

ONLINE SAFETY LEADERS' ACTIVITY PACK



CONTENTS

Welcome	3
Background information – Online safety	4
Activity 1 - Staying safe online – Introductory session	8
Activity 2 – Personal information online - Post it game	11
Activity 3 – Friendship online - The paper game	14
Activity 4 – Sharing and posting online - True or false game	16
Activity 5 – Getting help - Blindfolded trust game	18

ONLINE SAFETY

Welcome

This resource has been designed to help you run online safety sessions with Beavers and Cubs. There are a variety of offline activities that can be delivered in your meeting place. They are intended to complement the Digital Maker and Digital Citizenship badges and should be delivered prior to Beavers and Cubs undertaking the badges.

The activities aim to raise awareness of several key online safety issues relating to the 6-10 age group:

- Personal information online.
- Bullying and friendship online.
- Appropriate and inappropriate sharing online.
- Getting help and support if you get into trouble online.

The activities complement the online game, which you can find in the App store or Google Play. Search for Stay Safe Online by the Scout Association. Beavers and Cubs can play the game in your meeting place or at home.

Using the activities

These activities form part of the Programme for online safety. The 30 minute introductory session should be delivered alongside the preparation for the badges, prior to delivering the other activities and before going to a Vodafone store.

The shorter activities can be used as themed activities, either as one-off sessions or over a series of weeks.

The resource is split into the following sections:

1. Background information around online safety - this highlights key things that you should know before you start the sessions. **It is recommended that you read this prior to delivering the sessions.**
2. An online safety session that highlights the key aspects of online safety (30 minutes).
3. A specific short session that focuses on personal information (15-20 minutes).
4. A specific short session that focuses on friendship (15-20 minutes).
5. A specific short session that focuses on sharing and posting (15-20 minutes).
6. A specific short session that focuses on where to get help (15-20 minutes).

Before the sessions, Leaders may wish to find out more about the types of devices young people use, what games they play and how long they spend online.

Each of the activities has a task bar which highlights the time the activity takes to deliver, what you will need to run the activity, what you will need to do before the meeting and how the programme relates to the badges and awards.

Overall aim of the activities

To reinforce key messages around online safety for 6-10 year olds and to raise awareness of online safety risks for Leaders.

ONLINE SAFETY

Background information – Online safety

What you need to know

Online safety or e-safety refers to the safety of young people and adults online. It's important that young people know how to protect themselves when they are online. These activities intend to raise young people's awareness of potential issues and help them identify where to turn if things go wrong.

Sharing photos, playing games, researching online and connecting with friends is part of our daily lives. Young people have been brought up with the online world and, to them, it is just as important as the offline world. Young people may encounter risk online just as they do offline.

What do young people do online?

Every year Ofcom do a national survey on what children and young people do online, and this provides insight into the latest trends.

The following is a snapshot from the most recent statistics in 2015:

- Young people spend on average 11.1 hours a week online.
- 12-15 year olds spend more time online than watching TV.
- 24% of 8-11 year olds own a smartphone.
- 69% of 12-15 year olds own a smartphone.
- 71% of 5-15 year olds own a tablet device.
- 53% of 3-4 year olds have access to a tablet device.
- 74% of 12-15 year olds have a social networking profile.
- 21% of 8-11 year olds have a social networking profile.
- Children are more likely to watch TV on a tablet than a TV.
- 60% of 12-15 year olds play games online.

Some of the most popular apps for young people include Instagram and Snapchat. Instagram is an image sharing service where young people can post and share things they like and follow other users. Snapchat allows users to share images and videos, and create stories which disappear after a few seconds.

Young people in the 6-10 age group will most likely be playing games on tablets, watching videos on YouTube, sharing photos and videos of themselves, playing games like Minecraft on Xboxes and PlayStations and sending messages to their friends on phones and other devices. They may also be using the internet to research and create presentations about topics they are learning about at school.

Though all young people develop in different ways and at different stages most of them will have had some experience of the online world. They need to be informed about the issues and know where to go to get help and support. Online safety features in the national curriculum in all of the four UK countries, so children will be educated about the risks at school.

What are the risks to young people?

The risks to young people in the online world are sometimes referred to as the 3 C's

ONLINE SAFETY

- Content – young people may come across inappropriate content that is sexual or aggressive.
- Contact - young people may be contacted by strangers or get bullied by another child.
- Conduct – young people may download music or films that they shouldn't, or bully another child.

