



EXERCISE 1:
**YOUR DIGITAL EXPERIENCE
AS IT IS TODAY**

INSTRUCTIONS:

Exercise time: 30 minutes

1. Think about your good and bad experiences online. Write or draw your reflections in the boxes below. Be as concrete as possible. (15 mins)
2. Discuss with the group (15 mins)

**A. WHAT ARE YOUR
FAVORITE THINGS TO DO
ONLINE?**

**B. IS THERE ANYTHING
THAT YOU FIND SCARY OR
TROUBLESOME?**

**C. WHAT MAKES YOU
ANGRY ONLINE?**

D. WHAT IS JUST BORING?

PLACEHOLDER FOR INTRO ABOUT ONLINE GROOMING (Children)

- A. Is in a relationship with a much older boyfriend or girlfriend
- B. Comments on your SNS posts
- C. Asked to exchange photos
- D. Getting a lots of messages from a single person

PLACEHOLDER FOR INTRO ABOUT ONLINE GROOMING (Parents)

- A. Compliments your family and parenting through SNS
- B. Ask details about your child, shows an interest in your child's activities, wellbeing, school grades or other areas of your child's life
- C. Try to start a flirtatious or romantic relationship with you



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EXERCISE 2:

EMPOWERING YOU AGAINST GROOMING

INSTRUCTIONS:

Exercise time: 30 minutes

1. Think about ways you could report situations that are uncomfortable or plain wrong.. Write or draw your ideas. Be as concrete as possible. (15 mins)
2. Discuss with the group (15 mins)

HOW COULD YOU REPORT BEHAVIOUR THAT MAKES YOU UNCOMFORTABLE OR IS PLAIN WRONG?

Think of ways to report that are easy for you and make you feel safe. You can write or draw your ideas.

Explain why you think this is the best way for you to report, and what you expect to happen afterwards.



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EXERCISE 3: **YOUR IDEAL DIGITAL EXPERIENCE**

INSTRUCTIONS:

Exercise time: 15 minutes

1. After thinking of what is good and bad today - what would be the ideal setup for you? Imagine the best possible experience: what would happen, how it would look like, what would it do, etc.
2. Write any deas and wishes in the boxes below
3. Discuss with the group

A large, empty rectangular box with rounded corners, intended for writing answers. The box is white with a thin grey border and is set against a light grey background that resembles a tablet or screen. On the left side of the background, there is a small circle representing a home button.