

Online safety: what is online grooming and how can we recognise the warning signs?



Starter

Kiera has been chatting to Aiden online for a few weeks now.

He likes all the same music she does.

Aiden also seems to like asking Kiera lots of questions about herself.

Do u like Dua Lipa 😊

Yeh went 2C them last yr lol

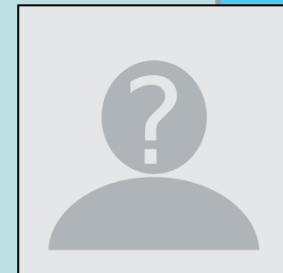
Knew ud be a fan! U buy a t-shirt?

Yeh got 3! 😊

U wearin it now?

Nah

Wht are u wearin now?



Should Kiera reply to Aiden's latest message? Why/why not?
Analyse - where could this conversation be leading?

Online safety: what is online grooming and how can we recognise the warning signs?

Key Words

Groomer - a groomer is someone who tries to build a relationship with a child or vulnerable person, often online, who really intends to exploit them or hurt them in some way.

Learning Outcomes:

Correctly identify the different ways an online groomer will try to exploit someone.

Describe what the warning signs are and how an online groomer might act to persuade you he/she is someone else.

Explain why online groomers may use these particular methods and what the consequences for the vulnerable person could be.

<https://www.youtube.com/watch?v=IUjwHPah72o>
<https://www.youtube.com/watch?v=Q2kU3gXF8f4>

How old did each groomer seem from the profile and messages?

What impression did Sarah have of the groomer after chatting to him?

Is it easy or hard for groomers to chat to young people?

How did the groomer originally win Sarah's trust?

Why did the groomer seem younger on his profile?

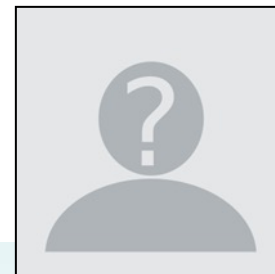
What leading questions did the groomer ask?

What did the groomer have planned for Sarah? Think what he had in is hand and why that might be?

What is the role of the 'mutual friend'? Why?

What do groomers 'clue in on' and why?

Why do online groomers sometimes take weeks or months with grooming their victims?



On your worksheet there are some different things you should always look out for when speaking to people online.

Warning signs of an online groomer	What this means	More challenging: Why they do this?	Mega challenging: A consequence of you being persuaded to let this happen could be:
1. Receiving or sending personal pictures	A. Saying things like: 'you're the cutest girl ever' or 'you're the hottest boy ever'	1	
2. Inappropriate or sexual chat	B. Saying their webcam is broken, but asking you to use yours anyway.	2	
3. Saying flattering things	C. Talking about subjects that make you feel uncomfortable, referring to private parts of your body or sexual acts	3	
4. Sudden change of mood	D. Telling you not to tell anyone about the conversations you've had together.	4	
5. Private online chat	E. Sending you pictures which you might not have asked for and asking for some of you in return.	5	
6. Asking you to keep things secret or make things secret	F. Keeping out of group conversations	6	
7. They can see you, but you can't see them	G. If you don't do what they ask for, they might appear angry or eventually stop contacting you.	7	



Challenge:

Identify each warning sign correctly - match up the terms to their definitions.

Challenging:

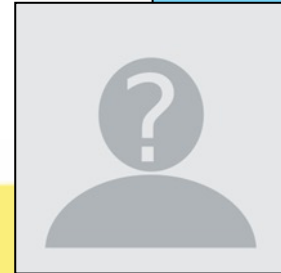
Explain why an online groomer might do each of these - think, what are they hiding?

Mega challenge:

Explain the consequences if an online groomer is able to get away with doing these things.

Plenary -

On your post-it, write an additional question you'd like answered or three things you've learned in today's lesson.



Learning Outcomes:

Correctly identify the different ways an online groomer will try to exploit someone.

