



Think Again

Year 7

Lesson 1

Introduction

Aim: Students will be confident in using the 3T's in decision making

Introduction

Decisions have consequences but we are all capable of, and worth making, good ones. This worth doesn't change when we make mistakes

The 3 T's

Think

Why? What motives do we or others have?

What else? Are things really as they seem?

What next? What might the consequences be?

Talk

It's important and helpful to talk to a trusted adult.

YouTube clip: why talking helps

Tools

Using online sources of help, privacy settings and reporting tools.

Friendship

Aim: Students will be able to identify healthy and unhealthy friendships

Introduction

What is friendship?

Healthy vs Unhealthy Friendships

Discussion

"Between the ages of 11 and 22, friendships are some of the most important relationships we will have." Do you agree? Why? Why not?

What are the qualities of a good friend?

In what ways can friends help you grow or hold you back?

Lesson 2

Peer Pressure

Aim: Students will understand and practise how to resist peer pressure

Introduction

What is peer pressure?

YouTube Clip: Childline

Negative Influences

Peer pressure can negatively influence us, particularly if we're not sure of the best decision ourselves.

Peer Pressure Online

If we wouldn't tolerate something offline, we shouldn't do or tolerate it online.

How To Stand Up To Peer Pressure

Roleplay

Students do a role play to illustrate and practise how to stand up to peer pressure.

Sexting

Aim: Applying the 3T's to key area: Sexting. Students will understand what sexting is and the consequences of sexting

What is Sexting?

Sending messages videos or photos that are sexual or about sex.

Scenario and Discussion

YouTube Clip: I saw your willy. NSPCC

This is an intentionally silly video which appears childish but makes serious points. It acts as a warning that pictures sent online can't be retrieved, and demonstrates the harm of sharing nudes a person has received.

Sexting and Friendship

Is sharing nudes good or bad for friendships?

This discussion is focused on the act of sharing explicit pictures of someone else that have already been taken, rather than the act of taking and sharing an explicit picture of oneself

Possible Motives for Sexting

"showing off"
"having a laugh"
"experiencing pressure"
"threats"

Possible Consequences of Sexting

- We have no control over photos online.
- Does sexting encourage respect for ourselves and others?
- The sending and receiving of explicit images of under 18's is illegal

YouTube clip "Megan's Story": Hampshire police

This is a true story about 14 year old who was tricked into sending a naked photo of herself over social media.

Keeping Safe

What to do and how to keep safe after sending or receiving an explicit image

Lesson 3

Grooming

Aim: Applying the 3T's to key area: Grooming. Students will understand what grooming is and know how to stay safe in online relationships

What is Grooming?

When someone makes friends with a young person to manipulate, exploit or abuse them.

Warning Signs

There is often a recognisable pattern:

- Lots of messages, open platform
- Move to private platform for messaging
- Emotional pressure starts
- Asking for personal information
- Isolation from family/friends
- Secrecy
- Sexual interest
- Blackmail

Different Forms of Grooming Examples/Scenarios: Discussion

A 14 year old girl was contacted by an account on Snapchat called "Base Models" and told she could earn between £500 and £50,000 working as a model. She sent some headshots. They then asked for pictures in her underwear.

This was a real-life story of a girl from Hunwick, County Durham. Although Base Models is a real company, the Snapchat account was fake, and was being used to groom girls.

Differences Between Online and Offline Relationships

How we can determine whether online friends are trustworthy or not?

We consider whether we really know who online friends are or not. We reinforce the point that people who groom can be male or female.

Strategies to Keep Safe Online

Taking action

- Talk: parent/carer, teacher, youth worker, friend's parent, police, social services, Childline counsellor
- Reporting people to CEOP (Child Exploitation and Online Protection)
- Blocking people on social media - look at SWGFL "Social Media Checklists" for help

Block this user
Restrict
Report User

Discussion

YouTube Clip: Illustrating Grooming: Webwise, Ireland

At the end of each lesson students are encouraged to talk to school pastoral care lead/parent/carer or another trusted adult about these issues and directed to further "Tools" for further help/support:



Useful guides to privacy settings and blocking/reporting tools on common social media platforms. Type in "swgfl social media checklists" on Google to access the relevant page (the rest of the website is for adults/schools).



CEOP (Child Exploitation and Online Protection) is the website for reporting any picture we're uncomfortable with online (whether we've sent or received it), any uncomfortable conversations we've had online, or any person who may be grooming us. They will keep us safe.



Call 999/101

