

Staying WiSE online

This pack was put together by the WiSE Ambassadors. We are a team of young people who volunteer with the YMCA WiSE project. WiSE can offer support and advice around staying safe in your relationships so definitely check out the YMCA WiSE website or our WiSE Instagram, @ymcawise, if you find this pack helpful or would like any extra information.

As Ambassadors we have put together some resources that focus on our online relationships and behaviour. Especially right now, being online is a great way to stay connected so these activities are here to help you think about how to get the best from your online spaces and to feel confident identifying behaviours in others that may make you feel unsafe.

We hope you find these activities useful and for any more support, information or advice we have included a handy sheet of websites, Instagram accounts and resources that we find useful as Ambassadors and we hope you do too.

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Activities:



1

More than 'likes': What makes you happy?

Who we follow on our social media can change how we feel about ourselves. Choose your favourite three social media accounts and list how they each make you feel. If any of them don't make you feel good, consider unfollowing them and filling your feed with what makes you feel positive.

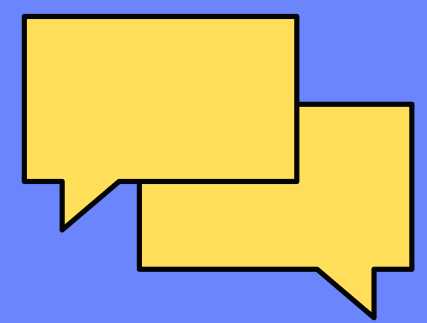


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2

'What they say Vs What they mean':

When you are talking to people online, sometimes it is difficult to work out their true intentions. In this activity, have a go at linking up some things people may say to you online, to what you think their true intentions might be. Have a go at creating an example of your own 'what they say Vs what they mean.'

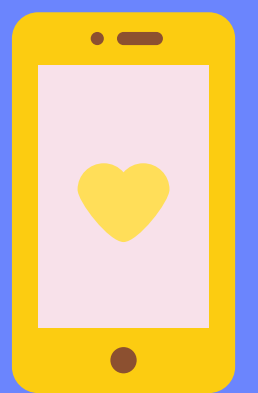


Page 6

3

Instagram Imposters:

It is very easy online to create a fake image of yourself. This could be because someone's not happy with their real life, or it can be to manipulate others. In this activity look through this Instagram account and write down the impression you think Lucie is trying to create to others. Then, read through the DMs and underline anything you think is a bit dodgy. Think about the advice you might give to someone receiving messages like these.



Page 7 and 8

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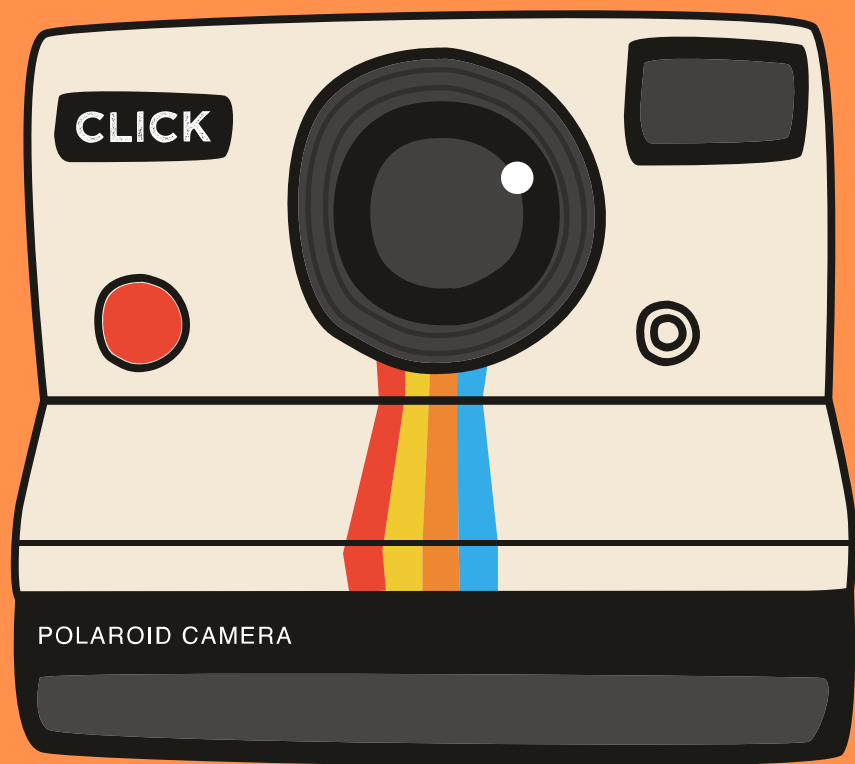
How to complete and submit your work:



1) print out workbook



2) fill it in



3) take pictures of each page



4) send it back to your teacher

No printer? No problem!



Fill in your pages on your computer

Or complete the activities in a blank word document!

You can even write it on some paper and send photos of that instead!

