

Teacher slide

Activity	Description	Timing
1. Introduction	Do it now task . Highlight the importance of selecting information to share online carefully. Revisit ground rules, introduce lesson. There is a worksheet for red flags, diamond 9, and bingo activity, should you wish to print this out.	5 mins
2. Dating apps	Show and discuss video. Pose question with specific reference to the IOM, share statistics from Stonewall. Ask students how many dating apps they know. Why do people use dating apps? Are there age restrictions? Do people pay attention to them?	10 mins
3. Warning signs	Pose scenarios and ask students to discuss in groups. Take feedback from the class. Ask students to identify the warning signs (red flags) that something might not be right. Students to add these to their worksheet. Ask students how they would support a friend who may have met someone dodgy online. Discuss ideas.	15 mins
4. Diamond 9	Share 9 statements and ask students to rank these on the diamond 9 on their worksheet based on their relevance/ importance when it comes to online dating.	10 mins
5/ Safety rules	Ask students to think about safety rules – think, pair, share. Get students to write 6 down on their grid and play safety rule bingo. Discuss the ideas, can students think of any others?	10 mins

Teacher slide

Students will learn the importance of keeping themselves safe when talking with, or choosing to meet, people online. Students will also reflect on 'dating apps' and how these influence the way people view relationships.

Remind the class that if they have any concerns about someone they've met online, or someone a friend has met online, they should always talk to a trusted adult. This may be you as their teacher, school staff (make sure they know who the safeguarding leads are), or adult family members.

Do it now



What are some of the risks (and benefits) that occur to you when you hear the phrase 'online dating'?

ONLINE DATING

YEAR 11



Isle of Man
Government

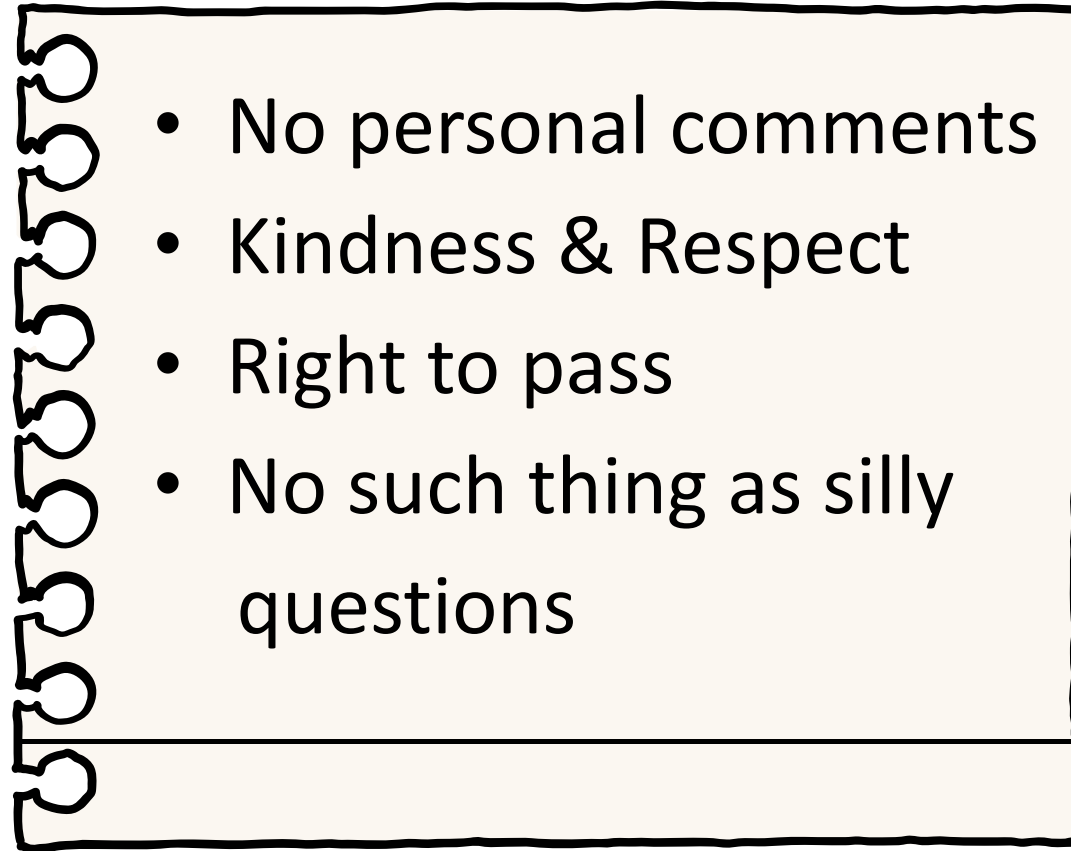
Reillys Ellan Vannin

This lesson has been adapted for the Isle of Man from Scotland's national resource for relationships, sexual health, and parenthood (RSHP) education

Learning Objectives

- Identify commonly used apps for meeting people, and safety measures used
- Discuss the risks associated with meeting people online, and how to protect themselves
- Describe how to support a friend who may have met someone 'dodgy' online

CLASS AGREEMENTS



- No personal comments
- Kindness & Respect
- Right to pass
- No such thing as silly questions

any others?

