



Living in Safety and Stability

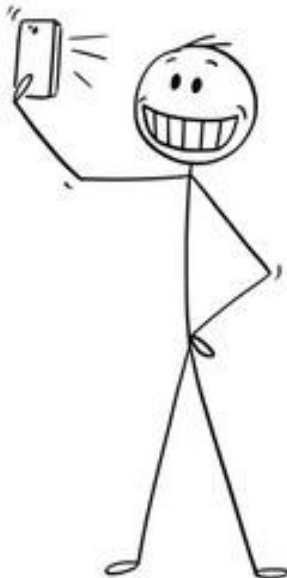



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Purpose: To provide participants with the skills, knowledge and confidence to be safer online.

Participant learning objectives:

1. Understand online risks relating to: Content, Contact, Conduct and Commercial
2. Understand healthy and unhealthy behaviours within online and offline friendships/ relationships
3. Understand the importance of permission and consent in relation to sharing images/ videos
4. Understand the importance of seeking help from a trusted adult or support service when needed

CONTENT	METHODS/ RESOURCES <i>Slides 12-28 can assist with this session.</i>	APPROX. TIME
<p>Our Online Habits</p>	<p>Resources: Participant mobile phones</p> <p>Inform participants of the purpose of today’s session – to have the skills, knowledge and confidence to be safer online.</p> <p>Ask participants to check their average screen time on their mobile (On iPhone go to: Settings – Screen Time). If screen time usage is high amongst the group probe further with questions e.g. How many times a day do we check our phones? How many days a year on average would be spend on our phones? How much is too much?</p> <p>Some statistics: 78 times is the average number of checks on phone per day People check their phone every 12 minutes of waking hours (higher amongst teens?) People spend approx. 50 days per year on their phone</p>	<p>10 minutes</p> 

<p>'I got a text'</p>	<p>Resources: 'Text' scenario cards</p> <p>Split participants into small groups of 3-5, depending on overall group size. Give each group one 'text' scenario card.</p> <p>Ask the group to work together to answer the questions and deal effectively with the online situation. They must then present their text and responses/ feedback to the rest of the group.</p> <p>Debrief: Would they be confident dealing with these situations themselves? Which risks may be more difficult to spot than others?</p> <p>Tip: This activity can be done as creatively as desired e.g., participants may want to act out their scenario through drama.</p>	<p>20 minutes</p>
<p>Online Risk – The 4 C's</p>	<p>Provide participants with an overview of online risks: Content, Contact; Conduct and Commercial on slide 16.</p> <p>Ask participants which of the 4 'C's is related to their scenario.</p> <p>Use Slide 18 to remind participants that what we see online is not always real. We only see what people want us to see!</p>	<p>15 minutes</p>
<p>Sharing Content Online</p> 	<p>Resources: OK to share? Options OK to share? Statements</p> <p>Stick the <i>OK to Share? Options</i> around the room. Tell participants that you will read out several statements and they must stand beside the answer they think is correct.</p> <p>Debrief: Was this exercise easy or difficult? Ask participants if they have ever been in a situation where a friend or family member shared something without their consent? Reinforce the importance of getting permission before sharing any online content/ activity.</p>	<p>20 minutes</p>
<p>Friendships in a Digital World</p>	<p>As a group, discuss how friendships have changed with the introduction of instant messaging, social media etc. (e.g. online friends, increased privacy from parents, limited face to face interaction). Ask participants to think about the advantages but also the challenges of these changes.</p>	<p>20 minutes</p>