As young people's online access and ownership evolves, the types of risks that they are exposed to can change. For example, when they are younger and they are using a tablet to play a game or watch a YouTube video, they are less likely to communicate with another person but more likely to come across inappropriate content that is not age appropriate. As they get older, they are more likely to share information and pictures about themselves and are therefore more open to being contacted by an adult or bullied.

Online Bullying

Bullying can happen across many types of online platforms and it is an issue most young people worry about. Online bullying can be nonstop and it can be anonymous. It can even happen when young people are playing games or socialising online.

Online bullying can also overspill into the real world. On many occasions, young people are bullied offline and then this is transferred into the online world, and vice versa.

The psychological and emotional impact of bullying can be severe. Images can be shared widely and can be seen by people that the young people do not even know. Young people may become paranoid and worried about who has seen the content posted about them.

Online bullying can be a very serious matter and the young people should be supported. They need to know that there is someone they can talk to and that there are things that can be done to help and support them. As a Scout Leader they may look to you for advice. Many of the social networks and web sites offer reporting routes so that content can be reported and removed if it breaches their terms of service. You can find out more in the section below.

Oversharing personal information

Young people can overshare information about themselves which allows them to be uniquely identifiable. This can put them at increased risk of being contacted.

Personal information is often defined as:

- Name
- Address
- Email address
- School name
- Phone number
- Password(s)

It can also include young people sharing images of themselves which may reveal their school name or their location.

Young people need to be made aware that their personal information is private to them and they should be encouraged to use nicknames online that don't reflect their personal information.

Oversharing images, and posting or sharing provocative selfies or explicit content happens amongst young people. The sharing of any sexually explicit image of a young person by young people is illegal and needs to be dealt with

ONLINE SAFETY

using the procedures in the Scouting code. Sometimes younger children share intimate images of themselves as a prank or joke. This is still illegal. Young people should be reminded that sharing images of this nature can get them into trouble and it's likely that the police will get involved.

Grooming and adult contact

Offenders seek to gain young people's trust and build relationships with them, They also sometimes seek to build relationships with the child's family.

Offenders can target young people online in a variety of contexts. Their ultimate aim may be to meet with the young person face-to-face, or to gain their trust and trick them into sharing explicit images of themselves, which they could then use to blackmail them.

Some abuse takes place online and this is often referred to as non-contact abuse. For example, young people could be persuaded to perform sexual acts on web cam.

Young people need to be educated about grooming and online abuse and they should also be reassured that there are places they can go for help and support.

Where can young people go to seek help?

Younger children are likely to seek help from their parents and/or carers but they will also turn to adults they can trust, like teachers and Scout Leaders. As they get older they will also turn to each other for help and it's important that they support each other when they are online.

Here are some other external sources of support:

Childline

childline.org.uk

0800 11 11

For direct help and support for children and young people

The NCA CEOP

ceop.police.uk/safety-centre

Young people can report sexual exploitation online directly.

Where can adults go to find out more?

Professionals, volunteers and parents can access support from the following:

The NCA CEOP

ceop.police.uk/safety-centre

thinkuknow.co.uk/parents

For advice and support and to report incidents of child sexual exploitation online.

The NSPCC adults helpline

0808 800 5002

For help and direct support for adults on supporting children

The NSPCC Netaware site

net-aware.org.uk

For information on the social networks and web sites that children use.

ONLINE SAFETY

The Professionals Online Safety Helpline

saferinternetorg.uk/about/helpline

For help with the removal of content from social media sites.

Vodafone's Digital Parenting advice

vodafone.com/content/digital-parenting.html

For advice and support for parents.

Many providers also offer reporting functions to help with the removal of content, each provider offers a slightly different approach, for more information visit the providers directly.

Key messages to young people

Many young people are internet savvy and very technically able. Staying on top of the latest apps and games is impossible, so never be deterred by their knowledge of what's out there!

Young people need to be aware that:

- The internet is fun but there are risks just like in the real world.
- They can always get help and support from adults they trust.
- They should take control of their own information and treat it as private.
- They should balance their time spent online with their offline time.
- They should always think about what they post and share and how it portrays what kind of person they are.

Encouraging communication and interaction about their online world is the best way to ensure that they feel confident in sharing their experiences. Support them and be engaged in what they are doing.

ONLINE SAFETY

Activity 1 - Staying safe online – Introductory session

Introduction

In this session you will explore what young people think of the internet and how they view risks online. It does not explore specific risks (this can be done using the themed activities) but rather gives an indication of the types of activities they do online.