Describe what the warning signs are and how an online groomer might act to persuade you he/she is someone else.

Explain why online groomers may use these particular methods and what the consequences for the vulnerable person could be.

Social media – it's supposed to be fun, so why is it also stressful?

All Kal's friends have an Instagram account. Kal's parents have said he can only have one if they can access it. His mom just checked it and found that some so-called 'friends' had left nasty comments on his pictures. Kal says it's none of their business but is visibly upset by this.

Discuss: Do you think social media makes people happier overall? Why / why not?



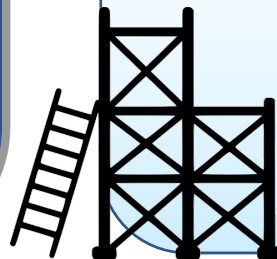
Scaffolded Starter:

What is the appeal of social media in the first place?
Why do you think it's so popular and almost everyone seems to have some sort of account?

CLUE: Communication

CLUE: FOMO

CLUE: Think what people did with their time before.



New key terms:

Learning outcomes:

Describe strategies to identify and reduce risk from people online that we do not already know as well as when and how to access help.

Explain how that the need for peer approval can generate feelings of pressure. Describe strategies to manage this.

Peer pressure - a feeling of influence from members of your peer group. This may make you feel like you have to do the same thing as everyone else, or act a certain way to 'fit in'.

Online trolls - An online troll is someone who makes intentionally inflammatory, rude, or upsetting statements online to elicit strong emotional responses in people or to steer the conversation off-topic.



Task One:

The internet is an amazing invention. It's great for entertainment, information and communication.

Unfortunately, although most people use the internet and social media for positive reasons, there are a significant amount of people who use it for negative ones and negative affects it can have on us we if we overuse this technology.

As you watch the clips – complete the table on your sheets.

https://www.youtube.com/watch?v=HffWFd_6bJ0

<https://www.youtube.com/watch?v=ES6nUrsVFQU>

<https://www.youtube.com/watch?v=eKcvth7okXQ> (quite a difficult clip – only up to 3.40)

Negative internet uses and effect.	What impact does this have on ourselves and others? Why?	Why might someone do certain negative things online, but not in real life?

Task One:

What did we find out? Let's share our ideas as a class.

Negative internet uses and effect.

What impact does this have on ourselves and others? Why?

Why might someone do certain negative things online, but not in real life?

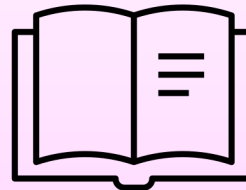
Task Two:

What on earth are online trolls and why do they even exist?
Sometimes negative comments aren't just from people we know – they can be from any random person who can read your post or watch your content on the internet.

POPCORN READING!

We will take it in turns to read. When you have finished reading a paragraph, say the name of the next person in the class you would like to read. Listen carefully, in case your name is next. Then, complete the questions on the reading sheet in your books.

Ask your teacher for a literacy in PSHE scaffolding template if you wish.



RISE OF THE ONLINE TROLLS

They used to be ugly creatures that lived under bridges in fairy tales. In the 1990s, they were the wisecracking boys that rebels could get enough of in the 21st century, trolls are now lurking online, waiting to spoil your fun and tears.

Since the rise of the internet, we've used the word 'troll' to refer to people who deliberately try to annoy or upset people online. They often post nasty, spam, deliberately inflammatory comments or other material designed to get a negative reaction from the original poster. You'll find trolls pretty much anywhere there's a comments section. You might even find them in your own comments. [Read this](#) for a hilarious non-sarcastic argument, off topic post or rant.

But I hope you're not...

You see, trolls are just another type of bully. They're not being subjected to meanness, spite and provocation since we're all humans, empathy and understanding. But the problem with this kind of bullying is that, unlike a real-life bully, you can't see who's doing it. You can't see their face, their body language, their tone of voice. You can't see them laughing at you or crying. You can't see them being mean to someone else. You can't see them being mean to someo

Questions - Use your scaffolding on page 10/11. Please show that you have used them.

