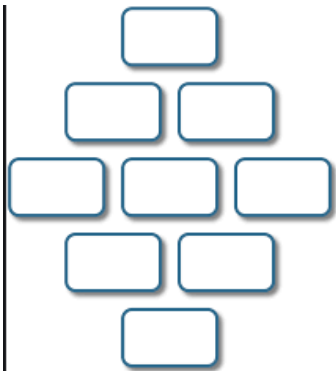


'Healthy Relationships'

L.O: To know how to have healthy online relationships



Consider these features of a friendship.
Create a diamond 9 with the features in order of importance – most important at the top, least important at the bottom. Add one of your own. A copy of this is on the class page of the website



A diamond nine

| | | |
|--------------------------|---|------------------------------------|
| Laugh at the same things | Have exactly the same likes and dislikes | Share the same views on everything |
| Look like one another | Don't always agree but respect each other's views | Are always honest with each other |
| Have lots to talk about | Stick up for one another | |

Are these...
As important for new friendships as well as established ones?
True for other relationships not just friendships?
As important online as well as offline?



What is an online relationship?

- Jot down on your whiteboard all the different opportunities there are to form or develop friendships online
- Not everyone will have online relationships, many of you will not, so this doesn't have to be about you.

Today, we will be thinking about communicating with others online and how to keep the relationships safe, positive and therefore healthy.

Communicating with friends online

Cut out these statements and then sort them into **three piles: Agree/ Disagree/ Not sure**

One has been left blank for your own ideas although you can add even more if you want to.

A copy of this is on the class website

| | |
|--|---|
| It is easier to talk to people online about things that you might be too shy to say to people face-to-face. | If you need information or advice, there are a lot more people online who might be able to help you. |
| Nobody knows who you are in an online forum so you can say whatever you like. | You can have fun meeting people online. |
| You could be doing something else at the same time as talking to someone online. | Sometimes it is easier to write something down than it is to say it out loud. |
| If you're really into something (e.g. a game), you can find lots of people online who are into the same thing. | You can be your real self online. |
| Someone may not be who they say they are. | You can speak privately. |
| You can have multiple conversations with different people or groups of people all at once. | It's not as easy to share some types of experiences with friends online, such as swimming, ice-skating, or going for a bike ride. |
| You can talk to someone whenever you like, any time of day or night. | |



How did you decide where to place the cards?

Was there anything on the cards that was especially positive or negative about managing relationships online?

Do you think everyone is likely to feel the same way? Why/why not?

Read this story about Jaz.

As you do, think about whether this online relationship is healthy (positive and safe).

What clues are there? You could highlight them if that helps.