This session acts as an introduction to online safety, it should be delivered alongside the preparation for the Digital Citizen and Digital Maker badges so that young people are aware of the risks and dangers; and before going to a Vodafone store.

Outcomes of the activity

- Young people have an increased awareness of the risks that they may encounter online.

Health warning

It is the policy of The Scout Association to safeguard the welfare of all members by protecting them from neglect and from physical, sexual and emotional harm. This applies to the online context.

All Leaders and Scouting volunteers should refer to the Young People First Safeguarding code of practice which can be found here:

<http://members.scouts.org.uk/documents/safeguarding/Yellow%20Card%202012%20version%205.pdf>.

TASK BAR

Time:

30 minutes

Preparation:

It is a good idea to read the background document relating to online safety before starting this activity.

You will need:

Paper

Pens

String

Card to insert statements onto

Linked badges and awards:

Digital Citizen and Digital Maker stage 1 and 2.

1) Initial introduction (5 minutes)

Start the session by asking the young people what sort of technology they use:

- Do they use a mobile device?

ONLINE SAFETY

- Do they play on an Xbox or PlayStation?
- Do they use an iPod?
- Do they use a laptop or mobile phone?
- Do they share devices with others? If so, who?

Ask the young people to run to a corner of the room depending on what their favourite device is. For example, left hand corner for an Xbox, right hand corner for a mobile device.

If you find that not many of the young people in the group have used technology before or do not have access to it, get them to run to different corners of the room depending on whether they like or dislike technology.

Next, ask them which their favourite offline hobbies are. For example, football or cricket. Ask them to run to the respective corners of the room.

Bring them all together afterwards and consider what they spend most of their spare time doing.

In pairs, get them to turn to their partner and ask them what sorts of things they like to do online. Provide the following questions as examples:

- Do you like to play games?
- Do you listen to music?
- Do you research and look for things that interest you?
- Do you watch films and You Tube videos?

Ask your young people to come back together and tell everyone their favourite online activity. Name the corners of the room after the different online activities, and ask them to go to the respective corners of the room to highlight what their favourite online activities are.

2) What do young people think the online world is like? (15 minutes)

Split the young people into groups of 3 or 4. Ask them, in their groups, to draw what they think the internet would look like if it was a city. For example, where would the nice and not so nice bits be? They have 10 minutes to draw something on a piece of paper.

At the end of the 10 minutes ask them to share their drawings with each other and discuss the following:

- Where would the centre of the city be and what would be in there?
- Where would be the places that they would be allowed to go be?
- Which places would they not be allowed to go to?
- Who would take them to the city?
- At what age do they think they would be allowed to go to the city alone?

Bring the discussion to a close by reiterating that the online world is similar to the offline world. They can have great adventures in the online world but they must always be careful of the risks and should always tell someone if they are worried about themselves or a friend.

3) Exploring the online world (5 minutes)

This section is about exploring the kinds of things young people need to be aware of when they are online.

ONLINE SAFETY

Lay a piece of string on the floor. At one end place the card with the statement on that says 'I think the internet is really safe', and at the other end place the card that says 'I don't think the internet is very safe'.

Highlight to the young people that some people think the online world is like a city, that parts of it are really safe and others not so safe. Ask them to stand at one end of the string if they think it's very safe, the other end if they don't think it is safe, or in the middle if they think it is quite, but not completely safe.

Ask the young people to stand against the piece of string in the area that best reflects what they think. Encourage them to consider the experiences they have had. Have they had lots of fun when they have been online or have they seen things that they don't like?

You are likely to get young people standing in a variety of positions.

Ask the young people to say why they have stood in a certain area. Be careful to ensure that none of the young people are upset by anything that is said and make sure that the conversation is carefully managed.

They may mention things that they have seen happen, such as seeing inappropriate content or seeing another person be mean to someone.

Remind them of the learnings from the previous activity and that the internet is like a city, there are places that are safe for them to explore and places that they should only explore with the help of an adult. Remind them that there is somewhere they can go if they are worried or scared about anything they have seen.

If you are worried about a young person at any point, refer to the yellow card/health warning procedures highlighted in the health warning link above.

4) Wrap up (5 minutes)

Reiterate that the internet is just like a city and that they should always be careful when they are online. Remind them that they should only go in places that their parents and carers tell them are ok, and that there is always someone they can turn to if they are scared or worried.

Give them an online safety challenge – how many people will they help stay safe online in the next week online!

