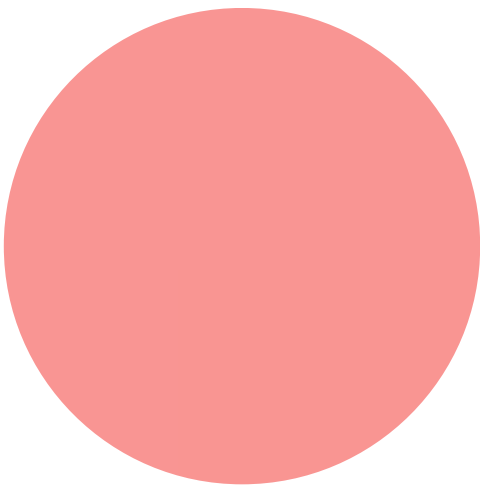
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CONSENT IS KEY

MODULE 2



INTRODUCTION TO THE MODULE

We're really glad you're here. Module 2 is all about one thing: consent — what it means, how it works, and why it matters. Whether you're just starting to explore relationships, already navigating dating, or simply wanting to understand how to communicate and respect boundaries better, this module is for you.

We'll cover questions like:

- Is silence consent?
- If I said yes before, do I have to say yes again?
- Does consent only apply to sex?
- How to deal with situation when someone saying “no” to my offer?
- What if someone sends me a nude I didn't ask for?
- Can I change my mind?

You'll also get to bust some common myths — like "consent ruins the mood" or "you owe someone intimacy if you're in a relationship." Spoiler alert: none of that is true.

Here's what's ahead:

Chapter 1: What Is Consent, Really?

Understand what consent is and isn't — in words, actions, and everyday moments.

Chapter 2: When Things Get Messy

Learn how to handle “no” (saying it, hearing it), how power affects consent, and how to communicate with real respect.

Chapter 3: Consent Beyond Touch

Explore how consent plays out online, in sexting, DMs, sharing images, and everyday digital life.

A heads-up: This module touches on some sensitive topics, including unwanted experiences and boundaries being crossed. You might feel uncomfortable at times — and that’s okay. Take breaks when you need to. You get to choose how deep you go. Reflect, pause, skip, or return to parts when you're ready. You’re in control of your own learning journey.

By entering this module, you are part of building a culture of mutual respect, trust, and safety — online, offline, always.

MODULE 2, CHAPTER 1

What Is Consent, Really?

THEORY BLOCK

Consent in romantic or sexual relationships means that each person makes their own decision about what they're okay with — emotionally, physically, and personally. It's about being able to communicate honestly about your own boundaries, wishes, and needs, and also being ready to really listen to and respect the other person's.

Consent is shown through clear, voluntary, and pressure-free words or actions that everyone involved understands. It's not about guessing. It's not about convincing. It's not about staying silent. It's about open, mutual agreement.

Any kind of intimate contact — kissing, touching, sexting (sending, receiving, or forwarding sexually explicit messages, photographs, or videos), sex — must involve consent from everyone involved. Without it, something that might seem okay to one person can actually become a serious violation for the other.

Misunderstanding or ignoring consent is often linked to abuse and harm. When someone does something intimate without clear, willing permission, they cross a line — even if they didn't "mean to." It takes away the other person's right to make choices about their own body, emotions, and personal space.

That's why understanding what real consent looks and feels like is such an important part of building healthy, equal, and respectful relationships — no matter if they're short and casual or long and serious.

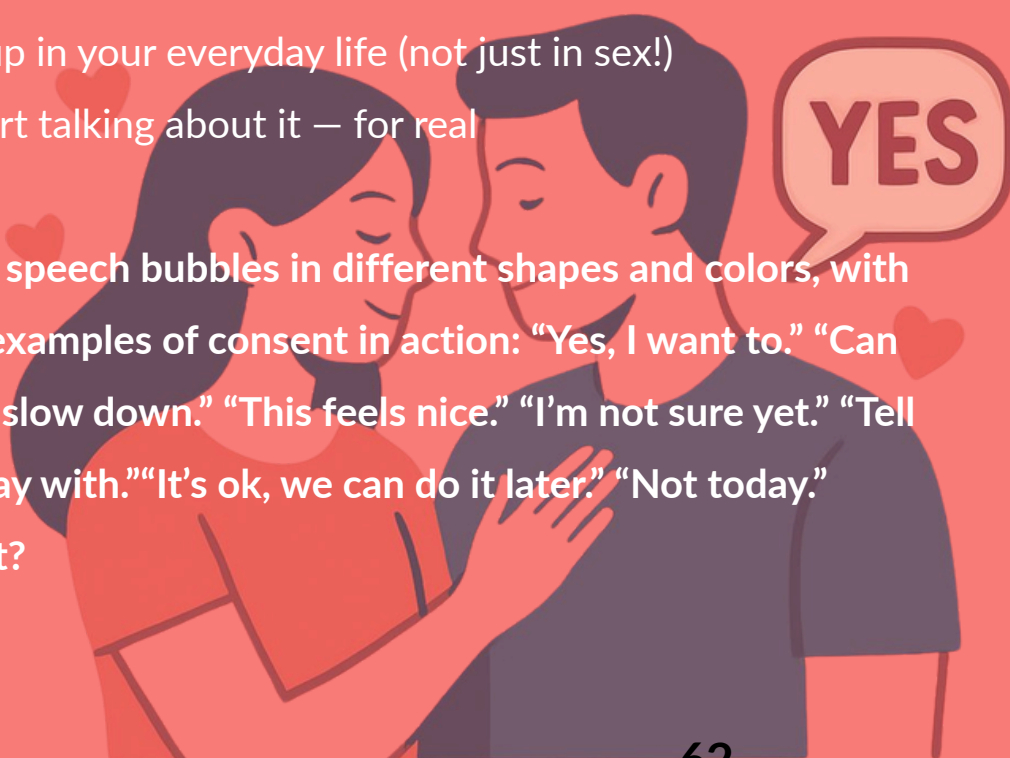
As you start exploring romantic crushes, relationships, or sexual experiences, consent is one of the most important ways you can take care of yourself — and also take responsibility for how you treat others.

You've probably heard the phrase "no means no." But when it comes to consent, it's not that simple. The goal should always be a clear, excited yes — not a "maybe," not silence, not pressure. That's what we call enthusiastic consent.

In this chapter, we'll explore:

- What consent really is and what it isn't
- How we feel consent with and within our bodies - reflecting on our physical boundaries
- How it shows up in your everyday life (not just in sex!)
- And how to start talking about it — for real

A simple collage of speech bubbles in different shapes and colors, with positive and clear examples of consent in action: "Yes, I want to." "Can we try this?" "Let's slow down." "This feels nice." "I'm not sure yet." "Tell me what you're okay with." "It's ok, we can do it later." "Not today." "What do you want?"

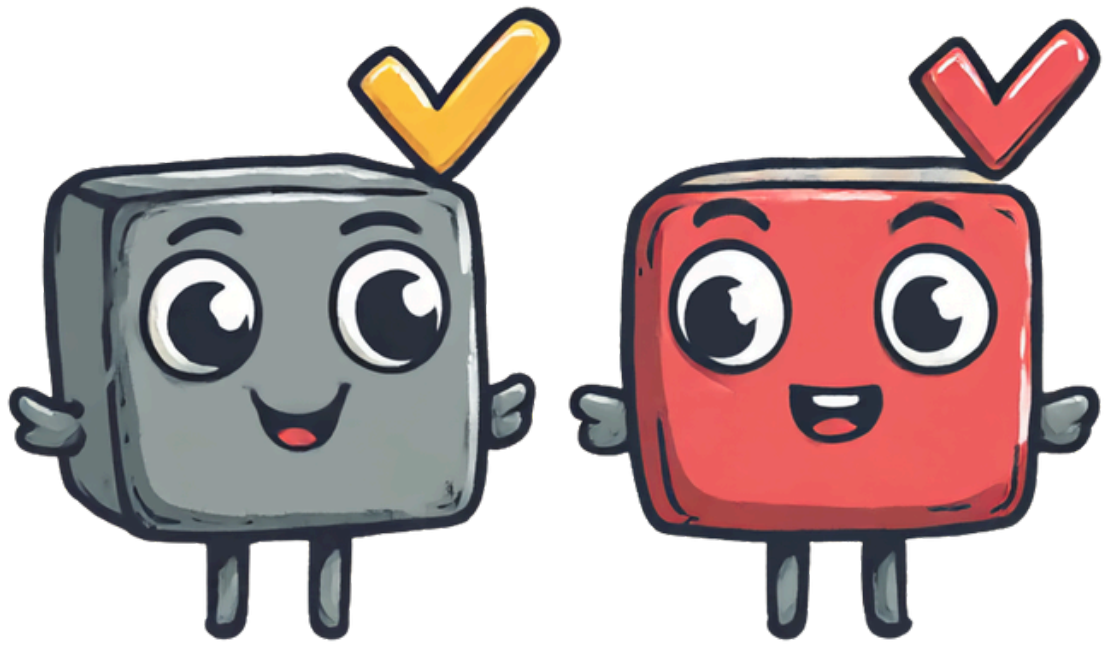


MODULE 2, CHALLENGE 1

Consent or Not Consent?

Ready to test your understanding of consent? Below are a few scenarios. For each one, decide if it's Consent or Not Consent. You can do this challenge on your own, or team up with a friend and discuss your answers. Afterward, we'll go over the correct answers and explanations.