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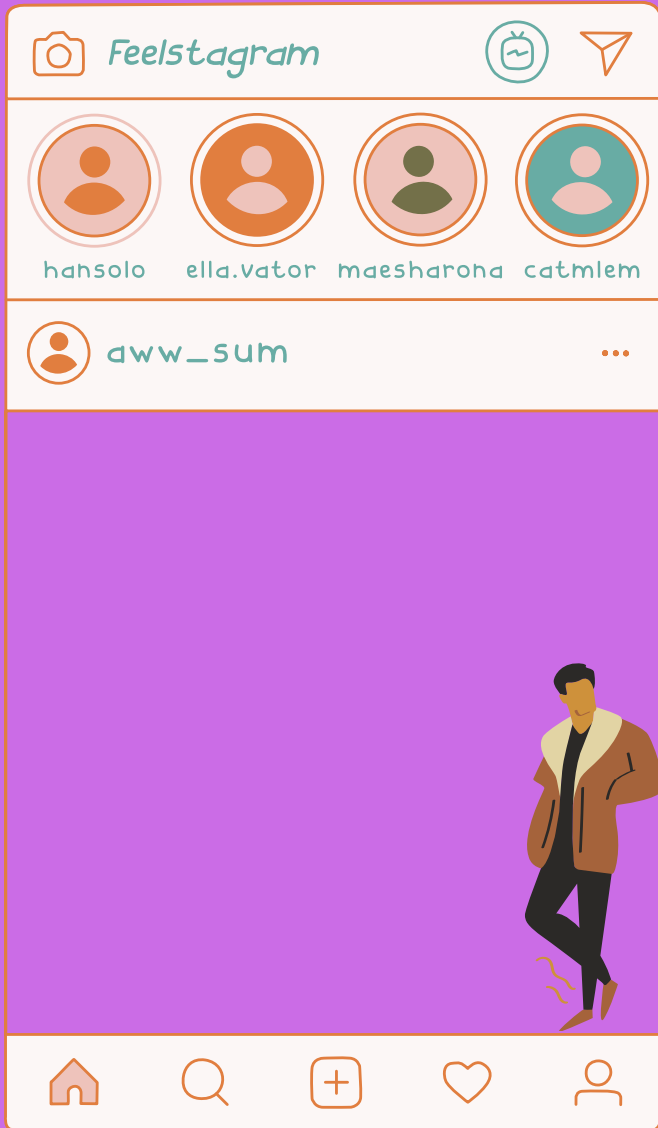


More than 'likes': what makes you happy?



What are your fave Instagram accounts?

write them in the boxes below!



How do they make you feel?

write words in each box!



Three white stars, each followed by a horizontal line for writing.

Three white stars, each followed by a horizontal line for writing.

Three white stars, each followed by a horizontal line for writing.

Edit your feed...What do you enjoy?

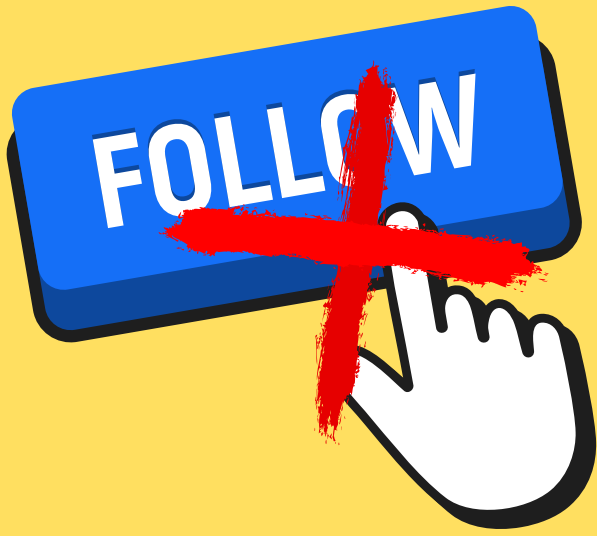
Do these pages make you feel good? Has anything bad come up? If they make you feel bad unfollow these accounts and fill up your feed with things you like! Maybe that means following people who empower you with body positivity, or maybe it just

follow us:



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Updating your privacy and unfollowing accounts



Unfollowing accounts is easy! Follow these simple steps:

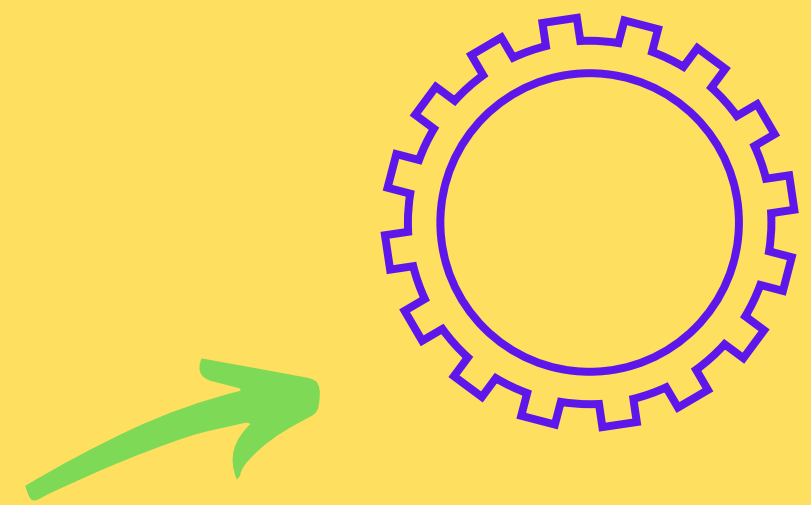
- 1) Go to the profile of the person you'd like to unfollow.**
- 2) Tap "Following" then tap "Unfollow" to confirm.**

Changing your account to private:

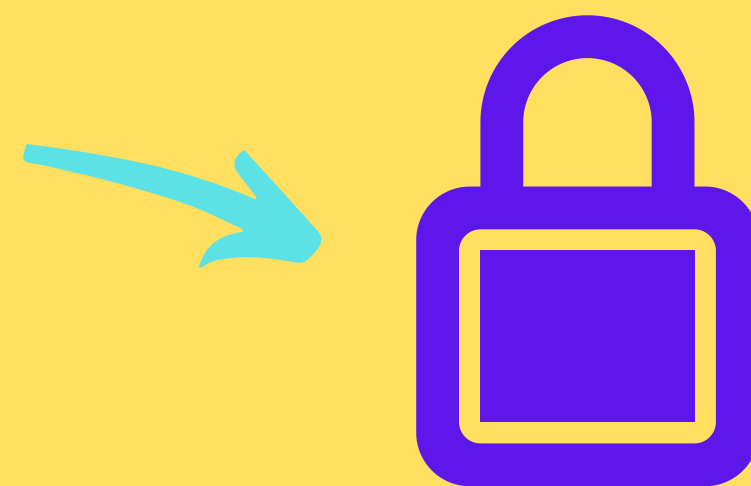
1) Go onto your profile and click the lines in the top right hand corner



2) Next click the settings icon that looks like this - it's at the bottom of the list:



3) Next click on the privacy icon - it looks like a padlock. Then click "Account Privacy". It also has the padlock icon



4) finally move the slider to private! (it will ask if you want to review your followers too)



More key info:

If your account is set to private, you can remove people from your followers list.

You can also block them. Blocked people can't see your posts or search for your account.

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2 What they say vs. What they mean



From time to time everyone says things they don't quite mean, or they don't know how to say what they mean. But when you're talking to people you don't know online it can be a little bit more difficult to tell their true intentions.

"You need to relax haha"

"I don't respect your boundaies."

Here you can see that someone is making fun of a situation where another person clearly felt uncomfortable. While it might seem like they are joking or being friendly, if you tell someone you don't like something, aren't happy with them joking about it, or just that you're not in the mood, then they should listen to what you have told them.

Can you match up the other examples below, from what they say to what they mean?

"You're not like other girls"

"I want you to do what I want. I don't care about what you want."

"But the age of consent is lower in other countries"

"I compare women to each other"

"Why are you so frigid?"

"I'm trying to make the age difference seem smaller"

"If you loved me, you would."

"I don't value consent"

"You're really mature for your age"

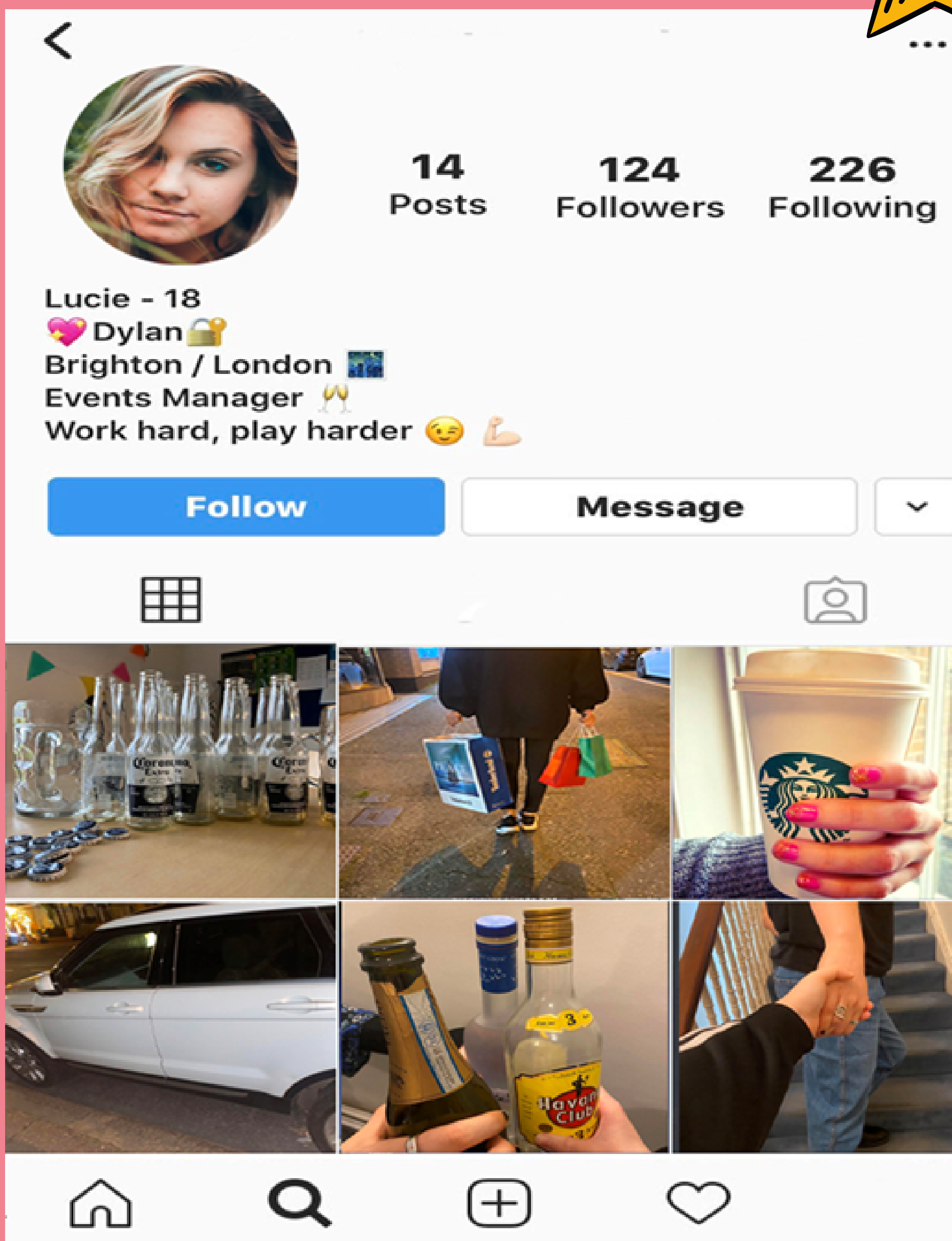
"I'm annoyed you aren't flirting with me"

Do you have any of your own?