What are online trolls?

Name FOUR things that you learn about trolls in this article.

What is it that trolls feel provoked by, according to the article?

Explain why the government has drafted a new bill and whether you agree with it or not.

Why do some people think the new bill contains free speech? What do you think?

It is ok to disagree in comments on content posted online? Why?

Do you think the new bill will be enough? Why / why not?

How would you tackle online trolls if you were a CEO of a social media company?

What effect do you think online trolling might have on a victim's mental health? Why?



Scaffolding for PSHE specific literacy:

Starting sentences about importance:

It's essential that we...
It's always important to realise...
Essentially, we must all take note of...
Critically....

Starting sentences for two-sided arguments:

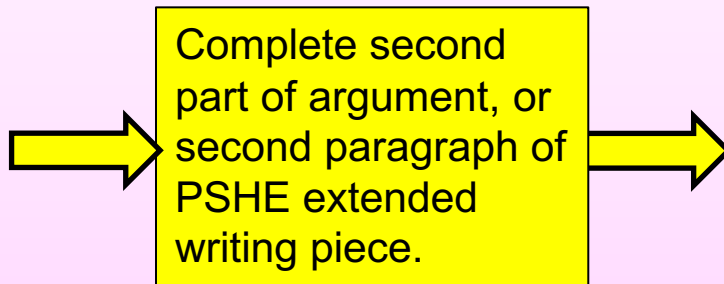
We must consider both sides when...
On the one hand...
One point of view might be..
There are two opposing viewpoints on this subject..

Starting sentences about opinion:

My personal opinion on this matter is...
It may be controversial, but I believe...
My opinion is based on two factors....

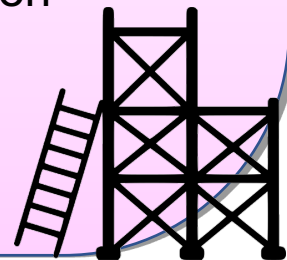
Useful conjunctives:

Additionally
Furthermore
Subsequently
Similarly
In contrast
Nonetheless
However



Concluding extended writing:

In conclusion...
When all has been considered..
Therefore as expressed...
In consideration of all the above..
Finally, when all has been considered...
Overall I would state...



Task Two:

Questions – what did we think?

What are online trolls?

Name FOUR things that you learn about trolls in this article.

What is it that trolls feel protected by, according to the article?

What is the UK government attempting to do with the new bill?

Explain why the government has drafted a new bill and whether you agree with it or not.

Why do some people think the new bill curtails free speech? What do you think?

Is it ok to disagree in comments on content posted online? Why?

What is it important NOT to do, however?

Do you think the new bill will be enough? Why / why not?

How would you tackle online trolls if you were a CEO of a social media company?