- Someone nods and smiles when asked if they want to hold hands.
- You keep asking someone until they say "fine, whatever."
- Your friend was okay hugging before but now is somehow reluctant.
- You ask if your partner is okay with something, and they don't respond but look uncomfortable.
- You offer a hug, and the other person leans in and smiles.
- You agree to kiss someone, but then they stop and say they don't feel comfortable anymore.
- You say "no," but the other person keeps saying, "please, please, I really want to! That felt so nice last time!"
- After receiving a sexy text message, you say, "Please don't send me this again. I don't feel comfortable." You receive a similar message the next day.
- You send a picture of your naked torso to someone with whom you've never spoken before.
- You both are in bed naked. You don't feel like continuing anymore, but you don't say anything. Your partner doesn't notice and goes on.



Theory Block: Correct Answers and Why

Now that you've gone through the scenarios, let's check your answers. It's really important to understand why something is or isn't consent, so let's break it down.

- Someone nods and smiles when asked if they want to hold hands.

Answer: **Consent**

Why? This shows clear, positive body language and verbal agreement, indicating they want to hold hands. Consent doesn't always need words, but it must be clear and comfortable. It also means that consent is given to holding hands in this particular moment. Nothing more.

- You keep asking someone until they say "fine, whatever."

Answer: **Not Consent**

Why? Pressuring someone to say yes after they've initially hesitated or said no is not respecting their boundaries. Consent must be freely given without any pressure.

Remember: You don't need to convince or "encourage" someone into saying yes. What they need from you is respect for their choice and boundaries. Consent is about mutual understanding and comfort – not about convincing someone to change their mind.

- Your friend was okay hugging before but now is somehow reluctant.

Answer: **Not Consent**

Why? Consent can be revoked at any time, for any reason. If someone was ok with something but later changes their mind and doesn't want to continue, respecting that choice is essential.

- You ask if your partner is okay with something, and they don't respond but look uncomfortable.

Answer: **Not Consent**

Why? Silence or discomfort is not consent. You should check in if someone's body language isn't matching the situation or if they look uneasy.

- You offer a hug, and the other person leans in and smiles.

Answer: **Consent**

Why? Their action — leaning in and smiling — shows they are willing and ready to accept the hug. That's mutual agreement!

- You agree to kiss someone, but then they stop and say they don't feel comfortable anymore.

Answer: **Not Consent**

Why? If they change their mind, respecting their boundaries is key. Consent is a two-way street, and it can be withdrawn at any point.

- You say “no,” but the other person keeps saying, “please, please, I really want to! That felt so nice last time!”

Answer: **Not Consent**

Why? Your “no” should always be respected, no matter what. You don’t need to repeat it or be persuaded. Pressuring someone into changing their answer is never okay. Consent means respecting each other’s limits, and no means no. Any attempt to convince or guilt someone into saying yes is a violation of their boundaries. It’s crucial to listen and honor the feelings of the other person – not manipulate or push them into compliance.

- After receiving a sexy text message, you say, “Please don’t send me this again. I don’t feel comfortable.” You receive a similar message the next day.

Answer: **Not Consent**

Why? You clearly communicated your boundaries. If they keep sending messages after you’ve asked them not to, they are disrespecting your consent.

- You send a picture of your naked torso to someone with whom you've never spoken before.

Answer: **Not Consent**

Why? Sending intimate images without consent is a violation of privacy. Always ask before sharing sensitive content, and be sure both parties are comfortable.

- You both are in bed naked. You don't feel like continuing anymore, but you don't say anything. Your partner doesn't notice and goes on.

Answer: **Not Consent**

Why? Silence or inaction is not consent. If you feel uncomfortable, it's essential to speak up and communicate your feelings. Consent is a two-way street: it's not only your responsibility to express your limits, but also your partner's responsibility to check in and make sure you're both comfortable. Consent is about mutual respect and communication. If at any point one person isn't comfortable or doesn't want to continue, that should be respected — and both people should actively ensure that consent is present.

MODULE 2, CHALLENGE 2

My Personal Body Boundaries

Before you can clearly communicate consent to others, it helps to understand your own boundaries. This challenge is about exploring what kinds of physical touch feel comfortable, okay, or not okay – and how that might change depending on the situation or the person. You'll reflect on where, when, and how you like (or don't like) to be touched, and by whom. There are no "wrong" answers – this is about you, your comfort, and your right to choose.

Draw an outline of a human figure (front and back).

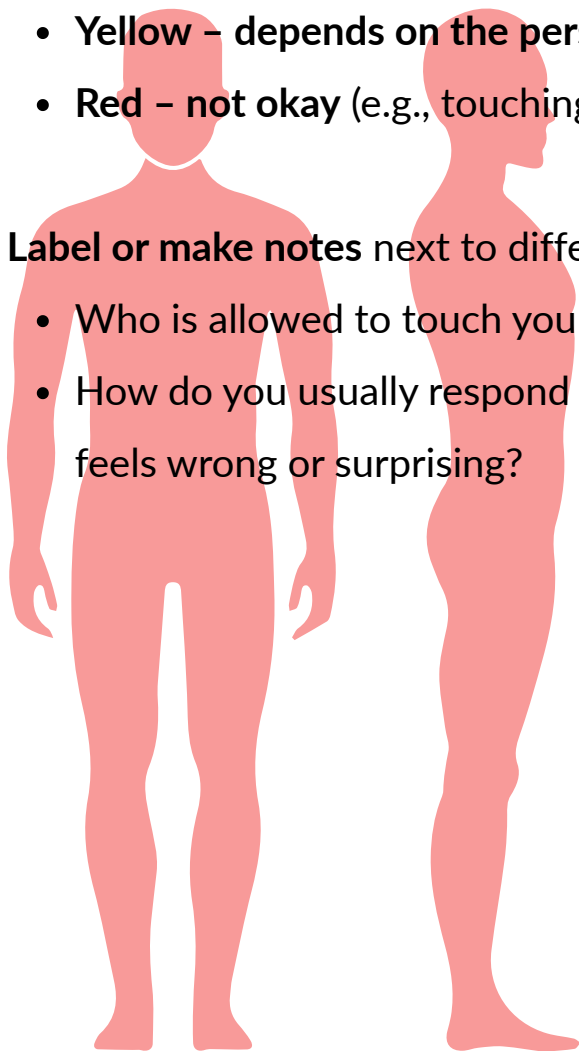
You can use the one in your workbook or sketch one yourself.

Color-code the body zones based on how you feel about being touched:

- **Green** – totally comfortable (e.g., hugs from close friends)
- **Yellow** – depends on the person/situation (e.g., hand on shoulder)
- **Red** – not okay (e.g., touching your face, certain body parts)

Label or make notes next to different zones:

- Who is allowed to touch you there? In what situations?
- How do you usually respond if someone touches you in a way that feels wrong or surprising?



Theory Block:

How we feel about being touched isn't fixed — it can change from day to day and person to person, moment to moment. Sometimes a hug feels warm and comforting. Other times, the same hug can feel too much — especially if you're tired, anxious, or just not in the mood. And that's completely normal. Your comfort with physical touch depends on:

- **Who** is touching you
- **Where** you are (safe place vs. unfamiliar setting)
- **How** you're feeling (happy, stressed, tired, overwhelmed...)
- Your past experiences
- Even simple things like having a headache or just needing space

You don't owe anyone access to your body — even people you care about.

You're allowed to say:

- “Not right now.”
- “I'd rather not be touched today.”
- “Can we just sit next to each other instead?”
- “Can we pause?”
- “I need a bit more time.”
- “Not today, but I'll let you know when I'm ready.”
- “I care about you, but I'm not feeling okay with this now.”

And if someone else sets a boundary with you — respect it, every time.

Clear, kind communication is how we care for each other.

MODULE 2, CHALLENGE 3

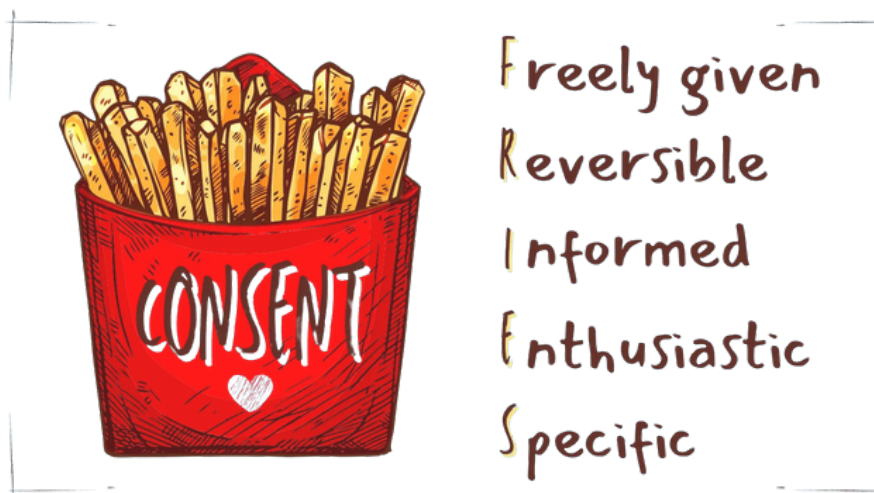
The FRIES model is a helpful way to break down what makes consent clear, respectful, and healthy. It stands for:

- F – Freely given
- R – Reversible
- I – Informed
- E – Enthusiastic
- S – Specific

Now let's look at these qualities more closely - how do each one of them feel to you personally? **Write your answers** or discuss them with a friend in the following prompts:

- **Freely Given** - without pressure or manipulation. Can you think of a situation where consent was freely given? Was anyone pressured or persuaded? How can you tell the difference between someone giving consent freely versus reluctantly?
- **Reversible** - mind can be changed at any time. Have you ever changed your mind about something? How did that feel at first and later on? How did you communicate that to the other person? Why is it important that consent is reversible, even if you said “yes” at first?

