NSPCC Talk relationships Ages 12-14

Lesson 3 - Resource 1: Key questions

<u>Start of lesson:</u> Draw a square on the line to indicate how much you agree with each statement. Complete the tables to demonstrate what you already know.

<u>End of lesson:</u> Draw a triangle to indicate how much you agree with each statement now. Add any new learning in a different colour pen.

Statement 1:

I can explain the benefits and challenges of using social media.

Not confident   Confident

Benefits of using social media	Challenges of using social media

Statement 2:

I can explain the risks and benefits of meeting people online and how those relationships differ to those established offline.

Not confident   Confident

Risks of meeting people online	Benefits of meeting people online

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Statement 3:

I can explain how to minimise and respond to risks online.

Not confident   Confident

Ways to minimise risk online	Ways to respond if someone feels unsafe online

Statement 4:

I can identify safe and unsafe online relationship behaviours.

Not confident   Confident

Safer online relationship behaviours	Less safe online relationship behaviours

Lesson 3 - Resource 2: Talking heads (1 of 3)

I mostly use social media to get to know new people. I get friend requests all the time and I never reject a request. I have over 1,000 friends online. I think if you take a good selfie or make a video that's funny then people like you more. People definitely think you're more attractive if you post more often.

There's pressure to keep up with how many views, likes or comments people get and to do the same for your friends. If I don't post much one day or like posts, I worry I might lose friends because I haven't commented or liked on their accounts, and it's the same if I've shared something and they comment. I worry that they'll be annoyed if I don't comment back soon enough.

I started an account to share my art, I started drawing a while ago because the things I'd seen happening in the news made me feel frustrated and sad. I shared them online and they got a really good response, people reshared them and I think this is what I want to do with my career now, so I can help people talk about what's going on.

There are so many filters and apps now to change how people look. If I just post one of how I look normally then people will see all my imperfections. It feels unfair that we get compared to something that's impossible, but I guess I do it too when I put filters on that make me look a bit older.

Sometimes I feel a bit bad because I'll have picked up my phone for something and then I've accidentally spent ages just scrolling through feeds. Or my dad or friends will be talking to me, but I haven't really listened to what they said because I heard my phone ping and I'm just thinking about what the notification or message says.

I like using social media to find out what other people are wearing. I'd love to be a fashion influencer one day and get sent clothes from brands, so I've been sharing the outfits I've bought online. It's pretty hard to keep up with though, I feel like I have to post all of the time. If one of the outfits doesn't get many likes or shares, then I feel like I'm never going to make it.

I only talk to my friends over games and social media, I don't really use it for anyone else, so I set everything to private. I feel a bit weird about strangers prying into my life, so I don't share anything particularly personal on my social media accounts.

It makes me feel bad if people leave nasty comments. I have taken down my posts before if they don't get enough likes. Sometimes I feel jealous that other people get way more attention than I do on social media. Also, I hate it if someone posts a picture of me without checking first. I just feel so embarrassed if I don't like the way I look. I've fallen out with people about that before, definitely.

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A couple of weeks ago I got sent a picture by someone I don't know. The picture made me feel a bit sick to be honest. I spoke to my older sister about it and she said people who send them are desperate. When she gets sent them, she sends them back a video of her and her friends all laughing at the picture.

When I used to feel down or bad about myself, I would go online and look at my friend's accounts. But after a while I realised it made me feel worse, to see them all having fun and looking amazing when I felt rubbish. I felt like I was missing out. So now I go on social media less and I never go on when I'm feeling upset, stressed or angry, because I know it makes me feel worse, I'll call a friend instead.

I use apps to help me make new friends or follow people that have things in common with me. We've just started an LGBTQ+ group in school, which is great, but I'm just not quite ready to join that and talk about things in person. It's been really helpful being able to see that there are people who feel the same way as me online.

I really like social media, but I prefer talking to new people over games. Sometimes people I don't know ask me to go on camera, but my mum's said that I can't, so I usually make up an excuse for why not. Most of the time it's great being online, but there have been a few times recently that people have joined our group and have kept shouting hate at us. It's usually homophobic and racist stuff and I don't really know what to do about it.

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Resource 3: Story stems


George's story so far…

George has joined a social media platform where people post a lot of videos, it's easy to see who some people are but other people are anonymous. He likes it because it means he can explore his interests and there's a lot of stuff that cheers him up on there. But recently, he has started receiving lots of really negative comments and someone's been sharing videos and pictures of him. He's pretty sure someone in school is sending the comments and pictures because sometimes there are embarrassing comments about things that happen in school. But he's not sure who it is or what to do next.

Finish George's Story…

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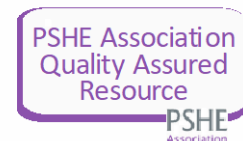
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Resource 3: Story stems

Mariam's story so far...

Mariam really enjoys chatting with friends while they play games online. She feels like they're spending time doing something they like together. A new boy joined their group that Mariam hadn't met before. It was getting late and Mariam's friends had stopped playing games for the evening except for the new boy. They were getting along really well and got into a really long conversation about their favourite books and music and films. They had a few more chats and he was really nice to her and they had so much in common. He made Mariam feel really special, he gave her lots of compliments and said he wished he knew what she looked like. He started asking if Mariam's parents are home or if they're busy, and said he wants to chat with her camera turned on so it felt more like they were together in person.

Finish Mariam's Story...

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