

EXERCISE 1: YOUR DIGITAL EXPERIENCE AS IT IS TODAY

INSTRUCTIONS:

- 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 ANYT THAT YOU FIND S TROUBLESOME?
	C. WHAT MAKES YOU ANGRY ONLINE?	D. WHAT IS JUST

Exercise time: 30 minutes

THING	
SCARY OR	
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



EXERCISE 2: **EMPOWERING YOU AGAINST** GROOMING

INSTRUCTIONS:

- 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.

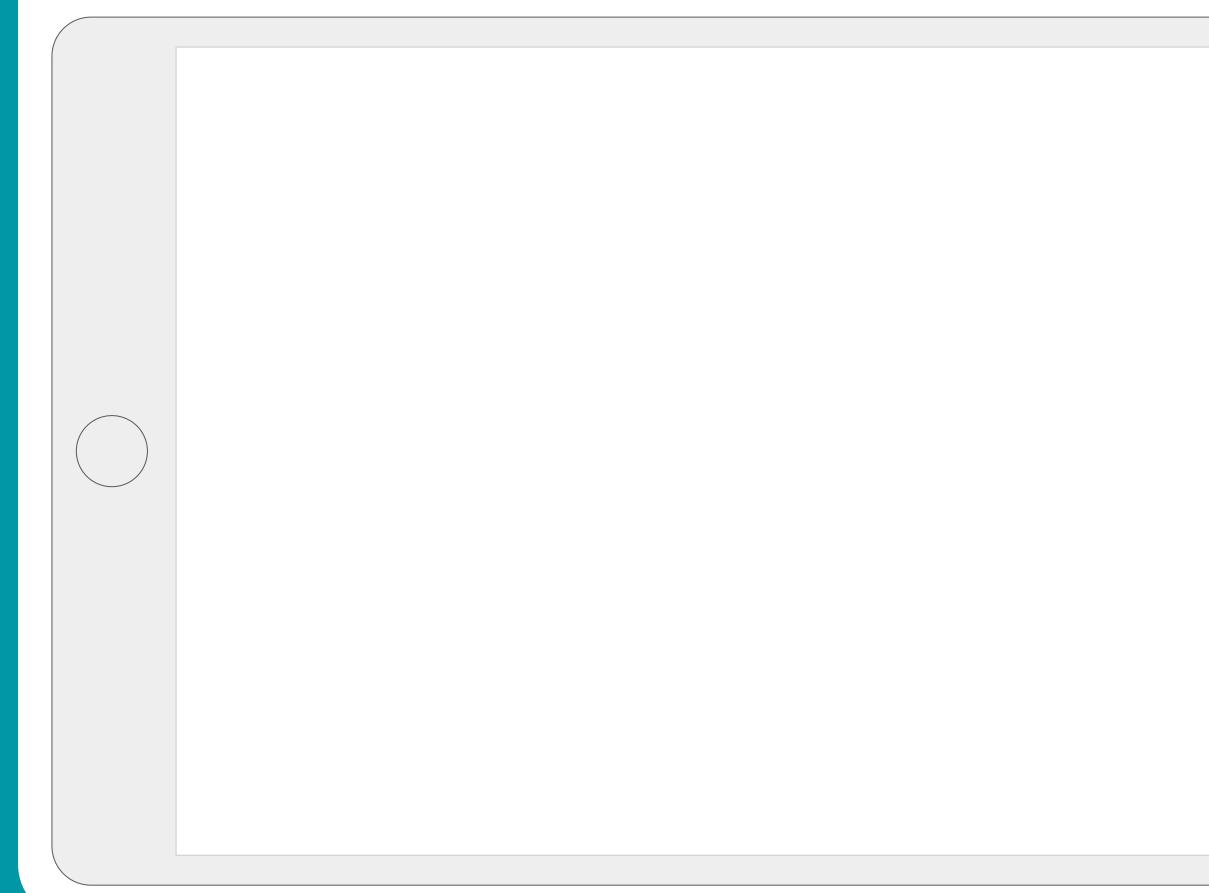
Exercise time: 30 minutes



EXERCISE 3: YOUR IDEAL DIGITAL EXPERIENCE

INSTRUCTIONS:

- like, what would it do, etc.
- 2. Write any deas and wishes in the boxes below
- Discuss with the group 3.



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