- **Informed** - based on clear, honest information. What information do you need to decide to consent or not? What matters to you? Why is it important to know what's happening and feel confident in your decision?
- **Enthusiastic** - given with excitement or eagerness, not out of obligation. How do you know if someone is enthusiastically consenting? What are verbal and non-verbal cues to look for? How enthusiastic consent feels in your body? What are your associations with enthusiastic consent?
- **Specific** - Consent is about one thing at a time – just because you said “yes” to one thing doesn’t mean “yes” to everything. When was the last time you said “yes” to something and then changed your mind? Was there a need to communicate your change of mind? How did you do that? And how did that feel? What happens when someone assumes that one “yes” means “yes” to everything? How can we ensure that consent is specific for each situation?



MODULE 2, FINAL CHALLENGE

My Consent Code

Now that you've explored what consent means — in your body, in words, and in actions — it's time to write your own "Consent Code." This is your personal set of reminders about what consent means to you and how you want to give and receive it.

Start with this sentence: "For me, consent means..."

Then complete these prompts:

- If I'm unsure or uncomfortable, I will...
- I know I can always say...
- When someone sets a boundary, I will...
- A red flag for me is...
- When I say "yes" to something, I feel ...
- When I say "no" to something, I feel ...
- I feel most safe and respected when...
- I know I respect other persons boundaries when I ...

Make it yours: Turn your answers into a "Consent Code" — like a short list, poster, or even a poem or quote. You can decorate it or keep it private — it's for you.



MODULE 2, CHAPTER 2

When Things Get Messy

THEORY BLOCK

Consent isn't always simple. Sometimes, the situation feels unclear — someone might keep pushing even after you hesitate, or you might feel unsure how to say “no” without hurting someone's feelings. Sometimes, you might even catch yourself trying to convince someone when they're not fully into it. In this chapter, we'll talk about how to recognize when pressure or manipulation is happening — and just as importantly, how to avoid putting that pressure on others. You'll also learn how to handle rejection in a healthy way and build the kind of respect that real consent is based on. Because consent isn't just about getting a “yes” — it's about making sure both people feel safe, free, and heard.



MODULE 2, CHALLENGE 1

Spot the Pressure

You'll read a few situations that may seem okay at first – but are they really based on respect and real consent?

Mark each one as “Respectful” or “Pressure” and explain why. You can do this on your own or team up with a friend and compare your answers.

Try to challenge each other: what signs helped you decide?

A: “Hey, I’m not in the mood tonight.”

B: “But I was counting on this... don’t leave me hanging again.”

Respectful or Pressure? Why?

A: “I’m not sure...”

B: “Okay, no worries – let me know if or when you are.”

Respectful or Pressure? Why?

A: “Come on, it’s just a kiss – stop being so dramatic.”

B: leaning away and turning the head to other direction

Respectful or Pressure? Why?

A: being silent

B: “We’ve done this before, why are you acting weird now?”

Respectful or Pressure? Why?

A: "I had a long day, I just want to cuddle tonight."

B: "That's totally fine. Let's just chill."

Respectful or Pressure? Why?

A: "Can we stop? I'm feeling really uncomfortable now."

B: Keeps going, whispering: "Just a little more, you'll like it, I promise."

Respectful or Pressure? Why?

A: "Let's use a condom."

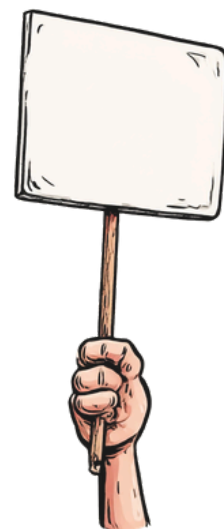
B: "Do we really need to? It feels better without. Come on, just this once."

Respectful or Pressure? Why?

A: "Can we slow down? I want to keep going, but I'm feeling a bit nervous."

B: "Of course. We can stop completely too – whatever feels right for you."

Respectful or Pressure? Why?



Theory Block: So... What did you spot?

Let's break down each situation to understand where **respect** shows up – and where **pressure** crosses the line.

- **“But I was counting on this... don't leave me hanging again.”**

Pressure

This uses guilt and emotional manipulation. Consent should never be based on obligation or fear of disappointing someone.

- **“Okay, no worries – let me know if or when you are.”**

Respectful

This response gives space and choice, with no pressure. That's what real consent sounds like.

- **“Come on, it's just a kiss – stop being so dramatic.”**

Pressure

Dismissing someone's boundaries and labeling them as “dramatic” is manipulative and disrespectful. Even small things need consent.

- **“We've done this before, why are you acting weird now?”**

Pressure

Past consent doesn't mean forever. Consent can change anytime. Pushing someone to explain or justify their “no” is a red flag.

- **“That’s totally fine. Let’s just chill.”**

Respectful

Respecting boundaries without question, pressure, or sulking is how you show care and maturity.

- **“Just a little more, you’ll like it, I promise.”**

Pressure

If someone says they want to stop, the only right thing to do is stop. Continuing without mutual, active agreement is not just disrespectful — it can be sexual harassment, sexual violence, or even rape, depending on what happens. Consent is not optional — it is the line.

- **“Do we really need to? It feels better without.”**

Pressure

Trying to talk someone out of using a condom after they’ve clearly said they want to use one is not okay. It disrespects their boundaries and safety. If a condom is removed during sex without both partners’ clear agreement (this is called stealthing), it’s considered sexual violence. Mutual agreement includes how sex happens — not just if it happens.

- **“Of course. We can stop completely too - whatever feels right for you.”**

Respectful

This is a great example of checking in and being emotionally supportive. It shows that consent is not just about getting a “yes,” but about staying tuned in to how your partner is feeling throughout.

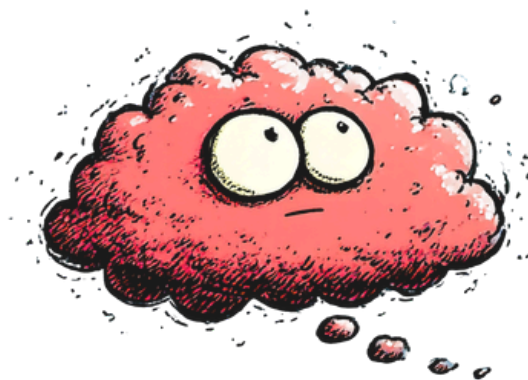
MODULE 2, CHALLENGE 2

Analyzing Consent in Media

Choose an episode from your favorite TV series or a scene from a movie and analyze it for consent. Look for moments where consent is given, respected, or violated, and reflect on how characters communicate their boundaries and desires.

Instructions:

- **Pick a Scene:** Choose an episode from your favorite series or a movie scene that includes relationships and intimacy.
- **Watch with a Critical Eye:** Pay attention to moments when characters communicate about their desires, boundaries, or feelings. Are there moments where one character pressures the other? Does anyone say “no,” “yes,” or indicate discomfort?



- **Analyze the Scene:** For each moment you observe, answer the following questions:

What feelings does this scene evoke in you? Do you sense discomfort/ confusion/ relief or any other emotion?

Is consent clear and enthusiastic in this scene?

Do characters communicate openly about their feelings, or is there pressure or manipulation?

How do the characters handle rejection or boundaries? Is there respect for the “no”?

If consent is not given or is unclear, how does this affect the characters and the overall scene?

- **Reflection:** After analyzing the scene, reflect on the following questions:

How would you handle the situation if you were one of the characters in the scene?

How does this scene compare to what you’ve learned about consent in real life?

- **Optional:** If you feel comfortable, share your analysis with a friend or partner and discuss your thoughts together.

After watching and analyzing your chosen scene, here are three important aspects to reflect on:

- **Non-Verbal Cues**

Consent isn't just about words — it's also about body language, facial expressions, and tone of voice. Someone might freeze up, pull away, go silent, or look uncomfortable. These are important signals. Respect means noticing how someone feels, not just what they say. If someone seems unsure, the right move is to pause and check in.

- **Power Dynamics**

Sometimes, one person has more power — they might be older, more experienced, in a leadership role, or just more confident. This can make it harder for the other person to say “no.” True consent can only happen when both people feel free to speak honestly, without fear or pressure. If the balance feels off, it's important to slow down and talk about it openly.

- **Respecting Boundaries**

If someone shows discomfort or says “stop,” “not now,” or “I don't feel like it,” their boundary should be respected — no questions asked. Even if things were okay before, people are allowed to change their mind. Consent is something that's given every time, not assumed. It's about mutual care, not pushing for what you want.

MODULE 2, CHALLENGE 3

How Would You Respond?

Let's practice now- how to respond to different consent-related situations – whether you're the one asking, saying no, or supporting someone else's boundary. You can do this alone by writing or saying your responses out loud, or try it with a friend by reading scenes and switching roles.

Scenario Prompts:

- Someone says, "I'm not sure if I want to do this..."

What could you say to make them feel safe and heard?

- You really don't feel like kissing, but you're afraid of disappointing them.

What could you say that's honest, respectful – and still kind?

- A friend tells you about last night with a person they really like, saying "They said no, but I think they just need some convincing."

Would you challenge that thinking? Why and how?

- You want to try something new in your relationship, but you're not sure how to bring it up.

How would you start the conversation in a way that respects your partner's comfort?

Optional Extra Task:

Write down a “go-to phrase” for each situation – something you could realistically say when these moments come up.



MODULE 2, FINAL CHALLENGE

How To Handle Rejection?

