



**AIM OF THIS SECTION:** Use the internet in a positive way to spark creativity and make it more enjoyable for others.

### 1. HELPING HAND



20 mins



#### OUTCOME:

Learn where to turn to for help when encountering an online problem.



#### MATERIALS:

Papers, pencils and scissors for each participant, pictures of places you can turn to for help (See Tool below)



#### BE PREPARED:

Do some research to find out national hotlines, expert organisations, support groups or any other places young people can turn to for support on internet issues

### WHAT HAPPENS:

The internet can be a great tool to use in our everyday lives: we can find information, listen to music, watch movies and videos, learn new recipes, connect with friends and family, explore science etc. Sometimes things we read or see online, technical problems, mean comments, or an online argument can leave us feeling insecure, overwhelmed or scared.

Can you think about a time when you felt like that? If you are comfortable, share your experience with the group.

When things like that happen and you need help handling the issue, there are people and places to turn to. Play this game to find out where you can go for advice!

1. Split into small groups of around 5.
2. Each member of the group draws around their own hand on a piece of paper and they cut it out.
3. The groups then line up for a relay race, each member holding their 'helping hand'.
4. At the opposite end of the meeting space, lay out the pictures mentioning the key people or places you can go to about an online problem and pencils.
5. On signal the first person from each team runs up, reads one and writes it on one of their 'helping hands' fingers. Then they run back, grab the second player

by their hand and run up together. They should now both write one thing on their 'helping hands', while still holding hands. Then they go back, get the third person and so on until everyone has completed their own 'helping hands'.

6. The winning team is the one that has filled up everyone's 'helping hands' first. In any case make sure that everyone gets a chance to learn where to turn to!

Complete the activity by discussing and specifying each of the key people or places you can turn to; who is a person that you trust? or what is the number of a national hotline? Each participant can write it on their 'helping hand' and keep it for future reference.

### Activity tip!

For participants who are still learning to read and write: print out the pictures provided in Tool section as many times as the participants. Have them clip them on their 'helping hands' fingers.

## 1. HELPING HAND (CONTINUED)



### SEARCH RESULTS

Here are some examples for each of the places you can turn to:

- People you trust and feel safe with – It could feel embarrassing, but talking will make it easier for them to help you. They can support you to get out of a bad or uncomfortable situation. They can also make sure that your phone, tablet and computer have the appropriate parental controls on them to block things that might make you uneasy or upset.
- 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.
- A national helpline/hotline – They could be provided by official government services, or an association. Commonly you can call, but sometimes you can also chat online with an expert. To find them do a web search by typing in the search box 'helpline internet [& the name of your country]!.
- An expert association or a community support group – They can provide regular support if you feel that you need this. To find them do a web search by typing in the search box 'support group internet [& the name of your country]!.
- Report/block button – If you see an image or a video online that upsets you or if you are experiencing bullying, sexual harassment, hate speech or any other type of harassment online you can always use the report or block button.
- Professionals such as doctors, nurses or social workers might be trained to help you with online problems such as addiction. Visit your local health center or hospital for directions.

### TOOL ★

#### People and places you can turn for help

People you trust and feel safe with – family or friends



A national helpline

An expert association or a community support group



Report/block button

Professionals – doctors, nurses, social workers

