## Activities for ages 14+

## Number 6, 02/06/2020

#### Activity 1: Healthy and unhealthy relationships

- Read the article 'Abusive relationships' on the 14+ Thinkuknow website <u>https://www.thinkuknow.co.uk/14\_plus/Need-advice/Relationship-abuse/</u> and watch the video called Disrespect nobody.
- On a blank piece of A4 paper, write down different characteristics of healthy and unhealthy relationships, e.g. **trust, respect** (healthy); **pressure, jealousy** (unhealthy).
- For each characteristic, write down examples of the kind of <u>online</u> behaviour you might expect to see. Here are some examples:
  - trust not showing other people private texts from their partner
  - o respect-accepting someone's choice not to send a nude
  - pressure repeatedly asking their partner for nudes

• **jealousy** – secretly checking up on who their partner is messaging How many more can you come up with yourself?

### Activity 2: Send me a pic?

- Read the article 'Selfies: the naked truth' on the 14+ Thinkuknow website <u>www.thinkuknow.co.uk/14 plus/Need-advice/Selfies-and-sexting/</u> (you may remember this article from Activity Sheet Number 4 05/05/2020).
- Read the chat below between J7 and KS they are about your age. The chat shows J7 saying no when KS asks for a nude. Think about how KS responds. Is this an example of a healthy or unhealthy relationship why?
- Imagine you are a script writer for a TV show. You are going to write a short scene where all the action takes place on a phone screen, in a chat between two characters your age. You can decide if they are: in a relationship, know each other (but not in a relationship), or chatting for the first time.
- Use the blank phone screen below (or draw your own). Write a chat that shows one character being asked for a nude, saying no, and their choice being respected by the other character.
- You could use one of the memes from the 'Zip It' app in your chat, or even use the one you created from Activity Sheet Number 4.

#### About Thinkuknow

Thinkuknow is the online safety education programme from the National Crime Agency. You'll find lots of support and advice for teens at <u>www.thinkuknow.co.uk</u>.

**CEOP reporting:** Young people can report to CEOP if they are ever worried about sexual abuse online. A specialist child protection worker will contact you to help you. Remember it's never your fault. Visit <u>www.ceop.police.uk</u>.

# Activity 2: Send me a pic?

HINK

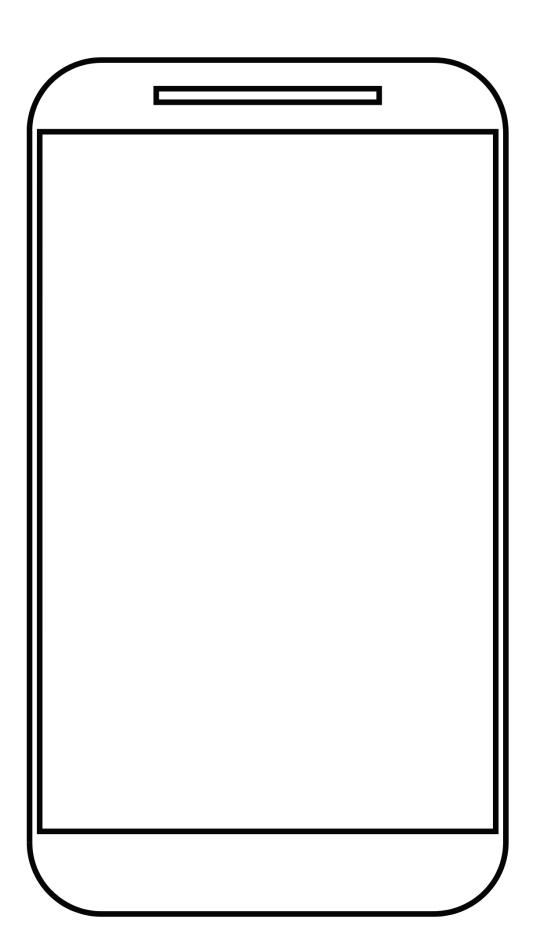
0 0

J7	
Morning babes	
	KS Morning x
37	What u doing?
Just lying in bed	
About to shower	
U?	
	К
	That's a nice thought 😌
J7 Thanks 😊	
Thinking of u	
Thinking of u	KS
	Missing u x
J7 Me too	
Can't wait to see you tomor	row
would y	vou send me a pic after your shower? 😉
37	
Umm, I don't think so, sorry	KS
	Haha ok cool. Don't worry about it!
	Awkward!!





THINK U KNOW



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60

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THINK U KNOW 30

Online safety at home SIMPLE 15 MINUTE ACTIVITIES TO DO WITH YOUR CHILD