Think, pair, share...

Let's **ASK** ourselves, from the previous lesson(s)

What are some of the **attributes** that you learnt or used?

What were some of the **skills** you practised?

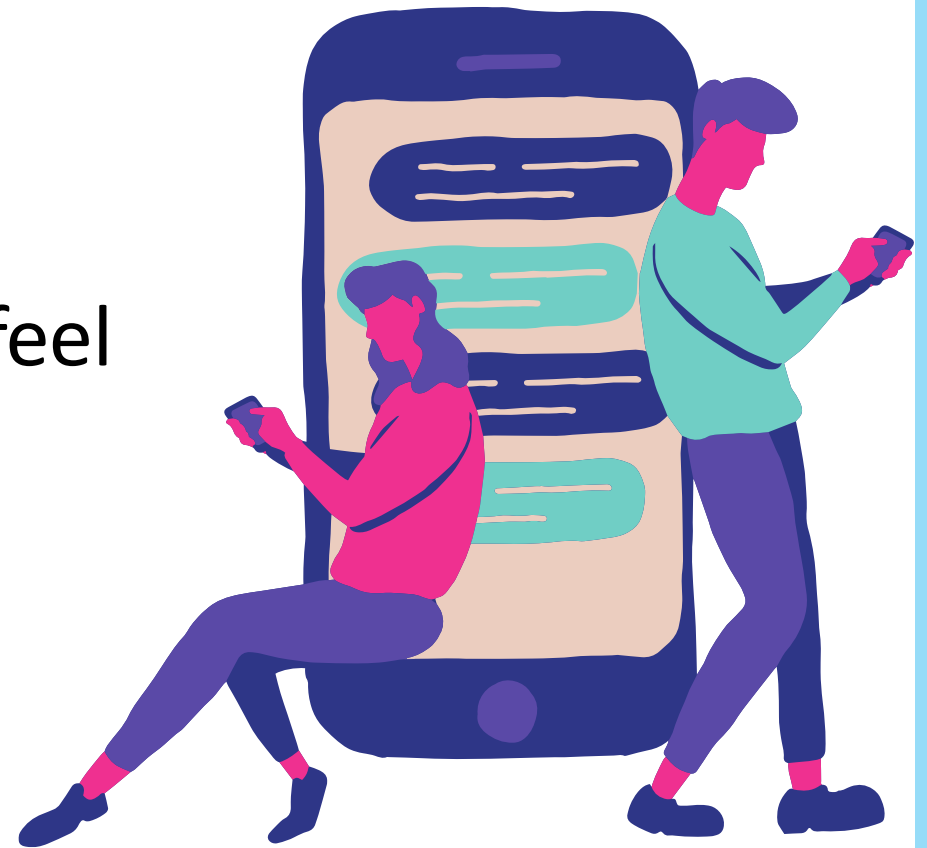
What was one piece of **knowledge** you learned?



Let's Chat

Do you feel braver when you're online?

Does meeting someone online feel
different than face-to-face?



Exploring Your Identity Online

We all feel different sometimes. It can feel like it's hard to find people who get you: people who are into the same things, share the same experiences, and know where you're coming from.

How true do you think this statement is?

