


## PROTECT ...YOURSELF FROM ONLINE RISKS

### 5. WHO IS IT?



 20 mins

 **OUTCOME:**  
Understand that anyone can be hiding behind an online account and they don't always want to be our friend.

 **MATERIALS:**  
A large non-transparent sheet (e.g. an old bed sheet)

 **BE PREPARED:**  
Make a hole on the sheet at face level, large enough for the nose to come through, and hang it.

#### WHAT HAPPENS:

Can you guess who is behind the sheet?

1. Split into 2 teams.
2. Have the first team go behind the sheet. The team now decides silently which of its members will put their nose through the hole.
3. The team on the other side tries to work out whose nose it is and the team playing should give an answer. Then the opposite group has a go.
4. Continue with an eye, an ear, a cheek, forehead, you can even do the same with hands and feet if you feel comfortable, by creating a second bigger hole on the sheet. Try doing also a couple of rounds without confirming who is hiding behind the curtain.



#### DISCUSS:

- How easy was it to guess who was hiding behind the sheet each time?
- The sheet is like the computer screen and the internet – anyone can be hiding behind it showing us or giving us any information they want about themselves. This is called a fake profile. Can you think of any reason someone would want to lie about their identity?
- Can you think of any online places where someone might approach you with a fake profile?
- What should you do if someone you don't know talks to you online?

#### TIP!

Always use a nickname online instead of your real name, and don't give out your real name if someone asks.

## PROTECT...YOURSELF FROM ONLINE RISKS

### 5. WHO IS IT? (CONTINUED)

Most of us talk to people online – it's a great way to stay connected. It can even be a good way of making new friends sometimes. But it's really important to understand the dangers of talking to someone you don't know.

Online texting is convenient and easy, but there is some danger to it, especially if you are chatting with people you don't know in real life.

The person on the other end of the conversation might not be who they claim to be. They could even claim they are friends of friends to convince you to respond..

These people might approach you seeking to take advantage of you, regardless of your age, your gender, or any other personal features.

Every online platform that can be used to text or message someone, can be used to approach you: gaming, social media, instant messaging applications (apps) etc.

If someone you don't know talks to you online, don't respond. If they insist you can either block them or talk to an adult you trust.


### TAKE IT FURTHER

#### WOULD YOU TEXT BACK?



 30 mins

 **MATERIALS:**  
Papers, pencils, grooming scenarios (see Tool below). Nice to have: digital device to watch video.

 **BE PREPARED:**  
Confirm with a leader beforehand which of the suggested scenarios are more appropriate for the group or seek their help to create your own.

#### WHAT HAPPENS:

It is difficult to know who is behind each online profile and sadly not everyone is your friend. There are people who will try to 'groom' you.

Online grooming is when someone builds an online relationship with a young person and tricks them or pressures them into doing something sexual. Anyone can groom another person. They might be old, or young. And they can be male or female.

Online groomers are really good at lying about who they are. It can be difficult to know if someone is an online friend, or


if they're trying to get you to send them sexual images or videos.

The 'groomer' makes an emotional connection with you to try and make you do things like:

- have sexual conversations online or by text messages
- send naked images of yourself, which is sometimes called sexting
- send sexual videos of yourself
- do something sexual live on webcam
- meet up with them in person.

### 5. WHO IS IT? (CONTINUED)

Think about all the different online platforms where you can chat with people online. Write them down on a list for everyone to see. Some answers include your favourite social media platforms, texting apps, or online games. Sometimes strangers will try to talk to you on these platforms, aiming to build an online relationship with you and trick you or pressure you into doing something sexual.

 If possible watch the video '[#BeInCtrl - A Short Film on Online Grooming](#)' before proceeding.

Next you are going to explore some scenarios of online grooming. Form groups of 2-4 people. Give each group a scenario. They have 5 minutes to discuss it while walking around the meeting area.

**DISCUSS** your scenarios as well as the following:



- What should you do if someone you don't know approaches you online?
- What are some red flags you can detect from strangers?
- What strategies might you use in case you encounter this type of approach?

#### TIP!

Meeting up with an online friend can be risky. If you really want to meet, speak to an adult and be sure they go with you.



### SEARCH RESULTS

#### Signs of grooming

Groomers often will:

- Find things in common with you
- Make you feel special (flirting language)
- Offer gifts, favours, money and/or game credit
- Ask to meet face to face
- Send you lots of messages in lots of different ways, for example through Facebook, text messaging and chat rooms.
- Ask you to keep your conversations secret
- Try to find out more, for example which room your computer is in, to find out if they could get caught by your parents or carers
- Start sending you subtle sexual messages. They could start to say nice things about your appearance or your body or ask things like. 'Have you ever been kissed?'
- Get you to share personal information, such as secrets about yourself or where you live or go to school.
- They might try to persuade you to send sexual images of yourself by saying they'll be hurt or upset if you don't. If you've sent images of yourself already, they could threaten to post your images online or show them to people you know if you don't send them more.

