



Activities for 11-13s

Number 9, 14/07/2020

Activity 1: Social Media

- Read the quotes from young people below about their experiences on social media. The quotes are taken from our Digital Romance research.
- For each quote, write down if you think that young person's experience has been **positive** or **negative**. Explain the reasons for your decision.
- Imagine that someone your age was experiencing some of the negative parts of social media. What advice you would give them? Share your thoughts with a parent, carer or a friend.

Activity 2: Ready for social media?

- Read the 'Ready for social media?' article – www.thinkuknow.co.uk/11_13/Need-advice/Ready-for-social-networking/
- Design a notification that could pop up on a social media app or site with 3 or more key pieces of information that young people should be given before they create their account - the last one could be about how they report to the app or site if something worries or upsets them. If you already use social media, use your experiences to add further information or advice. What three things would you have liked to know before joining?
- If you use social media, what is your favourite app or site? Have a go at exploring the safety settings of your favourite app and find out how you could block someone or make a report if something doesn't feel right. Go through the steps (either alone or with the support of a parent or carer) the app tells you to take, but do not actually submit the report, unless something has really worried or upset you.

About Thinkuknow

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

If you are worried or upset by anything that's happened online, talk to a trusted adult or call Childline on 0800 1111.

You can also report to CEOP. Young people can report to CEOP if they are ever worried about the way an adult is talking to them online and feel they are at risk or have been sexual abused. A specialist child protection worker will contact you to help you. They will not blame you in any way.

Quotes from Young People

1. "In, like, person, like, you have to, like restrict yourself 'cos there's like, rules and boundaries in place, whereas, like, online there's less. Like, you can say whatever you want"

2. "You can figure out what you're gonna say and make it sound better and, sort of, adjust it to what you

3. "There's this girl and she got framed by someone in year 10. Someone put a picture of her password and username on their story, on Snapchat, so that everyone can see it. Someone must have, like got onto her Snapchat, took a picture, like off the internet. And then sent it to someone and said that it was hers. And then it went round the whole school and she got bullied"

4. "You feel like you're not as good as everyone else"

5. "I knew it was a fake account because the picture was just so fake, like you know it was fake. So I just declined it"