

Health-related situation

A 17-year-old girl must decide whether to send her 17-year-old boyfriend nude pictures which he has requested she send him.

A personal factor for this situation could be that she has previous knowledge of the risks of sending nude photos, whether she's experienced it or been taught about it. This is a personal factor, as it is she herself who knows about these risks. She may fear that he will share them around on social media and that they will be with her for life, always proving a problem. A choice that comes from this factor would be that she says no and does not send an explicit image, and with that, they move on in their relationship. A positive consequence this choice could have is that he is okay with the fact that she declined sending him a nude image; they move on and grow stronger within the relationship. A negative consequence could be that he gets mad, starts to become unhinged, and starts spreading rumours about her on social media or in school. We know that they have a trusting relationship, so we can guess that he knows a lot of personal things that he could share. This would be very hurtful for her, as she thought she could trust him. If she chose to say no to him and not send a nude photo, she could feel strong, like she stood up for what she wanted. But it also could backfire; He could become manipulative, and she may then feel like she is controlled by him, which would take a toll on her mental dimension of hauora.

Another influencing personal factor could be her personal values and beliefs about this situation. Her values could be that she doesn't share those types of pictures around, and people that ask for them are not people worth having around in her life. A further choice that she has is to not send the picture and break up with him, as he broke her trust when he asked for those pictures. A positive consequence of this choice could be that she is happier without him, and she avoids the conflict as she does not continue with the relationship. A negative consequence is that she starts to feel dull and lost, like she is a better person when she is in a relationship with him, and she could regret not sending the photo. In this situation, he might feel regretful; he might have thought that asking for that picture was taking a further step in their relationship, not putting it in a vulnerable position, and then her breaking up with him would come as a shock and hurt his feelings. After they broke up, she could feel like she was missing a part of herself and like she had taken the situation out of context. Leading off, she could feel that her beliefs are wrong and that she needs to change.

An interpersonal factor could be that she feels a lot of peer pressure from him. She may fear that he will break up with her if she doesn't send them. This is an interpersonal factor because they are both intertwined in this situation. She could be heavily influenced by that factor and make the choice to send him a nude picture and put a lot of trust in him, hoping he doesn't do anything bad with the photo. For instance, share it on social media or blackmail her with said photo. A positive consequence of this choice is that he does not share her nudes and keeps them to himself, and they grow stronger together as they have taken this next step in their relationship. A negative consequence of this choice is that once he receives the photo, he shares it on social media, as she is only 17 and you have to be 18 to legally send nudes. The cops could get involved. If she sent the photo, I think he would be

happy, as he got what he wanted. He may also feel that she trusts him even more, as we hope she won't be sending these intimate photos to anyone. But she may feel as if she is not good enough for him if he doesn't give her the reaction she wants. A reaction she could have wanted could be for him to send one back or compliment her. She could feel unloved if he said nothing after receiving her nude photo. His response to the photo could be passive, which could make her second-guess her body and the photo she sent. This could send her spiralling and take a toll on all parts of her hauora.

I would advise Emma to say no to Jake and to not send a nude photo and that, they move on in their relationship.

Based on the information we have been given about their relationship, it's a strong, trusting relationship. If they both feel like they should move on in their relationship, they will be able to get over the hurdle. Not sending the nude photo to Jake will show him that she wants more and deserves more than objectifying her. He will hopefully apologize to her for his actions and learn how to express his love for her in a different way. It could be physically, or talking about how much he loves her, but not asking for her to send something so personal online, where you don't have control over where they go and who sees them. I have confidence that she will become stronger after this situation and learn how to stand up for herself in difficult situations where she doesn't 't want to hurt the other person; nevertheless, she doesn't want to put herself in a vulnerable position. She would be very vulnerable to him having her nude photos in his camera roll or even just in their messages. He could, in a way, blackmail her in the future if he doesn't get his way.

In conclusion, the choice of saying no to him and not sending a nude picture is ultimately the best decision for many reasons. She thought about the possible previous knowledge she had of this situation and understood what it could do to a person. It can damage one's mental wellbeing in many ways, as she is so vulnerable to bad people if he shares it around online. It can affect your social status, as the photo will never go away. In the long term, it could influence future employers to not employ her. She didn't want that to happen to her, so she did not send a picture. A long-term result of this decision could be that he now knows the boundaries, and therefore she gains even more trust in him. There may be an awkward period of time for the two as they get over it, but I believe everything will be okay. This choice positively impacts her mental wellbeing, as standing up for yourself is a mental game, and that's what she did. She said no. She showed him and herself how strong she is mentally.