Rejection is a part of life. Whether it's a friend, partner, or someone you're interested in, everyone experiences being rejected at some point. It can feel hurtful, confusing, and sometimes even make you question your worth. But the key is in how we respond to rejection. It's not about ignoring or suppressing our feelings, but how we handle them with maturity and respect for both ourselves and others. In this challenge, we'll practice handling rejection in a respectful, calm, and emotionally mature way. Remember, **rejection is not a reflection of your value**. It's a sign of different needs, boundaries, or preferences.

In the following situations, you'll be given a rejection. Your job is to choose the most respectful, emotionally mature, and reflective response.

After selecting your answer, pause and reflect on these questions:

- **How does it feel right after this response is said to you?**
- **How would you feel if you took 2-3 deep breaths before responding?**
- **How does it feel to respond with respect to both yourself and the other person?**

Scenario 1:

Them: "I don't want to go further right now. I'm just not feeling it."

Which would be your response?

- "What do you mean? I don't get it. You said you liked me before."
- "Okay, I respect that. Let's talk later when you feel more comfortable."
- "If you're just saying that now, it's not fair. You can't change your mind now."
- "I'm hurt, but I'll accept it. Can I try again in a bit?"
- Other

Scenario 2:

Them: "I'm not ready to be in a relationship right now. I just want to stay friends."

Which would be your response?

- "I can't just be friends. I want more."
- "Okay, I understand. I value your friendship and respect your choice."
- "That's not fair! I thought you liked me. Why can't we just try?"
- "Well, if you change your mind, let me know. But I can't be just friends."
- Other

Scenario 3:

Them: "I don't think we should kiss right now. I'm not ready."

Which would be your response?

- "Why not? We've done it before! What's the difference now?"
- "I respect that. Let's just relax and see how we feel later."
- "You can't just back out now. You've been leading me on."
- "Fine, but don't expect me to hang around if we're not going to do anything."
- Other

Reflection Questions:

- **How did each response make you feel? Which one felt most respectful and emotionally mature?**
- **What did you notice about the importance of giving space and respecting the other person's boundaries?**
- **How does it feel to take a pause and reflect before reacting? Did taking a moment to breathe help you respond in a more respectful way?**

Theory Block: Handling Rejection with Respect

Rejection is a normal part of any relationship. Whether it's romantic, sexual, or just social, understanding how to handle rejection with respect and maturity is a key skill in maintaining healthy relationships. The way we react to rejection matters—it affects how we view ourselves and how others perceive us.

- **Self-Worth:**

Remember, **rejection does not define you**. It's not about your value as a person. Sometimes people say no for reasons that have nothing to do with you—it could be about their own comfort level, emotions, or needs.

- **Respecting Boundaries:**

When someone says no, it's important to respect that. It can be tough, but it's a sign of emotional maturity to step back and respect their boundaries without pushing or pressuring them.

- **Emotional Resilience:**

It's normal to feel hurt, disappointed, or confused after a rejection. However, it's crucial to give yourself space to process those emotions without reacting impulsively. Taking a deep breath, reflecting, and then responding respectfully shows emotional strength.

MODULE 2, CHAPTER 3

Consent Beyond Touch

THEORY BLOCK

From DMs to dating apps, people are connecting more than ever through screens. But just because you're not face-to-face doesn't mean consent stops being important. In fact, it's even more important to **check in, ask questions, and listen carefully** — because online, we don't have body language, tone of voice, or facial expressions to help us figure things out.

When talking, flirting, or sharing anything intimate online (like photos or messages), it's crucial to **think about how the other person might feel** — and to make sure you're both comfortable every step of the way. That means **not assuming** what's okay, but **communicating clearly** and **respecting the answer**, even if it's “no,” “maybe,” or silence.

Digital consent is still **real consent**. It's all about **mutual respect, safety, and choice** — whether in person or on screen.



MODULE 2, CHALLENGE 1

Just One Picture

Alex stared at their phone screen.

The message from Sam read: "You looked really good today. Wish I could see a little more. Just for me?" Alex's heart fluttered. They did like Sam. A lot. They'd been chatting for a few weeks now, and their late-night conversations had turned flirty. Alex opened the camera. The finger hovered over the shutter. Just one picture.

Your Turn to Reflect. You can write your answers below or have a chat with a friend. Think about at least 2 -3 answers to each of the questions.

- What should Alex do?
- What are the risks if Alex sends the picture?
- What are the risks if Alex doesn't?
- What might influence the decision at this moment?



Theory Block: What Is Sexting – And What Are The Risks?

Sexting means sending sexual messages, photos, or videos through phones, apps, or online. It can feel exciting and like a way to express attraction or trust. But it's important to know that sexting comes with risks, especially for young people.

Here are some things to keep in mind:

- **Consent matters:** Just like in person, everyone involved must agree freely – and can change their mind at any time.
- **Privacy isn't guaranteed:** Once you send a picture or message, you lose control over where it might go next. It could be shared without your permission.
- **Permanent online presence:** Once a picture is out there, it's almost impossible to take it back. It can stay on the internet forever.
- **Legal risks:** In many places, sharing sexual images of minors (even yourself) can lead to serious legal problems.
- **Emotional impact:** Sexting can affect how you feel about yourself and your relationships – for better or worse.
- **Pressure and boundaries:** Never feel forced, tricked, or pressured into sexting. Respecting your own limits and others' is key.

Remember:

It's always okay to say "no," to take your time, and to think carefully before you send anything. Your body, your images, your boundaries – they all deserve respect.

MODULE 2, CHALLENGE 2

Responding When It Doesn't Feel Right

Whether it's a message from someone you like or an unexpected image in a group chat, moments online can feel confusing, pressured, or just... wrong. This challenge is all about practicing how to respond when something crosses your boundaries — even if it's subtle or comes from someone you trust. You'll explore real situations teens face around sending and receiving intimate images, and choose responses that feel right to you. There's no one-size-fits-all — but remember: your comfort, safety, and boundaries matter. Always.

Someone you like messages:

"Send me something sexy... just for me, I promise."

You feel unsure but also don't want to disappoint them.

How would you respond?

- "I'm not really comfortable doing that."
- "Nah, I'm good. Let's just keep talking instead."
- Leave the message on read and take space.
- Other (write something what you would say/ how would you react, if none of the answers mentioned above feels right).

In a group chat, someone drops a nude photo of a classmate without their consent. Some laugh. Some send emojis.

How would you respond?

- “This isn’t cool. I’m reporting this.”
- Exit the group chat and block the sender.
- Screenshot it and tell an adult you trust.
- Other (write something what you would say/ how would you react, if none of the answers mentioned above feels right)

You’ve sent a semi-revealing picture before. Now they’re asking for more:

"You’ve already sent one. What’s the big deal?"

How would you respond?

- “Just because I sent one doesn’t mean I want to send more.”
- “I’m not feeling it. Please stop asking.”
- Block and talk to someone you trust.
- Other (write something what you would say/ how would you react, if none of the answers mentioned above feels right)

A friend suddenly says:

"I've never seen you like that. Want to trade pics?"

How would you respond?

- "I'd rather not. Let's keep things chill."
- "This is making me uncomfortable."
- Send a meme instead – redirect or shut it down playfully but clearly.
- Other (write something what you would say/ how would you react, if none of the answers mentioned above feels right)

Theory Block:

There's **no shame** in being curious about sexting, enjoying it, or wanting to explore it with someone you trust. If everyone involved is on the same page, informed, and comfortable — that's what matters most.

But here's what's key:

- **You don't need to sext to be in a healthy relationship.** Every relationship is different. Some people love sending flirty messages or nudes. Others don't — and that's totally okay.
- **Sexting should never feel like pressure.** If it feels more like an obligation or a stressor than something fun or exciting, that's a red flag. You deserve to feel safe and respected.
- **You can stop anytime.** Just because you've sexted before doesn't mean you owe anyone more. Your consent is something you get to renew — or take back — at any moment.
- **It doesn't have to be "equal".** Some people enjoy sending more, others receiving. There's no rulebook — just mutual comfort and clarity.

Some more safety tips and tricks

- **Know Your Apps:** Different apps handle photos and messages differently. Some will notify you if someone takes a screenshot of your pictures. Others won't. Some don't allow saving or screenshotting at all. It's smart to learn how your app works so you can pick one that makes you feel safest. Remember: No app is 100% foolproof – but knowing this helps you protect yourself better.
- **Keep Photos Anonymous:** Unique features like tattoos, piercings, or your face make you who you are – but they can also make it easier for others to recognize you if photos get shared without your permission. To stay safer: Crop out your face entirely; Blur or photoshop noticeable features (tattoos, piercings); Remove anything identifiable in the background; Add stickers or flowers on top of those features
- **Send a Text Beforehand:** You never know who might be looking at the phone you're sending from or receiving on. Sending a quick text to check if it's a good time helps avoid someone seeing something they shouldn't.

Try agreeing on a secret code word or phrase to ask if it's okay to sext without being obvious – like:

- “Do you have a calendar?”
 - “Would you like to see my fluffy raincoat?”
 - “Wow, it’s raining toads today.”
-
- **Watermarking Photos:** Watermarking means putting a small dot or sticker on your photos before sending them. It’s a way to keep track of who you sent what to – so if a photo leaks, you know where it came from.

Tips for watermarking:

- Keep a list of which watermark goes to which person (in a notebook or document)
- Don’t tell the person where the watermark is placed
- Make the watermark blend in so it’s not easily cropped out or erased
- Double-check you’re using the right watermark before sending



MODULE 2, CHALLENGE 3

Spot the Boundary

You'll read a scripted chat between two people. Your job is to highlight or note where consent is given, where it's asked for, and where boundaries might be crossed or ignored. Then suggest how the conversation could be improved to better respect consent.

