

Somerset Youth and Community Service

Internet & social media safety



Aims: For young people to explore using the internet and social media and identify the pros and cons

Learning Outcomes:

By the end of the session the participants will:

- identify the benefits of using on-line communication methods
- identify the weaknesses of on-line communication
- be aware of the potential dangers of using the internet and social media
- develop and learn new strategies to protect themselves.

Group size: 8-10

Time: 1 hour

Venue: Youth club

Materials:

- Flipchart & pens
- Prepared pyramid flipchart
- Post-it notes or cards
- Internet safety handout

Time	What	Who	With
10 mins	Ask young people to bring out their mobile phones and ask them to play their ring tones. What does their ring tone say about them? Make notes of what the young people say.	all	Flip chart
5 mins	Ask the young people to then turn their phones off and start the session. Ask how long each person spends on social media per day, note their answers.	All	Flip chart
10 mins	As the young people to tell you what benefits does social media bring? Discuss and note what they say – which may include: <ul style="list-style-type: none"> • Easy to communicate with their friends • Can make contact with people all over the world • It doesn't cost anything • You can keep in touch with what people are doing without having to specifically call them • It's instant • You can share important safety information etc. 	All	Flip chart
10 mins	Then ask the young people to identify the down side of social media? This could include: <ul style="list-style-type: none"> • You can reveal too much about yourself • You can be bullied • People might not be who you think they are • You can end up spending more time than you realise on social media 	All	Flip chart



Time	What	Who	With
	<ul style="list-style-type: none"> • Older people can take advantage (grooming) • Other people could reveal information about you or post compromising pictures of you without your permission. • A lot of information shared on line isn't true 		
10 mins	<p>What is acceptable to put on social media? Give the young people post-it notes or cards and ask them to write something they think it is unacceptable to post on social media on each one. These could include:</p> <ul style="list-style-type: none"> • Nude pictures/pictures of genitals • Details of where you live • Your private thoughts and feelings • Embarrassing pictures of your friends at a party • Pictures of friends, family or others without their permission • Photos of you when you're drunk • Racist / homophobic / sexist comments or images etc. • Verbal abuse or bullying comments • Swearing • Other people's secrets • Spreading gossip • Sexual images or comments <p>When they have done this, ask them to individually go up and stick their post-it or card onto the pyramid with the most unacceptable at the top with the less problematic ones at the bottom. Discuss what the group think about the decisions.</p>	All	Post its/cards Prepared pyramid flip chart
10 mins	Give the young people copies of the internet safety hand out and go through it, discussing how they can stay safe.	All	Handout
5 mins	Give the young people the chance to ask any questions or share any other information and then end the session.		

Keys Point to Remember for young people

1. Never give out your real name in full.
2. Never tell anyone that you go to school.
3. Only meet someone from a chat room in a public place with one of your parents or another adult. If they are genuine and are who they say they are they will be OK with this, and would probably prefer it for their own safety!
4. Never give out your address, email address or telephone numbers.
5. Tell an adult if someone is making inappropriate suggestions to you or makes you feel uncomfortable online.

Danger signs to look out for

1. If a person insists on having your address or telephone number.
2. If a person emails you pictures that make you feel uncomfortable.
3. If a person wants to keep your chats secret and shares secret information.
4. If the person wants to use a webcam and it makes you feel uncomfortable.
5. If someone tells you that you will be in trouble for talking to them.