**If you think you are being groomed, here is how to respond!**

- *Understand what is happening*  
Groomers can approach you on any usual online texting app: Social video games and/or social media such as Messenger, Viber, Twitter, TikTok etc. Remember: if you don't know them in real life then they are a stranger. But groomers might also move offline, so if someone you already know, makes you feel uncomfortable it is still not OK.
- *Ask them to stop or ignore*  
If you want to try and deal with the situation yourself first, you could start by asking the person to stop – tell them you don't feel comfortable. If that doesn't work remember, you don't have to answer – just leave

### 5. WHO IS IT? (CONTINUED)

the platform or ignore them. Don't accept free gifts, favours, or game credits. They might use them to pressure you into doing something you don't want to do. Leave the conversation.

- **Tell an adult you trust**  
If they keep talking to you, it may be best to tell an adult you trust or report them. Telling someone can seem really scary and you might feel like you'll get in trouble. It could also feel embarrassing. But telling someone can really help you start to get out of a bad or uncomfortable situation. You can talk to a parent, carer, or someone else in your family; friend's parent or carer, or a neighbor; teacher, Girl Guide/Girls Scout leader, sports coach or a member of staff at your school; doctor, school nurse or a school counsellor; religious leader, for example a priest, imam or rabbi.
- **Report it**  
Most social platforms have a 'report' button. With the help of a parent or carer you can also report to the police if an adult or stranger sent you a sexual message, asked you to send them a sexual message, sent anything that makes you feel uncomfortable or asked you to meet up with them. Finally, if you're under 18 and someone posts an explicit or nude image online you can also [report them](#) to the Internet Watch Foundation (IWF). They can contact the website to try and remove it without getting anyone involved.
- **Self care**  
Nobody should blackmail or pressure you into doing something sexual online. If someone is doing this, you're not alone and you haven't done anything wrong. Even if you have responded, it's OK to make mistakes. We all do – just be sure to get help if you feel worried or upset about anything online. You might feel scared, violated or upset. Talk to an adult you trust or speak to designated national hotlines or programs.

### TOOL ★

#### Grooming scenarios

We suggest you decide beforehand which of the suggested scenarios you find appropriate for your group. You are free to create your own depending on the needs of your group.

- ★ Mary has been talking online to a girl named Carla for a few days now. Mary has told Carla where she lives, how old she is, where she goes to school, and what she looks like.
- ★ Julie asks Cindy what school she goes to. Is it OK for Cindy to tell her? (What else shouldn't Cindy tell Julie?)
- ★ Muhammed is online talking to his friend from school, Ahmad. They are working on their homework together and studying for a test. Muhammed says they should meet before class to review for the test. Is this OK? (Should Muhammed also ask a parent just to make sure?)
- ★ Jennifer has just received a message online from someone named Lisa saying 'Hey, I know your friend Shawn! You are really pretty!' They have been exchanging messages for the last hour and Lisa is showering her with compliments and making her feel very special. Should Jennifer continue the discussion? (What should she do?)
- ★ Peter is talking to a friend online who he met on the internet. The friend offers to help him with his homework and asks for Peter's phone number. Is it OK for Peter to give it to him, since it has to do with homework? (What should Peter do?)
- ★ Jeanette met Aisha on the internet and has been talking to her online for several months. Aisha says she is the same age as Jeanette and lives nearby. Aisha wants to meet Jeanette in the mall to go shopping. Should Jeanette go meet her? (What should she do?)

### 5. WHO IS IT? (CONTINUED)

#### TOOL ★

#### Grooming scenarios

- ★ Mary met Jeff online a few weeks ago. They seemed to have the best communication, they fell in love and he helped her by giving her game credit for her favourite online game. After that he asked for a video in her underwear in return for the favour and she sent it. Now he wants more and is threatening to post the video online. She thought she could trust him. Should she send more? (What should she do?)
- ★ Sandra gets an online message from a man who says his name is Mr. Phillips and he tells Sandra that he is a physics teacher. Mr. Phillips wants to know what school Sandra goes to and what her teacher's name is. Should Sandra tell him? (What should Sandra do?)
- ★ Paul met Anna online, she told him they are the same age and they have been talking for several months now. They have also confessed their love for each other a few days ago. Today Anna asked for Paul to send her a naked picture, since they are so in love. What should he do?
- ★ Mark gets a message saying he won a free Xbox! He just needs to send in his address and phone number so it can be mailed to him. Should he give the information? (What should he do?)

Notes