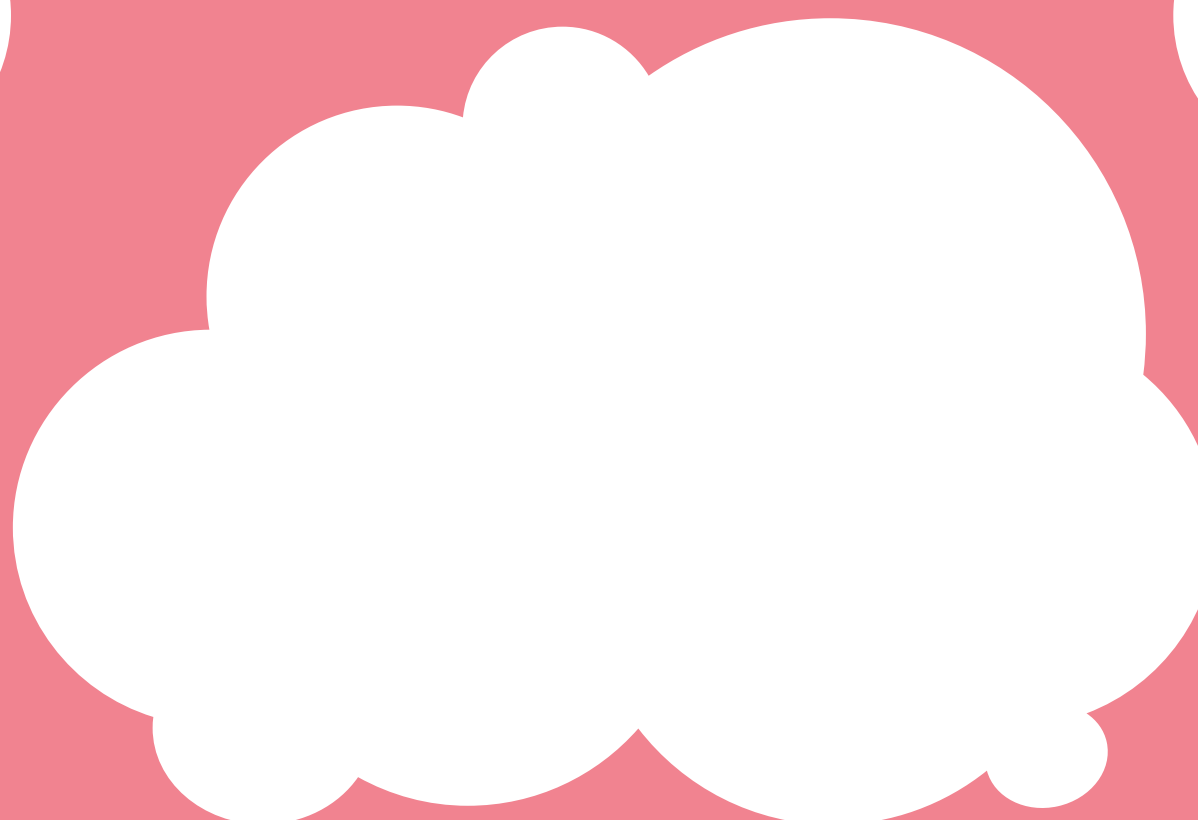
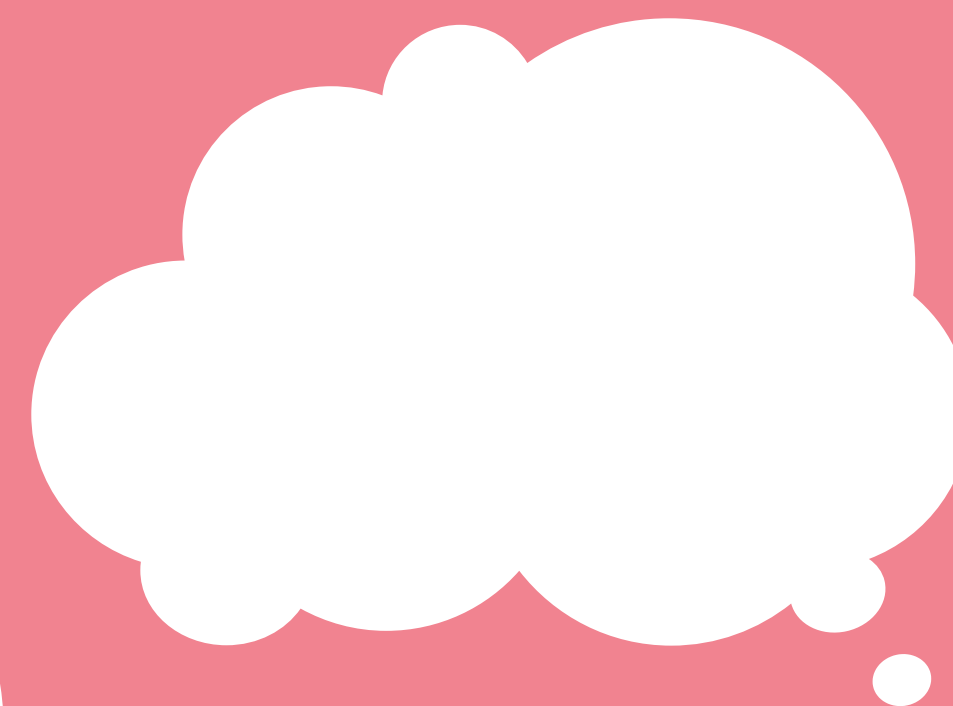
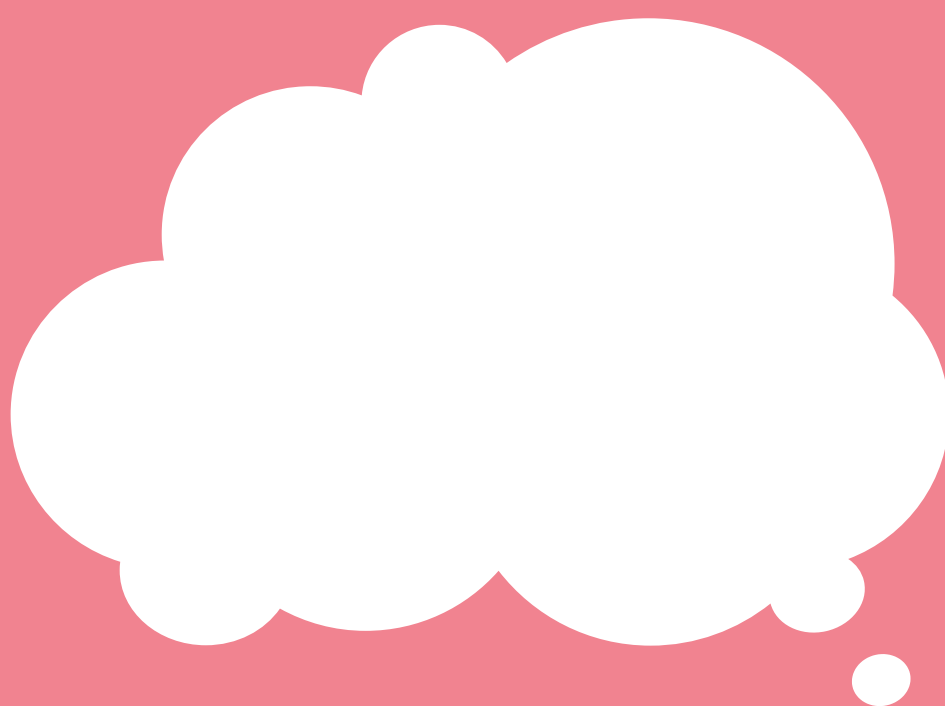
3

