

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 21st 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 1st 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.