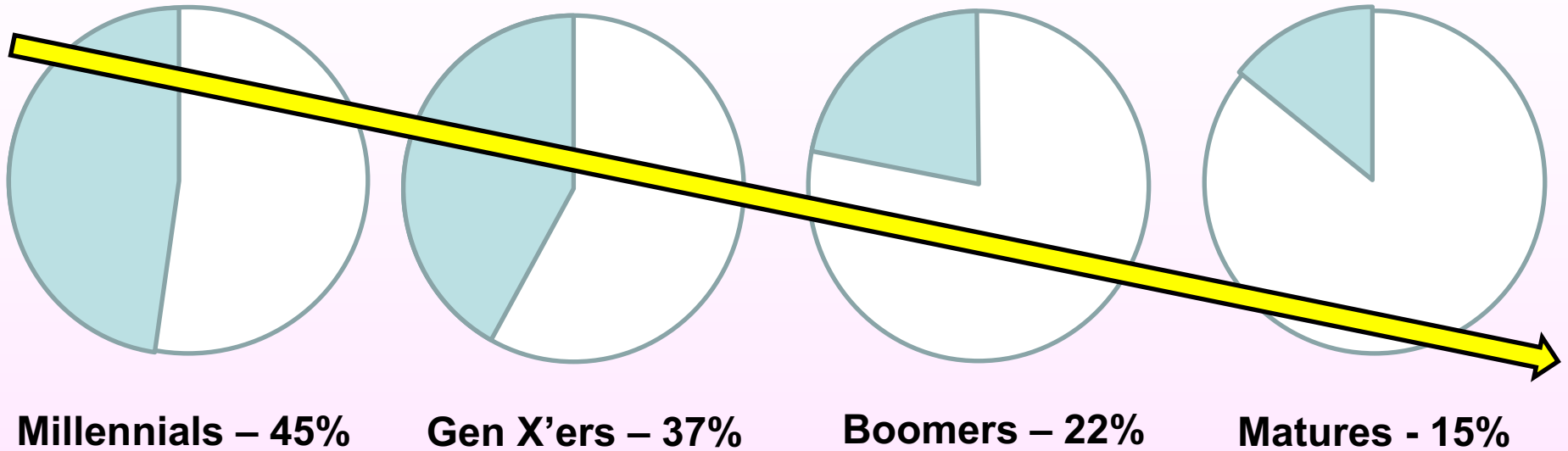
What effect do you think online trolling might have on a victim's mental health? Why?



Positive Info:

EEK – there's a lot of negativity in the content of today's lesson. Is there any good news?

Percentage of people who worry about the effects of social media on their mental health, generation by generation (according to the American Psychological Association).



Well yes, actually. Current studies show that as you get older, you stress out far less about the effects of social media on your mental health. This could be because current older people didn't grow up with social media so don't place so much importance on it – or – it could be because as you get older you have different sets of worries, so your social media presence isn't something you think about so much.

Remember, your attitudes towards many things change as you age - often for the better.

Task Three:

So how can we manage social media stress?

Here are a few ideas. Let's go through them together before the next task.

Nurture off-line relationships (your parents, your siblings, your real friends, your pets!)

Remember – you are an individual, not everyone else. And that's much cooler.

Report the trolls!

Be strict with your amount of screen time.

Managing social media stress

Curate your feeds – set them so you only see what is positive or important (you can 'take a break' from people without them knowing)

Ask for help if you need it! Tell a trusted guardian if something is bothering you.

Take breaks – go outside (that is the real world after all)

Task Three:

You've all been given a copy of the managing social media stress mind map.

Tasks:

1. Around the mind map add any extra tips you think would be helpful that are worth sharing with the class.
2. For each idea on your mind map, explain in the box below why you believe that tip would be helpful to a young person with social media accounts.
3. Label each idea by a number to show the order of importance in your opinion. Be ready to justify your top and bottom answers with the class.

We'll go through the sheet together in 15-20 mins.

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Task Three

Review:

What did we think?

Nurture off-line relationships (your parents, your siblings, your real friends, your pets!)

Remember – you are an individual, not everyone else. And that's much cooler.

Report the trolls!

Be strict with your amount of screen time.

Managing social media stress

Curate your feeds – set them so you only see what is positive or important (you can 'take a break' from people without them knowing)

Ask for help if you need it! Tell a trusted guardian if something is bothering you.

Take breaks – go outside (that is the real world after all)

Task Four : Inbox Full.

You are a Social Media Support Worker (a new position created by the NHS mental health division – only today!)

You have just had a few messages in your inbox....



