YouthDiversion
Essex County Diversion Program

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"SEXTING" Journal Assignment

Sexting: the sending or receiving of sexually explicit or sexually suggestive nude or seminude images or video, usually via a cell phone.

Stated **reasons** for sending sexts include the following:

- To have fun (43%)
- To impress someone (21%)
- To feel good about themselves (18%)
- To try to date someone (8%)
- As a joke (4)
- As a dare (1%)

Assignment:

- You are required to write a journal entry for this program. Your entry must be at least one page in length and no more than 2 pages
- Write about your thoughts and feelings when you decided to "sext"
- Your journal will be kept in strict confidence
- Your journal will be given at the beginning of the program session and be handed back to you with feedback at the end of the program
- Answer all the questions listed below and any additional thoughts or concerns that you may have

Questions:

1. Why did you decide to "sext"?
2. How did you feel after you sexted?
3. Do you think that "sexting" will impact your life? If yes, in which ways?
4. How did sexting impact your family and/or friends?
5. What did you learn from this experience?
6. If you could give other teens who are considering sexting one piece of advice, what would it be?