

# ONE SHEET **SEXTING SOLUTIONS®** CURRICULUM

This psycho-educational class is designed for youth engaging in sexting and boundary crossing conduct. As a time limited, low-level intervention the course is intended to build positive behaviors and stop all abuse through the exploration and education of relationships, empathy, and the law.

Curriculum is separated into gender-based groups. Youth will learn a wide variety of specific concepts, definitions, and various tactics to discontinue maladaptive behaviors in the future. This interactive curriculum includes real-to-life scenarios, handouts, homework assignments, and suggested media.

*This program was a great resource and would be a solution for learning rather than just to avoid charges.  
- Parent of male participant*

*My daughter will go into adulthood being a stronger women.  
This class is invaluable. - Parent of female participant*

*The class helped me to understand and learn from my experiences. You helped me to get a new perspective on relationships - Female participant*



The objective of the class:  
**CARE: Choose to stop Abuse. Respect yourself and others. Show Empathy.**



**Building a foundation** for healthier adolescent years. Heavily focuses on skill building to use in all areas of their lives.



Assisting adolescents in recognizing **the ripple effect** of their behaviors on themselves, family, school and community.



Creating, sending or receiving sexually explicit photographs under the age of 18 is considered child pornography, can result in **criminal charges** and potential registration on the Sex Offender Registry.



Meeting the **individual needs of both genders** based on identified gender specific trends presented while working directly with this population.



Providing adolescents **tools to navigate** safely through the 21<sup>st</sup> century.



**4 IN 10** (39%) TEENS SEXT \*

\*Teen sexting and its association with sexual behaviors. Arch Pediatr Adolesc Med. 2012 Sep; 166(9): 828-833. doi: 10.1001/archpediatrics.2012.835

Cheryl A. Kosmerl, MSW, LCSW has over ten years experience working with children who have committed sexual offenses and is listed as a Full Operating Provider for the Sex Offender Management Board. In 2013, she was asked to create a sexting specific curriculum called Sexting Solutions® based on research

and best practices at the request of the Colorado 1<sup>st</sup> Judicial District Attorney's Office. This program was the first of it's kind in the state and of the more than 200 students who have participated in the program, less than 2% have come to the attention of the DA's office for recommitting this offense.