I've got so many followers on Instagram – which is great, and most like my posts, also great – but I feel like I have to do it in return, which means I have to go on it all the time. I'm getting a bit sick of it - Amal

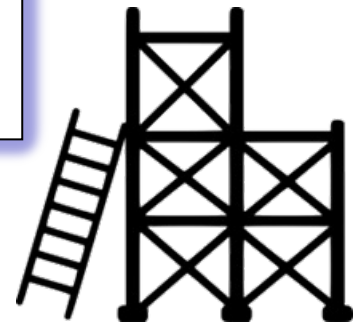
I don't understand who this person is that keeps taking the mick out of all my posts. I don't know them, I just wish they'd stop. Eric.

Some idiot blocked me. I was only being honest about their stupid haircut. Paula.

I'm probably on my phone about four hours a day. I don't feel stressed but my mom thinks this is waaay too much. Is it though if I feel fine? Kali

Using the info from the clips, reading sheets and mind map, answer each message saying what you think the young person could do to help their situation. Write in paragraphs. **Finished?** Create three more messages for a partner to answer.

Use your literacy in PSHE template if you wish.





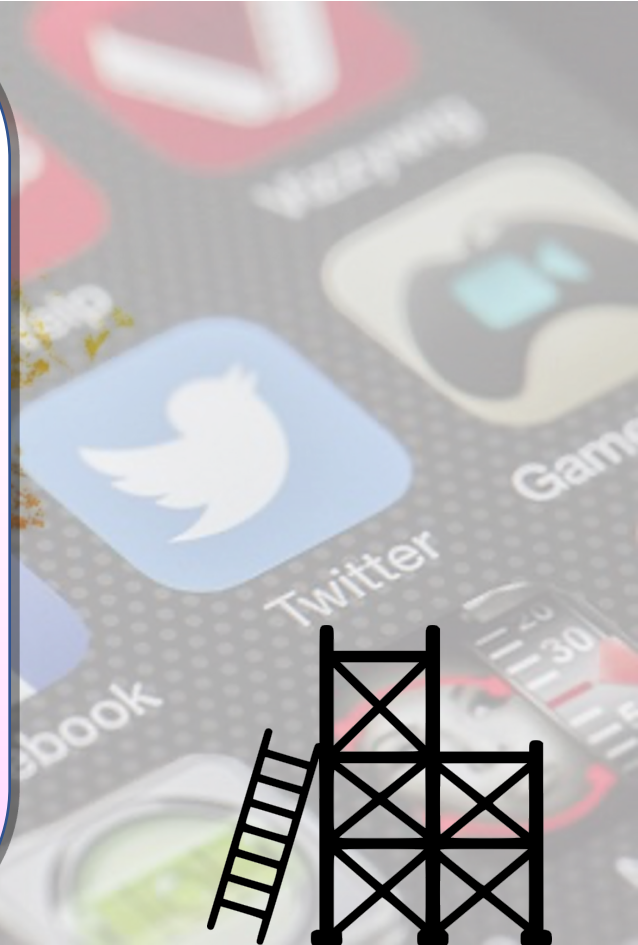
Social media – it's supposed to be fun, so why is it also stressful?

Scaffolded Plenary:

'People should be able to post whatever comments they want on other people's posts. After all, they must have posted it in order to get comments and attention.'

Do you agree or disagree? Maybe you can see both sides of this argument.

You have ten minutes now to prepare your mini essay about this statement. You may agree, disagree or be able to see both sides. Use all your completed tasks from today and your literacy in PSHE scaffolding sheet to help you prepare.





Social media – it's supposed to be fun, so why is it also stressful?

Signposting support:

Useful helplines and charities

[Childline](#). Support for people under 19 in the UK. Call: 0800 11 11

[Young Minds](#). Child and adolescent mental health charity. Call: 0808 802 5544 (parents' helpline)

[Samaritans](#). Samaritans provide 24-hour online and phone support to people in distress. Call: 116 123

[SANE](#). National out-of hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)

[Mental Health Foundation](#). Information and support for anyone with mental health problems or learning disabilities.

[Rights online \(coe.int\)](#) Your rights online as a young person using social media sites