Alex: Hey, today was fun. You looked really good btw

Jamie: Haha thanks! I had fun too

Alex: I was thinking about you tonight...

Jamie: Oh?

Alex: Yeah... can I show you what I'm thinking?

Jamie: Hmm idk... what do you mean exactly?

Alex: Just a little something... nothing too wild

Jamie: Uhm okay?

Alex: sends a shirtless pic

Jamie: Oh... wasn't expecting that

Alex: Too much?

Jamie: Maybe a bit. I wasn't really in that headspace

Alex: Damn, sorry! I thought you were into it

Jamie: I mean, we didn't talk about it. It felt kinda fast

Alex: Gotcha... I should've checked first

Jamie: Yeah... I'd rather we slow it down a bit

Alex: Thanks for saying that. I'll hold back unless we're both into it next time.

Jamie: Cool. Appreciate it.

Some questions to answer:

- Where is consent clearly asked or given?
- Where is it missing or misinterpreted?
- How does Jamie express discomfort?
- How does Alex respond – what could've been done better?

How would you like this conversation to go? Pick a section of the convo and rewrite it in a way that centers mutual consent and clarity.

MODULE 2, FINAL CHALLENGE

Create a carousel (a series of posts or stories) for Instagram, Snapchat, TikTok, or any platform you prefer, expressing what **digital consent** means to you and why it matters. Include insights or lessons you've learned from this guidebook. You can use the #SHERY from the project this guidebook was created.

Instructions: Make 3-5 images, videos, or story slides that:

- Define digital consent in your own words
- Share why it's important in today's digital world
- Include key lessons or tips from this guidebook
- Show how you or others can practice respect online

Tips:

- Use text, drawings, emojis, gifs, or any creative element you like
- Mix personal reflections with educational info
- Add a meaningful hashtag or caption to connect your posts

Optional Reflection: During or after creating your carousel, think about:

- What surprised or inspired you while making it?
- How might sharing your thoughts influence others?
- What new boundaries or respect practices will you keep in mind?

END OF MODULE

You've just explored one of the most important topics when it comes to relationships, safety, and connection — consent. From recognizing what **consent** is (and what it's not), to navigating rejection, digital spaces, boundaries, and communication — you've now built a toolkit that helps you engage with others more confidently and respectfully. But learning doesn't end here. Consent is a lifelong practice — and you're already on the path.

Take a moment to pause and reflect. Write, talk to someone you trust, or just think through these:

- What's one thing I've learned that I didn't know before?
- What am I noticing now among my peers and their ways of understanding consent that I didn't notice before?
- How do my friends form and maintain their relationships — and how does that influence me?
- How do I usually express my boundaries? Is there something I'd like to improve?
- How do I tend to react when someone says “no” to me? How would I like to handle it next time?
- Have I ever ignored my gut feeling in a situation? What did I learn from it?
- What does a respectful relationship mean to me — online and offline?

“If you want to dig deeper” type of resources

To Watch

- **“Asking For It”** – A mini docuseries on rape culture and changing conversations around consent (for older teens, trigger warning applies).

[Visit here](#) and an insightful review from The Guardian on the documentary, highlighting its urgency and the critical issues it addresses: [Asking For It is urgent, difficult viewing on Australia's consent crisis](#)

- **Raising Voices** (on Netflix) This Spanish drama centers on a 17-year-old girl who publicly accuses a peer of sexual assault, leading to significant personal and social repercussions. The series delves into the complexities of speaking out and the societal reactions to such allegations. Disclaimer: 16+
- **Audrie & Daisy** (on Netflix) A documentary that examines the cases of two teenage girls who were sexually assaulted and subsequently faced cyberbullying. It highlights the impact of social media on victims and the importance of consent education. Disclaimer: 16+
- **Sex Education** (on Netflix) A British comedy-drama that follows teenagers navigating relationships, identity, and consent. The series is praised for its honest and inclusive portrayal of adolescent sexuality and the challenges teens face. Disclaimer: 16+

To Listen

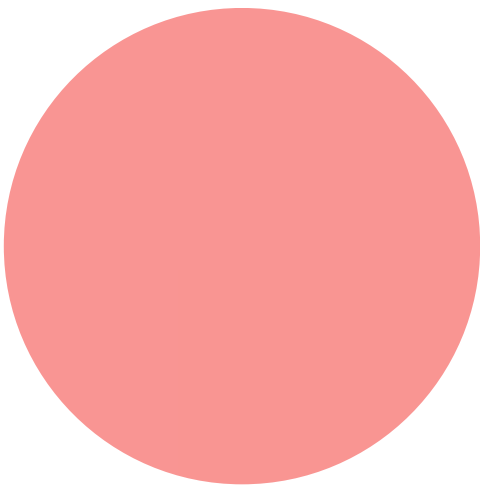
- **Podcast “Is This OK??”** Talking to Teenagers about Affirmative Consent is a four-part podcast series providing tools, tips and techniques to help you support young people to understand affirmative consent. [Visit here](#)

To Read

- **“Can Everyone Please Calm Down?”** by Mae Martin – A friendly and funny read on sexuality, relationships, and boundaries.
- **Scarleteen.com** – Honest, inclusive, and in-depth guides for teens about sex, relationships, and identity. [Visit here](#)

HEALTHY RELATIONSHIPS

MODULE 3



INTRODUCTION TO THE MODULE

Hey, welcome to the 3rd chapter! Let's dive right into this spicy topic - relationships! As humans are social creatures (at least majority of us). We all form a variety of different connections with other people during our lifetimes. Some people we are closer to and some we try to stay away as much as possible. In this chapter we will try to understand the difference between various types of relationships, so get ready and let's get straight into it!

We'll cover questions like:

- What is a relationship?
- What's the difference between friendship and romantic relationship?
- How to spot red flags in other people's behavior?
- How are red flags connected to violence?
- Does pornography depict reality?

You'll also get to bust some common myths - like "if a person wants to know my passwords – he/she loves me" or "men and women can't be friends". Spoiler alert: both of them are lies!

Here's what's ahead:

Chapter 1: Relationship Radar: What's What?

Learn to tell the difference between friendships, crushes, and everything in between—and what each means for you.

Chapter 2: Toxic? Nope. Healthy? Yep!

Discover how to recognize red and green flags, check your own relationships, and support friends who might be in trouble.

Chapter 3: Swipe Smart: How the Internet Messes with Love

Unpack how social media, influencers, and porn shape what we think relationships and bodies should be—and how to stay real.

A heads-up: This module touches on some sensitive topics, including unwanted experiences and boundaries being crossed. You might feel uncomfortable at times — and that's okay. Take breaks when you need to. You get to choose how deep you go. Reflect, pause, skip, or return to parts when you're ready. You're in control of your own learning journey.

By entering this module, you are part of building a culture of mutual respect, trust, and safety — online, offline, always.

MODULE 3, CHAPTER 1

Relationship Radar: What's What?

THEORY BLOCK

School isn't just about classes, quizzes, and group projects.

It's also where we form some of the most important (and sometimes complicated) relationships of our lives.

Here are some of the different types of connections you might experience during your school years:

- **Friendships**

These are the people you laugh with, sit next to, vent to, and share memes with at 2 a.m.

Friendships can be close and deep—or chill and casual.

- **Family Relationships**

You don't choose your family, but they're still a big part of your life.

Some teens feel super close to their parents or siblings. Others... not so much. Either way, these relationships shape how we see the world—and ourselves.

- **Teacher & Adult Relationships**

Believe it or not, adults at school can be more than just rule-enforcers.

Some might become trusted supporters, mentors, or safe spaces to turn to when things get heavy.

- **Classmates, Teammates & Group Members**

Not every connection becomes a friendship—and that's okay.

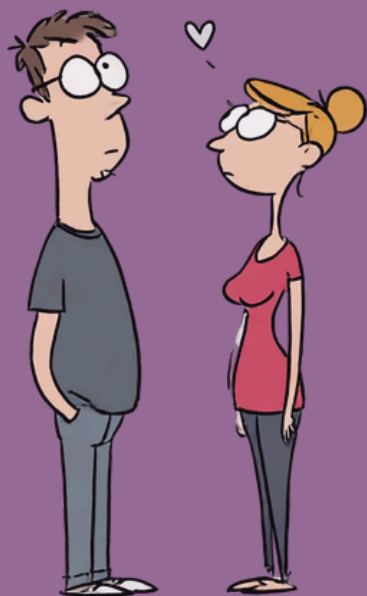
Sometimes you're just working together or playing on the same team. Still, learning how to communicate and collaborate is a skill you'll use for life.

- **Romantic Relationships**

Crush alert! Whether you're daydreaming about someone in math class, stuck in a "what are we even?" situationship, or diving into your first real relationship, romance during your school years can feel like a roller coaster—thrilling, awkward, sweet, and seriously confusing all at once. And hey, that's totally normal. You're figuring it out

Why It Matters:

All these relationships teach you something—about communication, boundaries, trust, and who you are when you're around other people. And the more you learn, the better you'll get at recognizing the relationships that lift you up... and the ones that drag you down.



MODULE 3, CHALLENGE 1

Build Your Dream Team

You're the main character of your life—and even main characters need a solid team.

This challenge is all about figuring out who's really in your corner, and how each person supports you in different ways.

Step 1: Draw Your Circle

Grab a piece of paper (or your tablet) and draw a big circle in the center.

Write “ME” in the middle—because this is your life, **your story**.

Now, around the circle, start adding the names (or initials) of people who are part of your personal support network. These could be:

- Friends
- Family members
- Teachers or coaches
- Online friends or communities
- Pets (yes, emotional support animals count!)
- Even fictional characters, if they've helped you feel understood

Step 2: Assign Roles

Next to each name, write what role they play in your life. Maybe one person can play multiple roles? Think of them like your personal “support squad.”

