



Lesson 1

Introduction

Decisions have consequences

but we are all capable of, and

This worth doesn't change

worth making, good ones.

when we make mistakes

Introduction

Year 7

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

The 3 T's

YouTube clip

why talking helps



What next? What might the consequences be? Q



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

Friendship

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

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Introduction

What is friendship?

Discussion

"Between the ages of 11 and 22, friendships are some of the most important relationships we will have." Do you agree? Why? Why

Healthy vs Unhealthy Friendships

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?



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 3Ts 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



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?

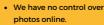
This discussion is focused on the act of sharing explicit pictures of someone else that have already been taken, rather than the act of taking and sharing an explicit picture of oneself

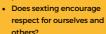
Possible Motives for Sexting



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

Possible Consequences of Sexting





 The sending and receiving of explicit images of under 18's is illegal



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.

Discussion



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 nictures 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 Betwen Online and Offline Relationships

How we can determine whether online friends are trustworthy or



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

2. Reporting people to CEOP (Child Exploitation and Online Protection)
3. Blocking people on social media - look at SWGFL "Social Media Checklists" for

Block this user

Restrict

Report User

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:



childline



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).