ONLINE SAFETY

Activity 2 – Personal information online - Post it game

Introduction

This session highlights to young people what personal information is and why it's important to keep it safe.

Personal information is made up of the details that makes you unique. For example, your full name, email address, home address, school name, phone number and password(s). It's important that young people understand what personal information is and why it should be kept private so that they do not put themselves at risk of being contacted, exploited or groomed.

This activity can be done as a one-off or can be linked to the other themed activities.

Outcomes of the activity:

- Young people can identify what personal information is.
- Young people understand why it's important to keep personal information private.

Health warning

It is the policy of The Scout Association to safeguard the welfare of all members by protecting them from neglect and from physical, sexual and emotional harm. This applies to the online context.

All Leaders and Scouting volunteers should refer to the Young People First Safeguarding code of practice which can be found here:

<http://members.scouts.org.uk/documents/safeguarding/Yellow%20Card%202012%20version%205.pdf>

TASK BAR

Time:

15-20 minutes

Preparation:

It is a good idea to read the background document relating to online safety before starting this activity.

Personal information is:

Full name

Address

Email address

Phone number

School name

Password(s)

ONLINE SAFETY

You will need:

2 boxes with holes so that they can post cards into the box
A set of cards that you will have to make and insert the statements on from below
Scissors
Card
A timer
Paper
Pens
Blu tack

Linked badges and awards:

Digital Citizen and Digital Maker stage 1 and 2

Ask the young people if any of them know what is meant by personal information online.
See if they come back with any of the following:

- Full name
- Address
- Email address
- School name
- Phone number
- Password(s)

Get out the pre-written cards with the following statements on:

Personal information:

- Full name
- Address
- Phone number
- Email address
- School name
- Password(s)

Not personal information:

- Favourite hobby
- Name of pet
- Name of favourite celebrity/sports personality
- A picture of themselves doing an activity
- Favourite teacher
- Town where they live

Ask the young people to read the statements on the cards and decide whether they are considered personal information or not. Then post the cards in either of the two boxes, depending on what they decided. The purpose of the game is for the young people to get them all right in the quickest time possible.
(If the children are younger and find it difficult to read, you could use icons instead of words.)

ONLINE SAFETY

This activity can also be done by using post-it notes. Write all of the statements on separate post-its and stick them up on the wall. Get your young people to line up in teams. Ask the first person in each team to run and collect a post-it with a piece of personal information on it and stick it on the floor near the rest of their team. Give them 3 minutes. The team with the most amount of post-its with the correct statements on them wins.

Once the game has been completed, explain that it's important not to share too much personal information with others when they are online. It's the equivalent of them walking around on the street with a sign on telling strangers all of their personal information. Highlight that they wouldn't walk up to a stranger in the street and tell them their name and address, so why would they do it online.

At the end of the game, in their teams, ask them to produce a poster highlighting what personal information is and stick it up on the wall. They should consider the following:

- What personal information is and why you should be careful who you share it with.
- What should and should not be shared and posted online, for example, pictures that contain lots of personal information.

ONLINE SAFETY

Activity 3 – Friendship online - The paper game

Introduction

This activity highlights the importance of having friends and supporting others online. It highlights how words can affect others.

Bullying can affect many young people online and the consequences can be severe. Young people should always be mindful of how they treat people online and they should treat them the same online as they would in the real world.

Outcomes of the activity:

- Young people identify how their comments affect others.
- Young people know where to go for help and support.

Health warning

It is the policy of The Scout Association to safeguard the welfare of all members by protecting them from neglect and from physical, sexual and emotional harm. This applies to the online context.

All Leaders and Scouting volunteers should refer to the Young People First Safeguarding code of practice which can be found here:

<http://members.scouts.org.uk/documents/safeguarding/Yellow%20Card%202012%20version%205.pdf>.

TASK BAR

Time:

15-20 minutes

Preparation:

It is a good idea to read the background document relating to online safety before starting this activity.

You will need:

Paper
Pens

Linked badges and awards:

Digital Citizenship and Digital Maker stage 1 and 2

ONLINE SAFETY

Ask the young people to sit in a circle. Explain that you are going to explore how things that you say may affect people.

Start with a piece of paper and ask the young people to say something negative. For example, 'I don't like what you're wearing' Offer them examples of things to say and ensure that none of the comments get too personal. Each time they say something negative they have to fold the paper and pass it onto the next person until the paper has reached the start of the circle. Once it has reached the start, they then pass it around again but this time they say something positive and they start to unfold the paper each time they say it. Keep passing and unfolding the paper until it reaches the start again.

