



Activities for ages 14+

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Activity 1: Online socialising vs face-to-face

- Read the quotes below from our Digital Romance research. All of the quotes are from young people, exploring the positives and negatives of chatting to friends or boyfriends / girlfriends online.
- For each quote, consider whether it reflects your/your friends experiences online?
- Use the quotes to help you write a short poem or story about socialising online. Your poem or story could:
 - Focus on the positives of socialising online
 - Focus on the negatives of socialising online
 - Consider both the positives and negatives
 - Compare socialising online and face to face
- When completed, share your poem with your parent/ carer, teacher or a friend.

Activity 2: An audience for drama

- Our Digital Romance research found that online communication can have both positive and negative impacts when starting new relationships and also ending relationships (e.g. break ups).
- Think about your answers to the questions in Activity 1. Consider the following quote:

'If you're in the argument, it's pretty much stressful. But when you're watching it, it can be quite funny'
- The quote reflects how technology can amplify issues by creating an audience for 'drama'. An example of this might be private conversations spreading online (through screen shots for example).
- Imagine you're writing a script for a TV drama about a group of friends. Use the quote above to create a storyline about a private conversation that is shared online. End the story with a resolution that supports those who had their conversations shared - what needs to happen to repair the harm done?

About Thinkuknow

Thinkuknow is the online safety education programme from the National Crime Agency. You'll find lots of support and advice for teens at www.thinkuknow.co.uk.

CEOP reporting: Young people can report to CEOP if they are ever worried about the way an adult is talking to them online and feel they are at risk or have been sexual abused. A specialist child protection worker will contact you to help you. They will not blame you in any way. It's never your fault. Visit www.ceop.police.uk.



Real quotes from our Digital Romance research:

“I think a lot of difficult conversations can be easier by messaging. ‘cos it’s easier to have a bit of time to think...Like, so you’re not really on the spot, you can just have a bit of time to think. And you can stay a bit more calm, if you know what I mean”

“In, like, person, like, you have to restrict yourself ‘cos there’s rules and boundaries in place, whereas, like, online there’s less. Like, you can say whatever you want”

“You can figure out what you’re gonna say and make it sound better and, sort of, adjust it to what you want”

“I think it means more if its face-to-face but you can say more over messages”