<p>Friend or Frenemy? Game of Chase</p>	<p>Resources: Friend or Frenemy Sticky Labels Large hall/ space to run around</p> <p>Ask participants what they think constitutes a good or bad friend? Use slide 21 to help collate opinions/ ideas.</p> <p>Introduce participants to the Frenemy Game of Chase. Each participant will have a label which is titled with the last text message they sent to their friend. Some of these comments will be negative (frenemies) and some will be positive (friend). The aim of the game is for the frenemies to tag as many friends as possible. If friends are tagged, they must freeze until another friend releases them by crawling under their legs.</p> <p>Debrief: Ask participants do they know why we did this activity. Inform them that sometimes frenemies can get us stuck in a place we do not want to be.</p> <p>Sometimes all it takes is for one good person/ friend to help us see what is best for us.</p> <p>Encourage participants to be good friends to one another.</p>	<p>20 minutes</p> 
<p>Online vs Face to Face</p>	<p>Explore briefly, as a group, the differences between interacting online as opposed to face to face. Explore what difficulties this may cause.</p> <p>Slide 24 highlights modern examples of conflict and hurt which can be caused online.</p>	<p>10 minutes</p>
<p>Summary of Online Tips</p>	<p>Go through Tips - Slide 26 - at a pace suitable for the group.</p> <p>Provide participants with a print-out of this, along with contact details for relevant support services.</p> <p>Finish on a high – a positive note! Highlight the importance of not only being safe online, but the power of being kind (Slide 27).</p>	<p>10 minutes</p>
<p>Check-Out/ Evaluation</p>	<p>Resources: Informal evaluation ideas</p> <p>Choose an activity from the list provided.</p>	<p>10 minutes</p>

'Text' Scenarios

You receive a text from your friend Janet who is 16 years old.

"Hey, Scott has just asked me to send him a picture of me naked! What should I do??? Like I know we have been together for ages now and he treats me so good, but I just don't know? Help! What should I do or say to him?"

Write your response to Janet.

What could the implications be if Janet sends her boyfriend a naked photo?



You receive a text from your brother Tom who is 14 years old.

"That fella Sam we were playing with earlier on Fortnite says he wants to meet up next week in real life. Not sure where he's from but I think he's from town. He said he goes to the High School. What day suits you? Where should we meet him?"

Write your response to Tom.

What could the implications be if Tom meets up with 'Sam'?



You receive a text from your friend Susan who is 15 years old.

"Did you see all of them comments under my make-up video? That girl from my class is so nasty – calling me an ugly pig! We will soon see how she feels when I call her a fat mess in front of everyone."

Write your response to Susan.

What could the implications be if Susan responds to online comments?



You receive a text from an unknown number.

"Ulster Bank Important Message: Your account has been temporarily locked due to security concerns. Please login and verify your account within 24 hours.

<http://googleact.com>

What do you do next?

What could the implications be if you click the link or respond to this text?



OK to Share



Not sure



Not OK to share

OK to Share? – Statements

Sharing a video of your friend throwing up when she was sleeping over at your house

Changing your profile picture to a photo of you and your friend in English class

Sharing pictures of your hotel when you and your family are away on holiday

Changing your profile picture to a photo of you and your dog out for a walk

Sharing a nice photo of you and your sister on her timeline for her birthday

Sharing a video of your friend's wee brother doing a TikTok dance

Sharing a poster your mum had asked you to share about an opportunity in the community centre

Sharing a photo of your boyfriend/ girlfriend half-naked

Sharing a photo of you on the beach in a bikini

Sharing a video around WhatsApp of a fight that happened at the weekend

Sharing your location on Snap Chat

Changing your profile picture to you and your friend holding up alcohol

Frenemy Game of Chase

(Copy onto Sticky Labels for participants)



Friend Statement Examples:

Class goal today in football
You looked unreal at the party! You really suited your hair like that!
What do you think I should wear at the weekend?
Sorry for snapping at you earlier on the bus. Just been so stressed lately with everything going on at home and I took it out on you. Sorry!
You want to go to mine or yours after-school?
Of course you could do it – you just have to believe in yourself!
Thanks for the chat earlier – feeling much better now.
Hey how's things with you?
Heard what happened. If you need someone to talk to you know where I am 😊
You left your bag on the bus! I'll drop it round here; you'll need it for the morning.

Frenemy Statement Examples:

You need to be really skinny and pretty to wear that top. If I was you, I would wear something else!
Thanks for doing my homework again. I really owe you big time.
How stupid are you getting that question wrong today in class!
Party Friday at 7, my house. If you're one minute late you're not getting in!
Don't care what you think.
Well, if you don't do it you can forget about sitting with us at lunch.