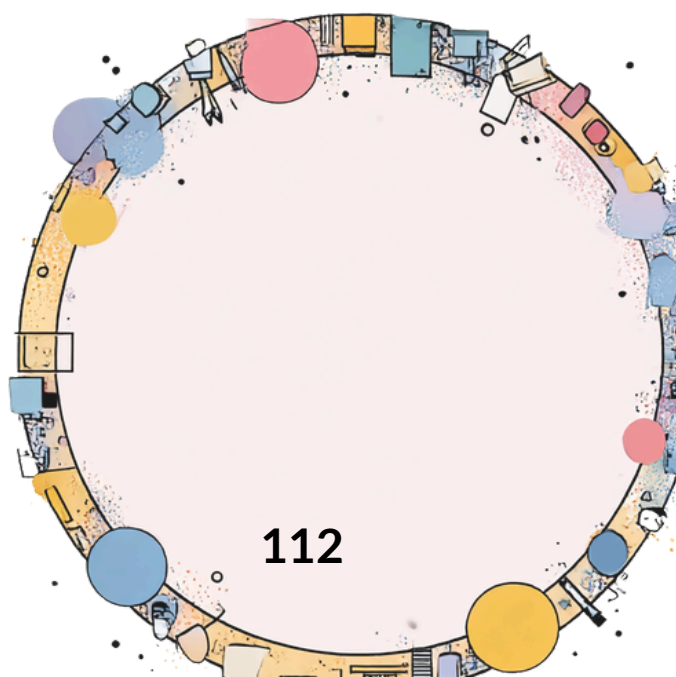
Some examples:

- **The Listener** – always there to hear you out
- **The Hype Friend** – pumps you up when you're feeling down
- **The Advice Giver** – helps you figure stuff out
- **The Comfort Zone** – makes you feel safe and calm
- **The Fun One** – helps you laugh and escape stress
- **The Lifeline** – someone you turn to when things get really hard

You can also get creative and make up your own squad titles!

Step 3: Now take a moment to think about what you see in your support map:

- Is there anyone you **lean on a lot**?
- Is there someone you'd like to grow closer to or reconnect with?
- Are there any **gaps**—like a role you need filled but don't have right now?
- What do you bring to their circle in return?



Theory Block:

You don't have to face things alone.

Knowing who you can turn to—and **what kind of support they offer**—can help you feel more grounded, confident, and connected.

But let's get into the tricky part: how do you know if you like someone or if you love them?

Liking someone usually means you enjoy their vibe—they're fun to be around, you get along, and you care about them. But love? That goes deeper. Love is when you feel a strong emotional connection, when you care about their happiness as much as your own, and when you stick around even when things get tough.

And here's something important: **you can totally love your friends**, too! Not all love is romantic or sexual. There's best friend love, family love, even the kind of love that feels like home. Just because you love someone doesn't mean you want to date or have physical connection with them—it just means they really matter to you in a deep, meaningful way.

But what if you're catching feelings? Remember, that is totally normal! Feelings can sneak up on you, and that's totally okay. The key is to notice them, respect them, and take your time figuring out what they mean for you.



MODULE 3, CHALLENGE 2

What really matters to you in a relationship or friendship? What do you stand for as a person?

Let's figure it out by building your own **Values Pyramid!**

Below is a list of 20 values.

Read through them and choose the **10** that feel the most important to you.

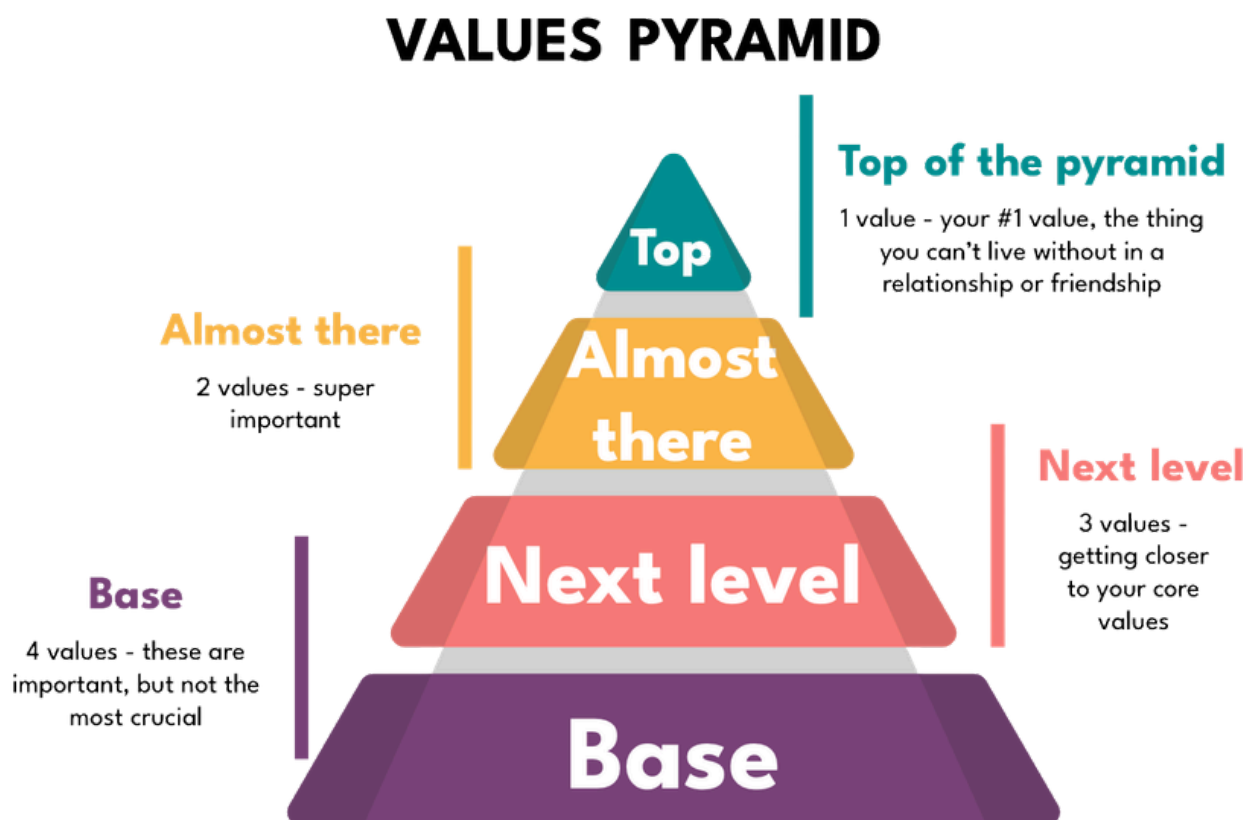
There's no right or wrong—just be honest with yourself.

Values list:

- Love
- Respect
- Trust
- Honesty
- Friendship
- Loyalty
- Freedom
- Fun
- Kindness
- Empathy
- Support
- Commitment

- Communication
- Independence
- Growth
- Boundaries
- Patience
- Understanding
- Acceptance
- Responsibility

And here is a pyramid:



Now, take your 10 chosen values and sort them into a **pyramid** with 4 levels:

- **Base (4 values)** – These are important, but not the most crucial
- **Next level (3 values)** – Getting closer to your core values
- **Almost there (2 values)** – Super important
- **Top of the pyramid (1 value)** – Your #1 value. The thing you can't live without in a relationship or friendship

After you finish the challenge, ask yourself:

- Why did I pick these values?
- Why is the top one most important to me?
- Would this pyramid look different when I think about a romantic partner/friend?

Theory Block:

Whether it's your best friend, a crush, or a serious relationship, one thing's always true: **what you value shapes how you connect.**

If you and the other person care about similar things—like honesty, respect, or freedom—it's easier to understand each other and build a strong, healthy bond. You don't have to agree on everything, but sharing core values helps you feel more seen, safe, and supported.

That's where **communication** comes in. Talking openly about what's important to you (and listening to what's important to them) makes a huge difference. It helps avoid drama, clear up misunderstandings, and make sure you're both on the same page.

MODULE 3, CHALLENGE 3

The Relationship Cake

Not all relationships are made the same... and believe it or not, a **healthy relationship is a lot like baking a cake.**

(Yes, really. And no, it's not just about being sweet.)

Imagine you're designing your own ideal relationship recipe (romantic or platonic). Fill in the blanks:

My relationship cake needs:

- A big scoop of
- Two cups of
- A sprinkle of
- And absolutely **NO**



Bonus: Draw it like a recipe card or cake diagram if you're feeling creative!

Why This Matters:

Just like a cake, a relationship might look good on the outside but still be totally messed up on the inside. That's why it's so important to check what's really in the mix.

Healthy relationships are built on real ingredients—not just icing.

MODULE 3, FINAL CHALLENGE

Mirror, Mirror – Who Am I in Relationships?

Let's flip the script. Instead of thinking about what you want in a friend or partner...