Instagram Imposters



It's really easy for someone to make a fake insta account, write in the bubbles below things that stand out to you!

what kind of person do you think Lucie is trying to present herself as?!



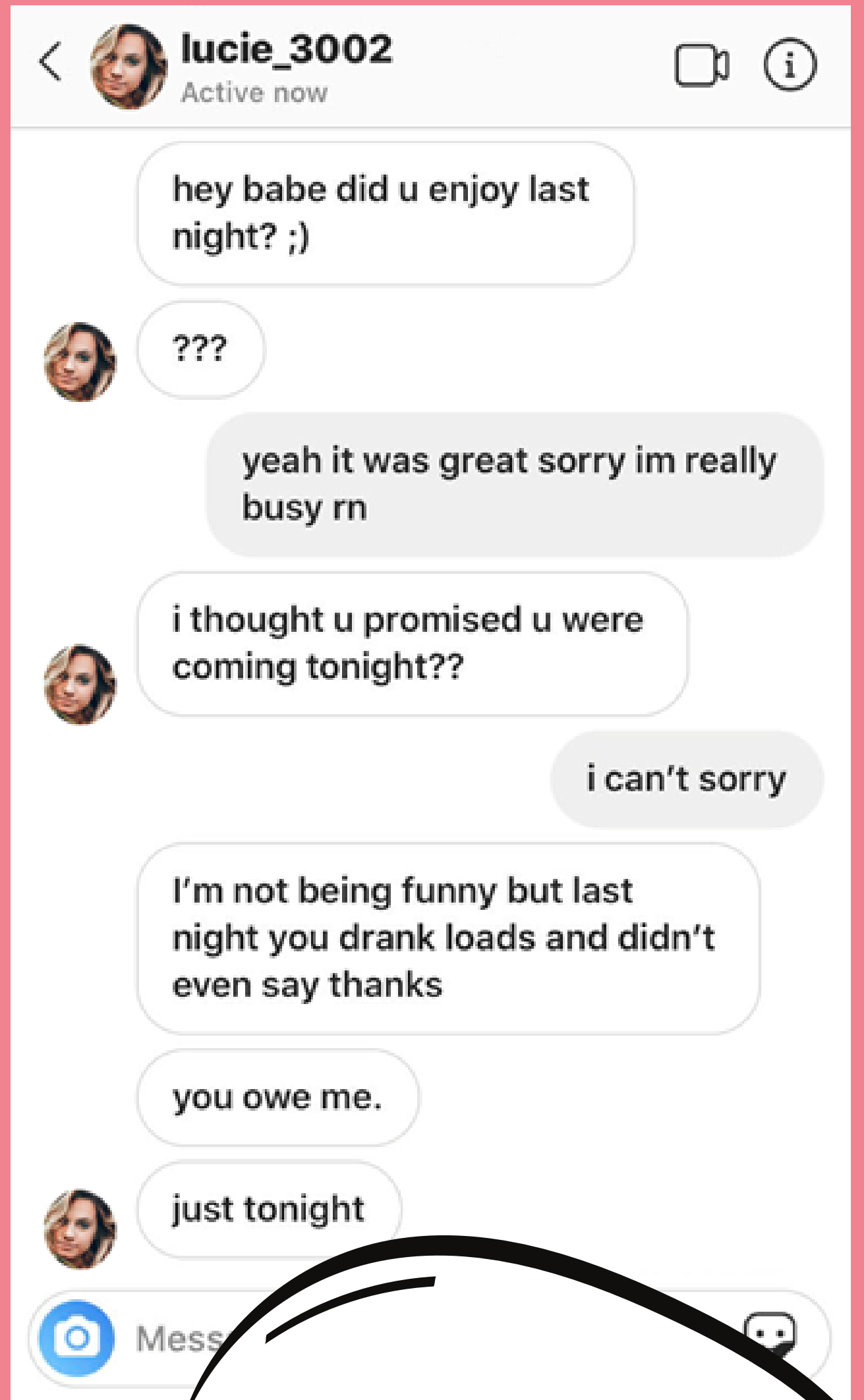
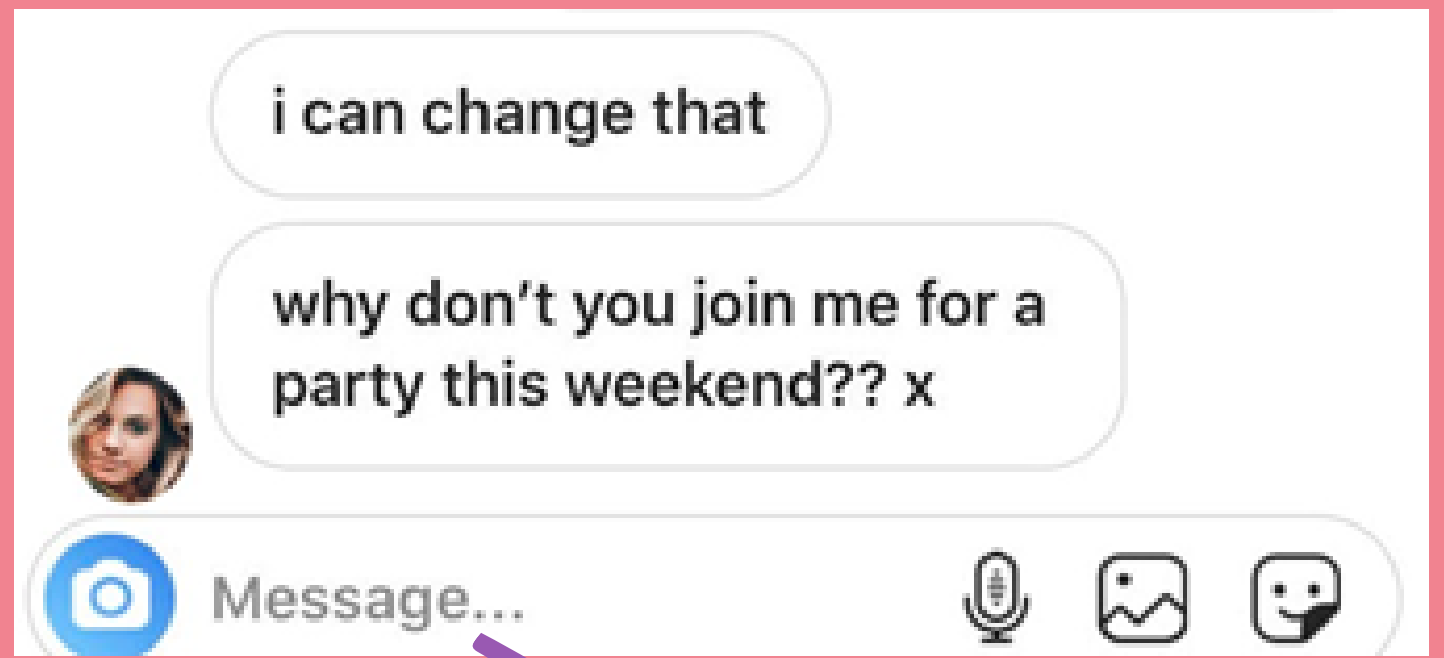
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Dodgy DMs

Read through the messages between Lucie and 14 year old Kira...



Underline anything you think is weird or stands out

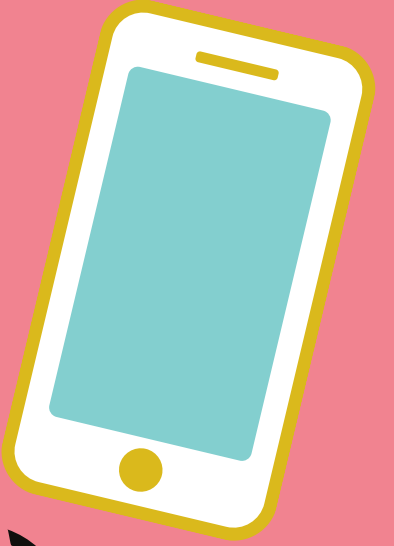
what advice would you give to Kira in this situation?

Use the bubbles below for your ideas!



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Dodgy DMs



So what advice could you give a friend in the situations below? Circle the advice you think is best, you can choose more than one.

Your friend tells you that someone they have been chatting to online asks them to send a nude. What advice could you give them?

- Ignore it.
- Using the app Zipit send a comedy pic instead 
- Tell an adult you trust
- Make a report using the CEOP police website www.ceop.police.uk

Your friend tells you that someone they have been chatting to online has become angry with them when they didn't send a nude. What advice could you give them?