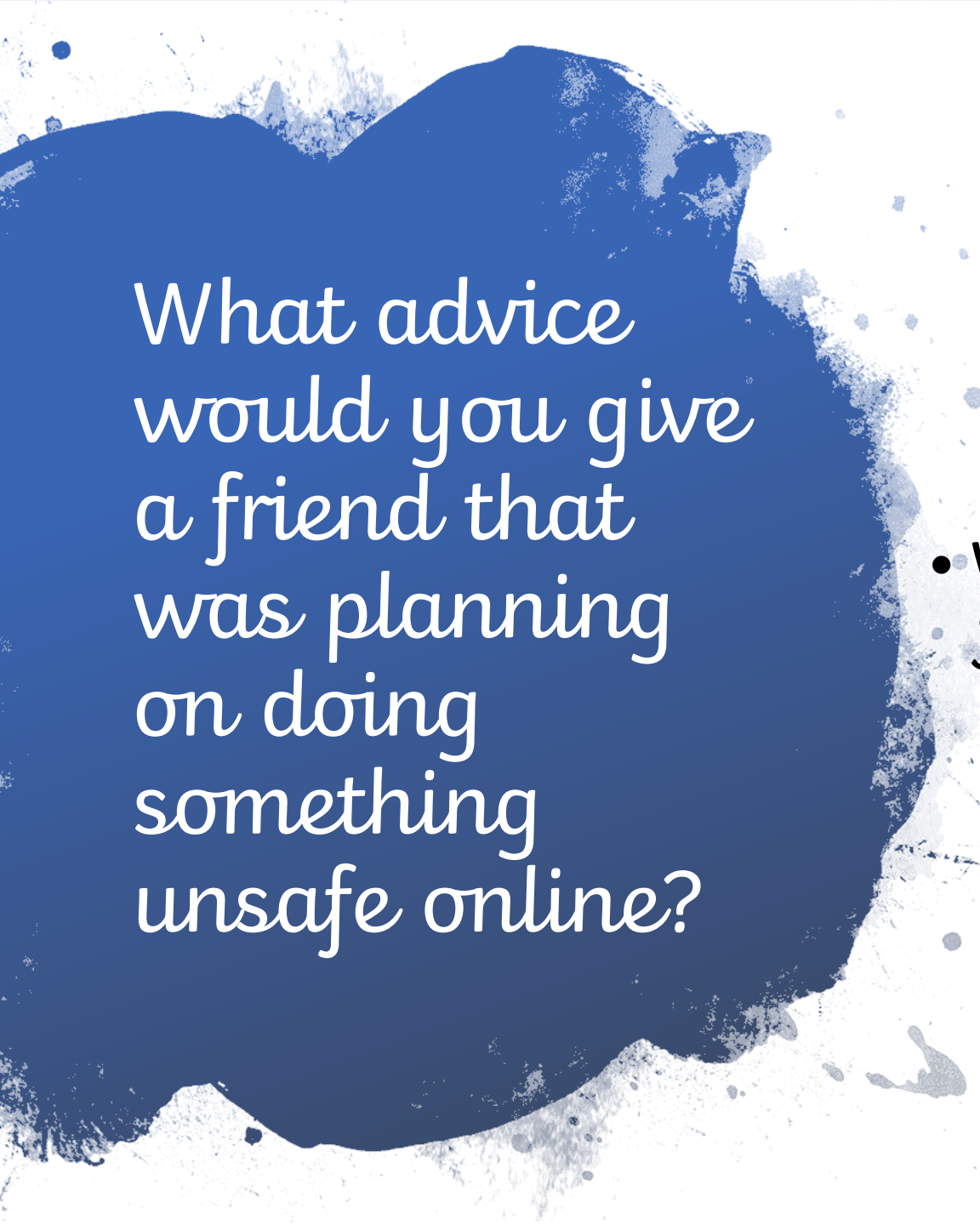
What advice would you give Jaz at the end?

Jaz is 12 years old and in the first term at secondary school. Jaz still has friends from primary school, but they are at different schools, so don't see so much of one another any more. Jaz hasn't made friends at the new school yet, and has been feeling a bit lonely.

One evening, Jaz finds a website which seems to have lots of friendly people on it helping one another out with homework questions or information. Jaz sets up an account with the name Jaz2006, and is soon chatting with others on the site, getting information for homework, and giving other people information that they need too. Jaz gets on particularly well with one person called JustMe, and soon they are chatting about all kinds of things. Jaz's parents don't know about the website, or about the friendship with JustMe.

JustMe says they are the same age as Jaz and they seem to have lots in common. Jaz finds that it is easy to tell JustMe about being lonely at school. JustMe is really sympathetic and gives Jaz lots of helpful advice. Jaz starts to spend a lot of time on the website chatting to JustMe, and ignores texts and messages from old primary school friends. Every day Jaz rushes home from school to get online to chat to JustMe. When Jaz's parents ask Jaz to come and join in things with the family, Jaz says there is too much homework to do, and stays upstairs on the website with JustMe. Jaz is very tired and grumpy some mornings, from staying up, because JustMe prefers to go to bed much later.