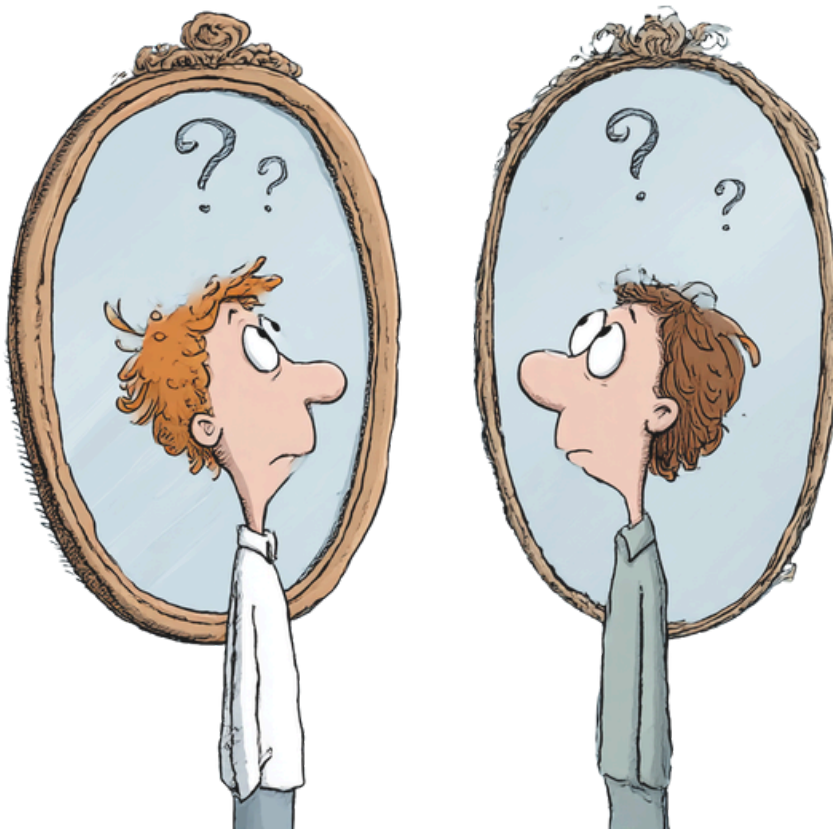
Ask yourself: **What kind of friend or partner am I?**

Take a quiet moment and reflect. Then answer these questions honestly (write them down if you like):

- What do I bring to my friendships or relationships?
- How do I show care, support, or respect to others?
- What could I do better?

This challenge isn't about being perfect—it's about being **aware**.

The more you understand yourself, the stronger your relationships can be.



MODULE 3, CHAPTER 2

Toxic? Nope. Healthy? Yep!

THEORY BLOCK

We all know there are different types of relationships—romantic, friendly, or something in between. But here's a big question: are all of our relationships actually good for us? What really makes a relationship work, whether it's with a partner or a close friend? And how can you tell if a relationship that once felt amazing... might not be so great after all?

In this chapter, we'll explore these questions and help you figure out what healthy relationships look like—and how to spot the ones that might be doing more harm than good.

No matter how serious things are—whether it's a crush, a long-term relationship, or just a deep friendship—these things should always be true: **you feel safe, respected, and heard.** Period.

Want to know the secret recipe for a healthy relationship? It's not magic—but it is powerful. Here's how to build it, and be a part of it:

- **Make Space for Freedom**

It's awesome to love spending time together, but don't lose yourself in the mix. Keep doing what you love—your hobbies, your goals, your people. And also give that space to the other person. A healthy relationship lets both people grow, breathe, and be 100% themselves.

- **Play Fair**

Relationships are a team effort. Share the spotlight. Listen, compromise, and make space for both voices. Speak up—and also make sure you're really hearing the other person. Fairness means showing up as equals and treating each other like you both matter. Because you do.

- **Respect Boundaries—Yours and Theirs**

Know your own limits and honor them. Be honest about what feels right or uncomfortable. And when someone else shares their boundaries? Listen and respect them, even if they're different from yours. Mutual respect builds real trust.

- **Be Trustworthy and Supportive**

Trust doesn't just happen—it's earned and given. Be someone who keeps their word, stays honest, and supports the other person's growth. Celebrate their wins. Have their back. And expect the same in return. That's what makes the connection strong.

- **Practice Real Communication**

Say how you feel—clearly and kindly. Don't expect people to read your mind, and don't play guessing games either. Listen when they speak, even when it's hard. Communication is a two-way street, and it only works when both people show up with honesty and openness.

Bottom line? Whether it's love, friendship, or something in between, healthy relationships are built on freedom, fairness, respect, trust, and honest talk. Be the kind of person you'd want to be close to. Keep it real. Keep it kind. Keep it healthy.

MODULE 3, CHALLENGE 1

Spot the Green Flags!

Let's talk relationships—the good, the bad, and the red flaggy. But in this challenge we're flipping the script. This one is all about spotting the **green flags**—the signs of a healthy, respectful connection.

- **Step 1:**

Check out this video on healthy vs. unhealthy relationships:

Watch it here

Seriously, give it a watch—it's short, and super helpful.

- **Step 2:**

After the video, think fast: What are the first **5 movies, TV shows, or books** that pop into your head? Don't overthink it—just jot them down.

- **Step 3:**

Now here's where it gets interesting:

Can you spot any **healthy relationships** in those stories?

Which ones feel right—the ones that show respect, trust, and all-around good vibes?

What kind of **green flags** do you notice in them? Is it the way they communicate? Give each other space? Have each other's backs?

Theory Block:

The more green flags you learn to spot, the better you'll get at building strong relationships in real life too. However, we should not forget the red flags too.

To help you recognize those red flags, take a look at the **Teen Power and Control Wheel**:

[Check it out here](#)

This wheel isn't just a diagram—it's a powerful tool that shows different ways someone might use control or pressure in a relationship. It includes behaviors that can seem small or subtle at first, but over time, they can add up to something harmful.

Different "slices" each describe a **type of controlling behavior** that a person might use to have power over their partner. These include things like:

- **Emotional abuse** (put-downs, guilt-tripping, gaslighting)
- **Isolation** (keeping someone away from friends, family, hobbies and other things that you love)
- **Threats and intimidation** (making someone feel scared or unsafe)

- Using social status (acting superior or more important)
- Excessive jealousy (getting mad when you talk to others)
- Blaming (making you feel like everything is your fault)

At the center of the wheel? **Power and control.** That's the goal of all these behaviors—one person trying to take away the other person's freedom, confidence, or safety.

TEEN POWER AND CONTROL WHEEL



MODULE 3, CHALLENGE 2

Spot the Red Flags

- Take a good look at the wheel.
- Think back to those 5 shows, books, or movies you listed earlier.
- Can you spot any of the red flag behaviors in those stories?

Which characters are trying to control or manipulate others?

How do those actions affect the people around them?

Were there signs things were getting worse over time?

Now flip the question:

What should have happened instead? What could a healthier, more respectful relationship have looked like in those situations?



Theory Block:

The dangerous thing about these red flags is that they often **start small**. Someone might joke about what you wear, get a little too jealous, or try to decide who you hang out with. At first, it might not seem like a big deal. But if this behavior continues, it can slowly take over the relationship and lead to emotional, verbal, or even **physical or sexual violence**.

Controlling behavior isn't about love—it's about power. And it's never okay.

Red flags aren't always loud—but if you know what to look for, you can protect yourself and the people you care about.

Your feelings are valid. Your boundaries matter. And you deserve to be in relationships that make you feel safe, supported, and strong.

MODULE 3, CHALLENGE 3

Here is a task for you: imagine that a friend told you this story... Can you spot and circle the red flags in this story?

Am I Overreacting?" – A Short Story

"So... I've been dating Jay for a while, and I don't know—maybe I'm just being dramatic, but something feels off lately."

Jay used to be super sweet—always texting me, saying how much they liked me. But now, if I don't reply right away, they freak out. I get texts like, 'Where are you??' or 'Are you ignoring me?'

They don't like my best friend either. Said she's fake and trying to turn me against them, so I kind of stopped hanging out with her. It's just easier that way.

Sometimes I try to talk about stuff that bothers me, but Jay says I'm being too sensitive or overreacting. Then they get upset and say I don't care about them, and I end up apologizing even when I'm not sure I did anything wrong.

We fight more now. And when I try to talk about it, Jay just says I'm "building it up" or "always starting drama."

It's not like they're mean or anything... I just feel kind of stuck. But maybe that's normal in relationships?"

Questions for reflection after the story:

- What thoughts or feelings came up while reading the story?
- What would you do if your friend told you this story?



MODULE 3, FINAL CHALLENGE

Helping a friend isn't about fixing their life—it's about **being there in a way that's safe and supportive**. Here's what really helps:

- **Listen without judgment** – Let them talk. Believe them. Don't push, blame, or say things like "I told you so."
- **Focus on their feelings** – Ask how they feel. Say things like, "That sounds really hard. How are you doing with all this?"
- **Offer support, not pressure** – Instead of "You have to break up with them," try "You don't deserve to feel like this—I'm here for you no matter what."
- **Respect their choices** – They may not be ready to leave, and that's okay. What matters is that they feel safe coming to you.
- **Know where to turn for help** – Offer to help them talk to a trusted adult, school counselor, or text/chat a helpline.

Think about the story that you read before or someone you know struggling in a toxic relationship and try to answer these questions:

- What signs make you concerned for them?
- What would be a supportive, non-judgmental way to start a conversation with them?

- What's one thing you could say that shows you care, without pushing them?
- Who could you reach out to (a teacher, counselor, hotline) if you felt your friend was in danger?

Finally, you don't have to be a hero or have all the answers. Just showing up, listening, and caring can make a huge difference. Being that friend? That's powerful.

MODULE 3, CHAPTER 3

Swipe Smart: How the Internet Messes with Love

THEORY BLOCK

Being online with your friends, family, and the rest of the world can be super fun—and let's be real, it's where a lot of life happens these days. But here's the tricky part: it's really easy to start thinking that everything we see online is how things should be. Perfect lives, perfect bodies, perfect fun—over and over again. Getting likes and views can feel amazing in the moment, but sometimes, scrolling can also leave us feeling down, left out, or like we're just not enough.