- Ignore them
- Block them and update privacy settings
- Tell an adult you trust
- Make a report using the CEOP police website

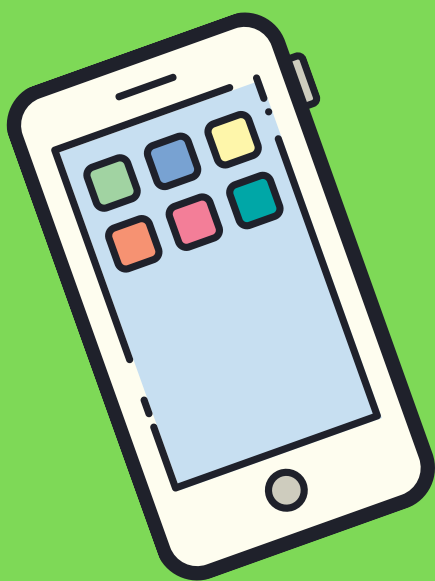
Your friend tells you that they sent a nude to someone they know at school and now they regret it. What advice could you give them?

- Contact the person they sent the image to and ask them to delete the photo and not send to anyone else.
- Update your privacy settings and change your username
- Tell an adult you trust
- Make a report using CEOP website

Your friend tells you that someone they have been chatting to online asks them for their address and phone number. What advice could you give them?

- Ignore it
- Message back to say that you do not give out personal details online
- Update your privacy settings
- Tell an adult you trust
- Try and change the conversation to something else.

To round up:



This workbook was designed to get you thinking about your online habits and to give you the tools to be a bit wiser with your use of Instagram!



Task one focused on wellbeing and got you thinking about how your insta feed makes you feel and what you can do to make some changes to make it more positive.



Task two asked you to look at a fake account and got you thinking about how some people may not be who they say they are...



And finally task three got you to think about ways people may say one thing but mean another.



If you need any support check out the page at the front with useful information



Here's some Instagram accounts we like:

@ymcawise

@blackyouthproject

@florencegiven

@wearyourvoice

@selfcareisforeveryone

@whatswrongwithmollymargaret

@youngblackpoets

@themindgeek

Don't forget to look back at the useful tools we have included such as how to unfollow and block accounts as well as your privacy settings!

