



Activities for ages 14+

Number 4, 05/05/2020

Activity 1: Online relationships

- Look at the quotes on the next page. These are all things young people said when we asked them about chatting online.
- For each quote, circle a box to show if you think it highlights a positive or negative aspect of chatting online – or if you think it depends.
- For each quote, write down the reasons for your answer. If you know a friend who is also doing this exercise at home, compare your reasons. If they have a different view, have a debate!
- Read the article 'Selfies: the naked truth' on the 14+ Thinkuknow website – www.thinkuknow.co.uk/14_plus/Need-advice/Selfies-and-sexting/. The beginning of the article offers advice to young people who have been asked for a nude but feel uncomfortable sending one – it's called 'Three ways to say no'.
- One of the suggestions is to use the 'Zip It' app which offers memes young people can use to help them say no if someone is pressuring them to send a nude. Download the Ziplt app on your phone and pick your favourite meme. If you don't want to download the app, you can search for them on google images.
- **Optional extension:** design your own Zipit meme! If you feel comfortable doing so, share the Ziplt app and your new meme with your friends.

Activity 2: When nudes get shared around

- Sometimes, nude images can be shared amongst friendship groups or in schools. Read the article 'When nudes get shared around' on the Thinkuknow website – www.thinkuknow.co.uk/14_plus/Need-advice/when-nudes-get-shared-around.
- The article contains suggestions for young people on what to do if they witness someone else's nude images being shared without that person's knowledge or permission. These suggestions are all examples of being a 'positive bystander' – for example not joining in when you witness abuse, or helping the victim.
- Read the case study below about a young person who has their images shared around. Answer the questions below the case study.

About Thinkuknow

Thinkuknow is the online safety education programme from the National Crime Agency. You'll find lots of support and advice for teens at www.thinkuknow.co.uk.

CEOP reporting: Young people can report to CEOP if they are ever worried about sexual abuse online. A specialist child protection worker will contact you to help you. They will not blame you in any way. Visit www.ceop.police.uk.



Quotes from young people about chatting online (activity 1):

1) "I find it easier to be myself online"

Positive

Negative

It depends

2) "I can use emojis to communicate how I'm feeling"

Positive

Negative

It depends

3) "I find it easier to flirt online"

Positive

Negative

It depends

4) "I can always see what everyone's doing"

Positive

Negative

It depends



When nudes get shared around: a case study (activity 2)

A friend of yours was messaging someone they are going out with who is about the same age as them. After sending some flirty messages, your friend decided to send a nude picture of themselves.

The next day at school your friend hears that people were talking about them. The person they are going out with shared the nude picture with other pupils without your friend knowing. Now other pupils have shared it and shown it around. Your friend is very upset.

Questions:

- 1) List all of the things you could do in this situation to be a positive bystander
- 2) Who else could help your friend in this situation?
- 3) Think about which answers in your list you would be comfortable doing if you ever witnessed this type of thing happening.