On top of that, social media isn't just full of highlights and selfies. **Did you know?** A recent study found that **70% of teens have seen real-life violence on social media**—like actual fights, attacks, or people getting hurt. A lot of this stuff spreads fast, even when you didn't go looking for it. Seeing too much of it can seriously mess with your head, make you feel anxious or unsafe, and even start to make violent behavior seem normal—even though it's not.

Social media can mess with your mood without you even realizing it. Your brain sees those constant posts and stories and quietly stores them like they're facts. Over time, you might start comparing your actual life to those polished, extreme, or negative snapshots—even if they're filtered, posed, or totally fake.

- **Influencers & Algorithms**

Some influencers are inspiring—others? Not so much. They might promote unrealistic body standards, unhealthy relationships, or even dangerous behavior just for views. That's not on you—but it's good to stay aware of what messages you're soaking up every day.

- **Body image: don't believe everything you see**

Between filters, editing apps, and highlight reels, what you see online is rarely the full truth. If you ever catch yourself comparing your body, skin, or life to someone else's feed—take a step back. Your worth isn't based on likes, follows, or looking like anyone else.

- **Online Dating? It's complicated**

Maybe you or your friends have tried online dating apps—or are just curious. But those spaces can be risky. People aren't always who they say they are, and it's easier to get pressured into stuff you're not okay with. Protect your energy, your personal information, and your boundaries.

Never forget about your superpower: Critical Thinking

Social media is full of content designed to grab your attention—sometimes by being extreme, fake, or just plain toxic. That's why your best tool is **critical thinking**.

Ask yourself:

- Is this post trying to make me feel insecure or scared?
- Is this creator being honest, or are they just chasing likes?
- Do I agree with this message, or am I just used to seeing it?

The more you pause and question, the more control you have over what actually influences you.



MODULE 3, CHALLENGE 1

Identify Gaslighting Moments

Ever feel like someone's twisting your words or making you question what you know is real? That's gaslighting — a sneaky kind of mind game where someone tries to mess with your head and make you doubt yourself. It happens a lot in relationships, both in person and online, where people can hide behind screens to manipulate or control you. Whether it's through texts, social media, or messages, gaslighting can make you feel confused, isolated, or even crazy. But don't worry — you've got this! Let's sharpen your detective skills by spotting gaslighting moments in popular songs and movies, so you can spot the signs and protect yourself in real life.

Listen to the song and pinpoint the gaslighting behaviors:

Song:

Can you name more examples of gaslighting behavior in songs/movies/TV shows?



Theory Block:

Short answers about gaslighting.

Song: The lyrics depict a toxic relationship where one partner denies their abusive behavior, making the other feel responsible for the conflict.

Recognizing gaslighting is the first step in protecting yourself.

Remember:

- Trust your feelings and perceptions.
- Set boundaries with people who make you feel confused or manipulated.
- Seek support from friends, family, or trusted adults if you feel you're being gaslit.

By understanding and identifying gaslighting, you can navigate your relationships more safely and confidently. Stay sharp, stay informed, and always trust yourself.

MODULE 3, CHALLENGE 2

Let's Talk Porn

Porn is everywhere online, but it doesn't show what real love, respect, or consent looks like. A lot of it is violent, fake, or one-sided. If you're learning about relationships from porn, you're getting a super distorted version of reality—and that can seriously affect how you view others and yourself.

Your Challenge: "What's Real, What's Not?"

Luka, 14, started watching porn on her phone a few months ago. At first, it was just out of curiosity—her friends joked about it and shared links during lunch break. But now, she's noticing something weird. The way people act in porn is starting to shape what she expects from flirting, dating, even kissing. She catches herself thinking things like "girls should act like that" or "this is what sex should always look like."

One day, during a group chat, someone sends a clip that makes Luka uncomfortable—it's rough and aggressive. Everyone laughs, but she doesn't know what to say. She starts wondering:

- Is this what people actually want in real life?
- If this is what everyone watches, should I just go along with it?
- Why do I feel weird about something my friends find funny?

Now it's your turn.

Think it through:

- How will porn affect Luka's mindset about relationships and sex?
- What would you do if you were Luka?
- Why might porn give people the wrong idea about sex, respect, and relationships?



Theory Block:

Let's be real—porn is more like a performance than real life. People in porn often wear heavy makeup, keep their clothes half-on for the “look,” and strike unrealistic poses that are more about the camera than actual comfort. There's almost *no* communication—no one talks about consent, boundaries, or what they like or don't like. You rarely see condoms or other protection being used, and the moaning and reactions? Totally exaggerated or faked. Plus, the scenes last way longer than what's realistic for most people. A lot of porn also shows rough or violent behavior, especially against women, but it skips over whether anyone agreed to it, making it seem normal when it's actually unsafe without real consent. It's all edited and scripted to look a certain way—not to show what real, respectful, enjoyable sex looks like.

MODULE 3, CHALLENGE 3

Unfiltered Truth

- **Step 1:**

Check out this video about body image on YouTube:

[Watch it here](#)



- **Step 2:**

After the video, take a moment to think fast:

What has shaped your idea of what your body should look like? Is it your family, friends, Instagram, TikTok, YouTube, Facebook—or something else?

Be honest with yourself. The first answer that pops into your head might tell you a lot about where your body image is coming from. And once you know that, you can start deciding whether it's helping you—or hurting you.

- **Step 3:**

Take a quick scroll through your feed—just don't forget to come back!

What body types do you notice in the first five reels or videos you see?

Are they all similar or do they show different shapes and sizes? Do they follow certain gender stereotypes?

Pay attention and see what patterns you find!

MODULE 3, FINAL CHALLENGE

Alex, 14, started chatting with someone who seemed really nice online. At first, they talked about music, hobbies, and school – just like friends do. But soon, the person started asking more personal and intimate questions about Alex’s body, sent weird compliments, and tried to get Alex to keep their conversations secret. Alex felt confused and didn’t know if this was normal or safe.

Your Challenge: “Trust Your Instincts”

If you ever find yourself talking to someone online who:

- Wants to keep your chats a secret,
- Pressures you to share photos or personal details,
- Makes you feel uncomfortable, scared, or confused— these could be signs of grooming.

What can you do?

- Stop responding and block the person if you can.
- Tell a trusted adult—like a parent, teacher, or counselor—right away.
- Remember: You have the right to say no and to protect your privacy.

Think about it:

Have you ever felt pressured or uncomfortable online? What would you do if it happened again?

Your safety is the most important thing—always. No one should make you feel unsafe or trick you into things you don't want to do.

END OF MODULE

Take a moment to reflect. Tick off the ones that feel true—or that you want to think more about.

Internet safety

- I know how to report or block someone who makes me feel unsafe.
- I think twice before sharing personal photos or info online.
- I have privacy settings on my apps and know how to use them.
- I've talked to a trusted adult if I've seen something that felt wrong online.

Gaslighting & digital control

- I recognize red flags like someone twisting facts, denying things they said, or making me question my memory.
- I know it's not okay for someone to control who I talk to or what I post.
- I trust my gut if someone's trying to make me feel guilty or crazy online.
- I know I can talk to someone if I feel emotionally manipulated or pressured digitally.

Porn & sexual content

- I understand that porn is not the same as real-life relationships or sex.
- I know porn often leaves out consent, respect, and emotional connection.
- I've learned that my worth isn't based on how "sexy" I look or act.
- I feel okay saying "no" to watching or sharing sexual content.

Body image & social media

- I remind myself that a lot of what I see online is filtered or edited.
- I follow people who make me feel confident—not insecure.
- I don't compare my body or life to what I see on social media.
- I know my body is valid, exactly as it is.

Thinking critically

- I notice when content on my feed makes me feel uncomfortable, even if I don't know why.
- I pause to think about whether something is real, exaggerated, or just there to get attention.
- I ask questions like: "Who benefits from this post?" or "What message is this really sending?"

Reminder: You don't need to have it all figured out. Just being aware is a powerful first step!

“If you want to dig deeper” type of resources

Behind Our Screen

A platform where teens can share their online experiences and learn from others. Please note that the stories need to be filtered by age.

[Visit here](#)

THE GENDER TALK. Educating on gender equality, psychological well being, sexuality and affectivity from an early age.

[Visit here](#)

LET'S FINISH!

CONCLUSION

You made it.

Look at you – you've worked through challenges about your body, boundaries, consent, and relationships. You've reflected on your values, practiced tough conversations, and built skills that'll serve you way beyond these pages.

But here's the thing: this isn't really an ending. It's more like... a beginning.

What now?

The conversations you've started with yourself? Keep having them. Your boundaries? They might shift and change as you grow — and that's totally okay. The skills you've practiced? Use them. The questions you still have? Keep asking them.

You don't have to have it all figured out. Nobody does. Not the influencers on your feed, not the adults in your life, not even the people who seem super confident. We're all just figuring it out as we go.

One last thing...

The world might try to tell you that talking about bodies, consent, and relationships is awkward or embarrassing. That's not on you — that's on a world that's still learning how to have these conversations openly and honestly.

By working through this guide, you're already part of changing that. You're building a culture where these topics aren't shameful secrets but normal parts of being human. Where consent isn't awkward but caring. Where bodies aren't perfect but respected.

That's pretty powerful stuff.

Keep going

Stay curious. Stay kind – to yourself and others. Trust your gut. Ask questions. Set boundaries. Celebrate your growth. And remember: you've got everything you need to navigate whatever comes next.

You've got this.

Need support? The resources throughout this guide are always there. So are trusted adults, counselors, and friends who care about you. You're never alone in this.

Ready for what's next? The world is waiting for the amazing person you're becoming.



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