



## Training ideas for use with young people (Supporting the social media document written for young people)

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The Methodist Church recognises that the use of the Internet and other forms of social media play an important part in the lives of young people for socialising, communicating, sending and gaining information. In accordance with the Methodist Church Safeguarding Policy we want to protect children, young people, workers and volunteers from harm or risk when using such forms of technology.

We have produced a number of policies and guidelines. One for children and youth workers and guidance specifically aimed at children, young people and parents. These policies and guidance documents can be found on Methodist Children & Youth website [www.childrenandyouth.org.uk](http://www.childrenandyouth.org.uk). Please read them and make sure you understand them before facilitating any training with young people.

These training ideas are to support the guidance information specifically written for young people. The guidance for young people is quite extensive as we didn't want to miss out any vital information. Some young people may find the guidance document difficult to read from beginning to end and will need support in the process. Therefore we have written these training ideas to back up and support the document. We hope these guidance notes will come alive and be more useful to young people with activities and discussions. If you work with young people, we would like you to help us educate them and minimise risks and harm when they are engaging with social media.

Use, change and adapt the following ideas to suit your setting, the young people you work with, and their interests. You don't have to use all these ideas, maybe just one or two. It could be a one-off session or it could run over a number of weeks. The aim of all these activities is to promote and encourage discussion and sharing of information, and to promote appropriate and safe use of social media.

### Facilitation skills

When facilitating group discussion there are key things to remember:

- ⊕ encourage participation
- ⊕ listen
- ⊕ be inclusive
- ⊕ try not to embarrass or put people on the spot.

## Ground rules for discussions

Before any discussions take place, it can be beneficial to remind the group of some basic ground rules.

- ⊕ One person speaks at a time.
- ⊕ Listen to each other.
- ⊕ Show each other respect even if you don't agree with what they are saying.
- ⊕ Treat others how you would like to be treated.
- ⊕ If you want something to remain confidential, request and get agreement from group members before divulging it.

## Facilitation ideas

These ideas aren't written in any particular order; they are for you to pick and mix.

### The 'agree/disagree' game

Get three sheets of paper. Write 'Agree' on one, 'Disagree' on one and 'Not sure' on the third. Place the 'Agree' and 'Disagree' sheets at opposite ends of the room with the 'Not sure' sheet in the middle. Ask the young people to stand up; make a statement (you could choose one from the list below) and ask them to vote with their feet and stand at either the 'Agree' or 'Disagree' end (or the middle) depending on how they feel. Ask them why they are stood where they are. Can they persuade each other that they are right? If anyone is unsure, why might that be? Encourage them to talk one at a time, listening to each other. Provide further information if necessary, or say something controversial to provoke conversation. When discussion has reached a certain point, you might want to ask if they would like to change their mind and move again.

Below we have provided you with some statements. Select some that you think are relevant to your group.

### Agree/Disagree statements

- On social networking sites such as Facebook, Bebo etc, it's okay to put your address and telephone number on your profile page.
- There is no harm in putting the name of the school you attend on your social networking profile page.
- It's easy to forget the Internet is a public space.
- Once photos have been posted on the Internet they can't be removed.
- If you have been chatting to someone who knows someone who knows someone who knows someone you know, does this make them your friend? Should you be chatting to them online?
- People with bad intentions use the Internet to make friends with children/young people.
- If you were on the street chatting to someone you liked the look of but didn't know, would you give them your mobile number?
- When using social media sites you would only write things on your wall or post pictures that you would be happy for your parents to see.
- It's illegal to send indecent pictures of yourself or anyone else.
- When chatting to people on Internet or through games consoles, you can tell if they are telling the truth.

## Social media guidance document for young people

If you have a small group of young people who are quite comfortable having discussions, you may want to provide them with a copy of the young peoples' social media guidance document and work through some of the 'consider and discuss' questions with them. The guidance covers the following areas:

- ⊕ social networking
- ⊕ mobiles
- ⊕ uploading videos
- ⊕ 'sexting'
- ⊕ chat rooms
- ⊕ IM (instant messaging)
- ⊕ cyberbullying.

## Games Consoles

Open up conversation by asking young people what games they like to play. What's the best game? And why?

In small groups ask them to write a list of really good things about gaming. Feed their answers back to the large group.

Ask if anyone has ever felt addicted to games. How did this feel – especially when the game had to end? Do they think any of their friends are addicted? How does this affect their behaviour? Ask them in their groups to write a list of the not-so-good things. Feed their answers back to the larger group. Facilitate a discussion around the not-so-good things. Are there any solutions to the negative things?

At [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) website there is a game called *Who's Ya buddy?* This will help them to think about who they are talking to and what information they are sharing. It can be played on a laptop or desktop computer with a few people gathered around, or projected onto a screen for all to see. You could invite group members to take part at different stages of the game.

## Exposed

If your young people are 14 years old (or older), get them to watch a short film called *Exposed* at [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk). This is about what happened when a young woman sent a picture to her boyfriend. It covers issues of the implications of sexting and bullying.

## Contact Us

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