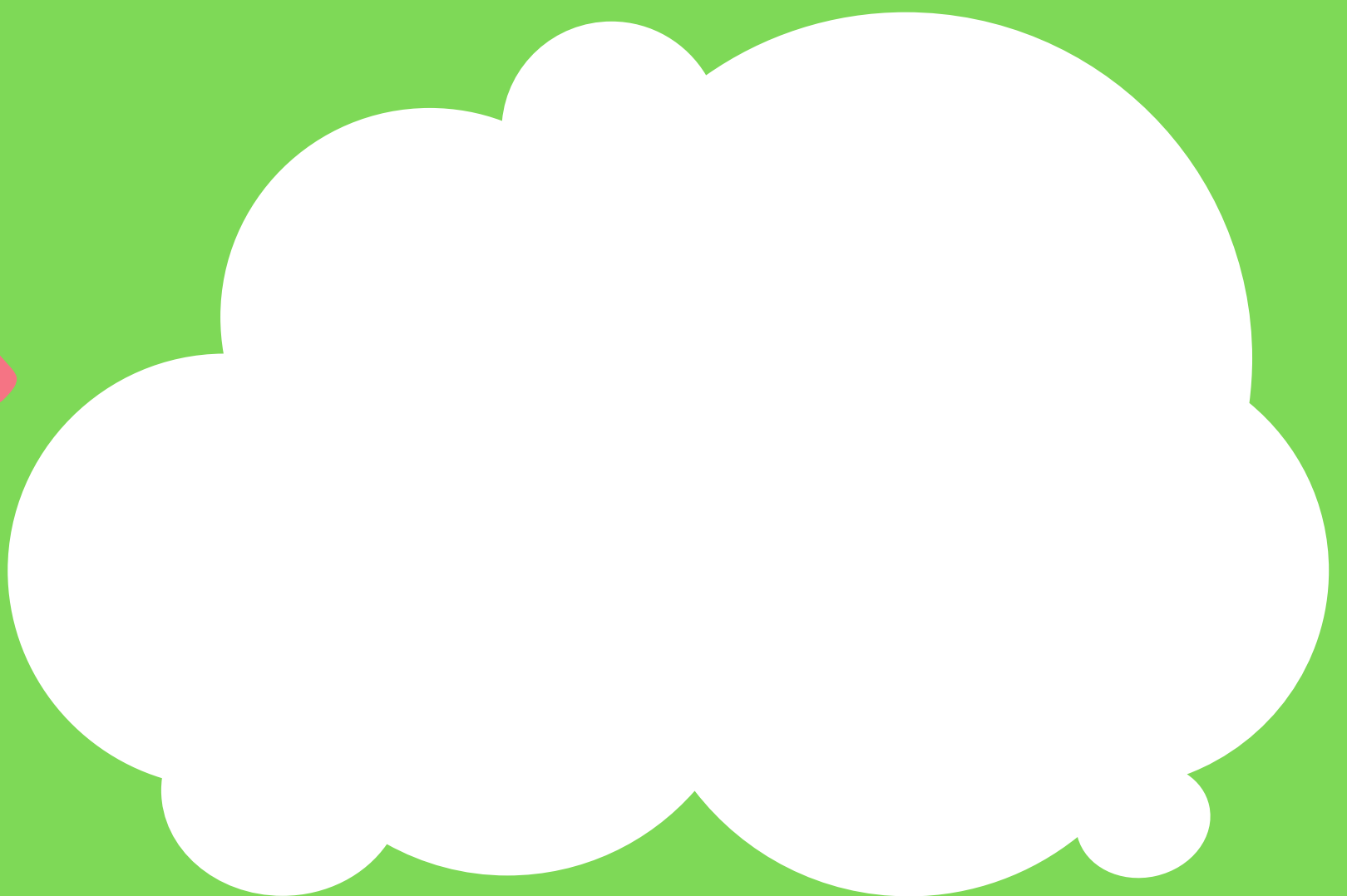
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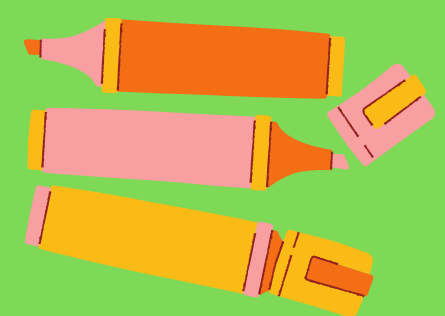
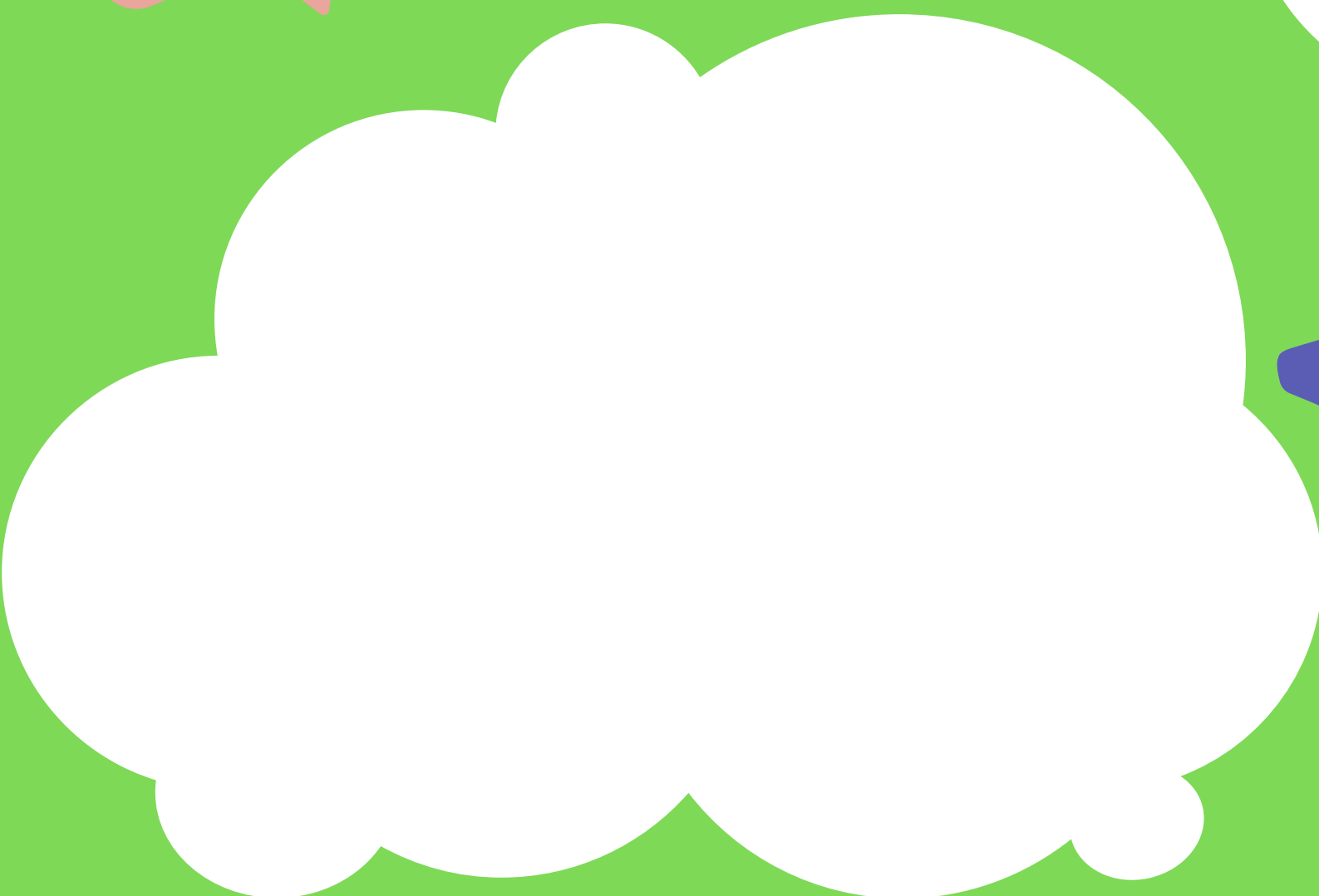
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Feedback and Reflections

1) what is one thing you have learnt from this workbook?



2) What rating out of 10 would you give this workbook? Why?



What other topics would you like covered in future packs?



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Who are WiSE?

At YMCA WiSE we want to help children and young people stay safe in their relationships. We want to make sure that you are safe and know how to recognise an abusive relationship or situation.

We do this by offering one to one support; someone to listen to you, make sure your voice is heard, talk about things like consent, self-esteem, pornography, online issues, healthy relationships and grooming.

We can also help you access other services that you might need, like housing, drugs and alcohol services, sexual health and contraception.

Who to talk to?

There are lots of people that you can choose to talk to if you are worried about your own situation or someone else's. You can speak to parents/carers, teachers, head of year, youth workers, school nurses and your social worker if you have one. These are just some of the people that can support you.

There are also other projects you can call like Childline 0800 1111 which you can call free from any phone or mobile.

Or you can contact the WiSE project and one of our workers will be in contact to work out the best way to help. You can reach us here:



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This pack was produced by...

The wonderful YMCA WiSE ambassadors, a group of 16-25 year olds who volunteer for the WiSE project.

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If you are interested in becoming a WiSE ambassador then email wiseparticipation@ymcadlg.org for more information.

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