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 – https://www.thinkuknow.co.uk/14_plus/Need-advice/Relationship-abuse/ 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
    - **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 – www.thinkuknow.co.uk/14_plus/Need-advice/Selfies-and-sexting/ (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 www.thinkuknow.co.uk.

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 www.ceop.police.uk.

Activity 2: Send me a pic?

J7

Morning babes

KS

Morning x

What u doing?

J7

Just lying in bed

About to shower

U?

KS

That's a nice thought 😉

J7

Thanks 😊

Thinking of u

KS

Missing u x

J7

Me too

Can't wait to see you tomorrow

KS

…would you send me a pic after your shower? 😉

J7

Umm, I don't think so, sorry

KS

Haha ok cool. Don't worry about it!

Awkward!!

J7

LOL 😂😂

KS

I get to see u tomorrow anyway

Which is even better

J7

😃

Thanks babe x