One day Jaz has a message from JustMe saying 'Amazing news! My parents say I can go to the same school as you! Shall we meet up so we can walk to school together on my first day?' Jaz replies 'That's awesome! I'll tell my mum.' JustMe replies 'No, don't do that – it'll spoil things. What if your mum decides to turn up too? Embarrassing!! Let's not tell anyone then we can just go on our own and chat'. Jaz can't wait to meet JustMe, but now feels a bit unsure.



What advice
would you give
a friend that
was planning
on doing
something
unsafe online?

- What would you do if you were Jaz's friend?

Now read these two versions of the story – which is the safer, healthier option – why?

Version 1

Jaz is 12 years old and has just started secondary school. Jaz feels a bit lonely.

Jaz finds a website with lots of friendly people on it. Jaz sets up an account with the name Jaz2006.

Jaz meets someone online called JustMe and they chat about lots of different things. Jaz tells JustMe about being lonely at school and JustMe gives Jaz lots of helpful advice and support.

Jaz starts to ignore texts and messages from old friends. Jaz spends more and more time online chatting to JustMe. Sometimes Jaz stays up very late to chat and feels tired and grumpy the next day.

JustMe sends Jaz a message asking to meet. When Jaz says 'I will just tell my mum' JustMe tells Jaz not to because JustMe wants it to be their special secret. Jaz feels worried.

Version 2

Jaz is 12 years old and has just started secondary school. Jaz feels a bit lonely.

Jaz finds a website with lots of friendly people on it. Jaz sets up an account with the name LittleFish.

Jaz meets someone online called JustMe and they chat about lots of different things. Jaz tells JustMe about being lonely at school and JustMe tells Jaz about what has helped them settle into secondary school.

Jaz likes chatting to JustMe but doesn't forget to text and call old friends from primary school. Jaz's friends and family know all about the online friendship with JustMe. Jaz tells JustMe that they can't chat after 9pm as Jaz has to be in bed by then on school nights. Jaz's phone is left downstairs so that it's not tempting to use it.

JustMe sends Jaz a message asking if they could meet face-to-face. Jaz suggests that they bring their mums with them to the meeting, and JustMe says 'Good idea. I agree.'

Choose one of these 3 storyboards to copy out in your book (one is on the next slide). Write out what you think might happen next....then, what would have been think about what would have been a better way to deal with the issue?

Friendship storyboard 1

| | | | |
|--|--|--|-------------------------------------|
| Martine and <u>Asad</u> had an argument in the corridor at school. | Later that day , Martine wrote a nasty comment about <u>Asad</u> on the school drama online chat page. All the members of club saw it. So did <u>Asad</u> . | The next day , Martine and <u>Asad</u> are paired to work together in drama club. | What happened <u>next</u>..? |
|--|--|--|-------------------------------------|

Friendship storyboard 2

| | | | |
|--|---|--|-------------------------------------|
| Rani and <u>Shaheera</u> had been mucking around taking funny photos of each other making silly faces. | Later that day , Rani decided to take some really embarrassing photos of herself and send them to <u>Shaheera</u> to make her laugh. | The next day , <u>Shaheera</u> sent the photos to everyone else in the class. | What happened <u>next</u>..? |
|--|---|--|-------------------------------------|

Friendship storyboard 3

Phillippe and Marek disagreed what football team was best.

Later that day, Marek sent Phillippe lots of horrible text messages saying that his team were the worst football team ever.

The next day, Phillippe and Marek met in the playground just before school.

What happened next.?

**BE SMART
ONLINE**



REMEMBER THE **SMART RULES** WHEN GOING
ONLINE, PLAYING GAMES OR USING APPS.

Use the acronym **SMART** to help you keep safe and have happier relationships online

S

SAFE

Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.



A blue circle containing a white, stylized letter 'M' with a black outline.

MEET

Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk

A black ink splatter graphic with the text 'THINK UK NOW' in white, bold, sans-serif capital letters. Below 'NOW' is a small '© 2011'.

A

ACCEPTING

Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.



**R**

RELIABLE

You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.



T

TELL

If you are getting cyberbullied always tell a trusted adult.

Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or www.childline.org.uk



BE SMART WITH A HEART

Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.



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