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| **Objective:**  To be aware of who can help us if anything upsets us online |
| **Activity:**  This activity can be used to discuss who young people can turn to for help when they encounter a problem online. You may wish to discuss with pupils before this activity what problems/issues they have experienced online. These may vary from friendship issues (e.g. comments made by their friends on social networking sites) to issues around other users (e.g. a player in an online game not playing by the rules). Pupils may also raise technical issues (e.g. a website not loading/forgetting a password/a device not working properly).   * Discuss with pupils what they did to solve the issue:   + Did they ask someone for help?   + Did they ignore it?   + Did they sort it out by themselves?   For all the above it is important to stress that turning to someone for help is always a positive step to help solve any problems.    Using the Helping Hands template, ask pupils to draw around their hand and write the name of a person on each finger that they could turn to if they were worried about anything they experience or encounter online.  Typical answers may include:   * Parent/Guardian * Sibling * Other family member (Uncle/Auntie/Cousin/Grandparents etc.) * Friends * School staff member * Other trusted adult outside of school (e.g. adult who runs a club they attend) * Police * Helpline/Website * Using reporting buttons/tools on a site/service   Some of the answers may prompt further discussion, particularly if the young people have an awareness of report/help tools that exist on some social networking services and games.  You may wish to use this activity alongside other activities related to [‘TRUST’](http://www.childnet.com/resources/star-toolkit/trust) in order to explore who may be considered a trusted adult. |
| **Key Vocabulary:** |