At the end of the activity, get everyone to look at the paper and consider the lines that still exist. Point out that things you say cannot always be undone and that they can leave scars on people that we often don't see.

Explain that this is the same in the online world and they should always treat people with respect.

Ask them in pairs to create their own set of friendship rules. For example, always be kind to each other, always support each other, always treat each other online as you do in the real world.

ONLINE SAFETY

Activity 4 – Sharing and posting online - True or false game

Introduction

This activity focuses on what young people share about themselves and what they post online. It is very closely linked with the personal information activity and it's a good idea to do both of the activities together.

Posting comments, sharing ideas and sharing photos is commonplace online. Young people need to understand the sort of information that is ok and not ok to share.

Young people under the age of 13 should not be using social media apps and sites, however the reality is that many young people under the age of 13 use sites that are inappropriate for them. Strictly speaking it is not illegal for young people to use these sites, many social media apps and web sites make it very easy for young people to sign up to them without their parents or carers being aware. If you come across young people using sites that are age inappropriate, you can direct their parents to sources of support and advice which can be found in the background section earlier on in this resource.

Outcomes of the activity

- Young people can identify the kind of information that is ok to share online.

Health warning

It is the policy of The Scout Association to safeguard the welfare of all members by protecting them from neglect and from physical, sexual and emotional harm. This applies to the online context.

All Leaders and Scouting volunteers should refer to the Young People First Safeguarding code of practice which can be found here:

<http://members.scouts.org.uk/documents/safeguarding/Yellow%20Card%202012%20version%205.pdf>.

TASK BAR

Time:

15-20 minutes

Preparation:

It is a good idea to read the background document relating to online safety before starting this activity.

The week before the activity, ask the young people to bring in some pictures of themselves.

You will need:

True and false statements which can be found on the next page.

Linked badges and awards:

Digital Citizenship and Digital Maker stage 1 and 2.

ONLINE SAFETY

Read out the series of statements below and ask the young people to decide whether they are true or false. Ask the young people to go to one side of the room if they think the statement is true, and the other if it is false.

- It's ok to share personal information about yourself with anyone. (F)
- It's ok for anyone under the age of 13 to have a social media account. (F)
- It's ok to direct message people you don't know. (F)
- Over 95 million photos are shared on Instagram every day. (T)
- There are 4.2 billion likes every day. (T)
- There are 250 billion photos on Facebook. (T)
- There are 350 million shares on social media every day. (T)

After they have played the true or false game, ask them about what they like to post and share and which platforms they use.

After they have had a short discussion, ask them what information they would be happy to publicly display about each other. Ask them to write down what information they would share with other people. For example, what sorts of photos and personal information would they be happy for others to see?

ONLINE SAFETY

Activity 5 – Getting help - Blindfolded trust game

Introduction

This activity helps young people to identify where they can get help online.

There are external support services for young people, but younger children are more likely to turn to their parents, carers or an adult they trust. As part of this activity you should seek to reassure young people that there is always someone they can turn to and that they are able to turn to their Scout Leaders and to each other for support.

Outcomes of the activity

- Young people can identify where to get help and support if they are in trouble or worried about something online.

Health warning

It is the policy of The Scout Association to safeguard the welfare of all members by protecting them from neglect and from physical, sexual and emotional harm. This applies to the online context.

All Leaders and Scouting volunteers should refer to the Young People First Safeguarding code of practice which can be found here:

<http://members.scouts.org.uk/documents/safeguarding/Yellow%20Card%202012%20version%205.pdf>.

TASK BAR

Time:

15- 20 minutes

Preparation:

It is a good idea to read the background document relating to online safety before starting this activity.

You will need:

Chairs
Cushions
Blindfolds

Linked badges and awards:

Digital Citizenship and Digital Maker stage 1 and 2.

ONLINE SAFETY

This activity focuses on young people learning about who they can talk to if they get into trouble online. First the young people should be put into 2 teams and a mini obstacle course should be created using chairs and cushions.

Each team is divided into pairs and they have to guide their partner through the obstacle course. They have to get the whole team through the course, and the first team to do this wins the game.

After the game is over, discuss with the young people the importance of knowing who to trust online and knowing where to go to get help. Remind them that as their Leader you are always available to help and support them, and that they can talk to their parents/carers. They are also able to look to one another for help and support, just like in the offline world.