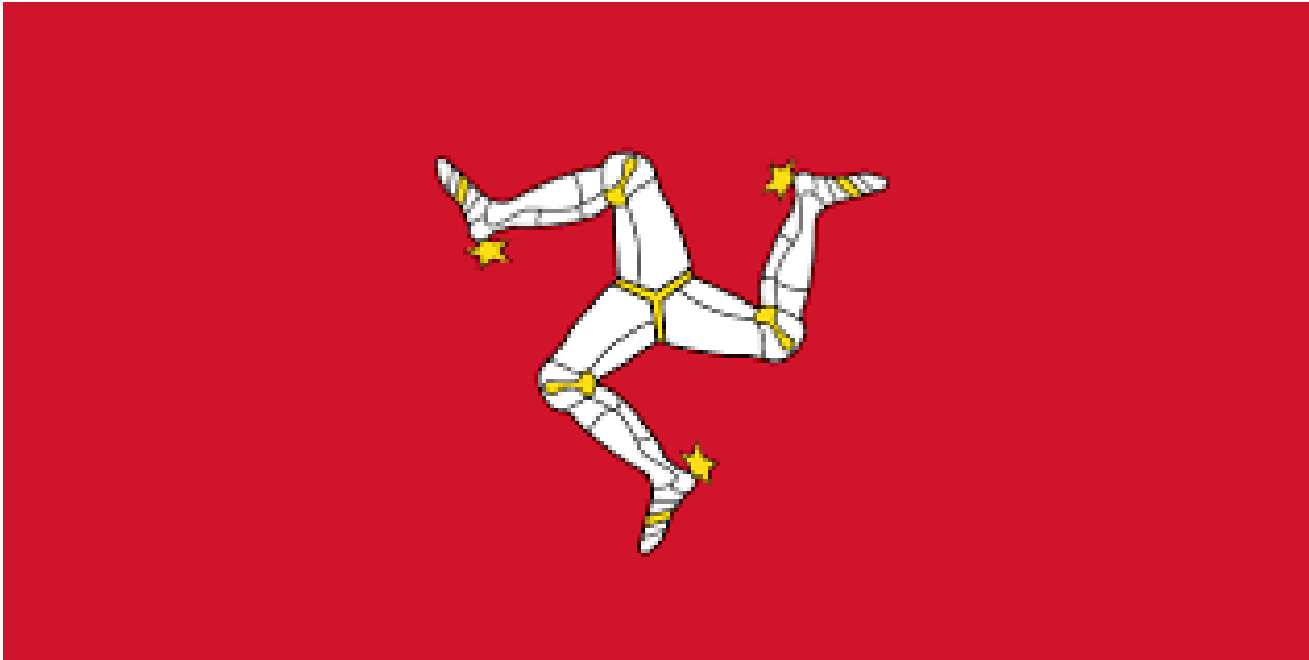
Exploring Your Identity Online

For LGBTQ+ young people being online can be particularly useful. 96% of LGBTQ+ young people say the internet has helped them understand more about their sexual orientation and/or identity, and 93% say they found the advice and support they needed through the internet

Source: Stonewall, Staying Safe Online

Exploring Your Identity Online

What's it like on the Isle of Man?



Does it feel 'small'? Can it be difficult to connect with people like you?

Have a Think

What apps do people use to meet others, specifically if they are wanting to 'date'?

Have a Think



What apps do people use to meet others, specifically if they are wanting to 'date'?



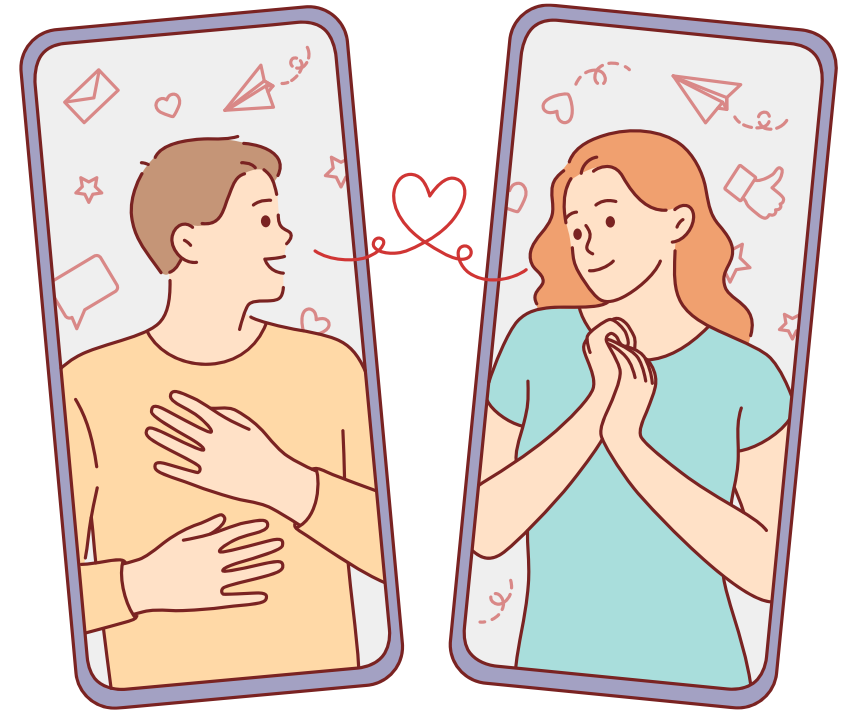
Most have minimum age requirements, and dating apps usually expect users to be at least 18, something called age verification.



Do young people pay attention to age rules/verification? Do they work?

Let's Chat

Why do you think so many people are meeting/dating online?



Warning Signs

So you are chatting online.... they seem nice.

Then they ask for personal details (e.g. home address, school name)

What do you do?

Is this safe / healthy?



Warning Signs

So you are chatting online.... they seem nice.

They want to meet you in a private location for the first date.

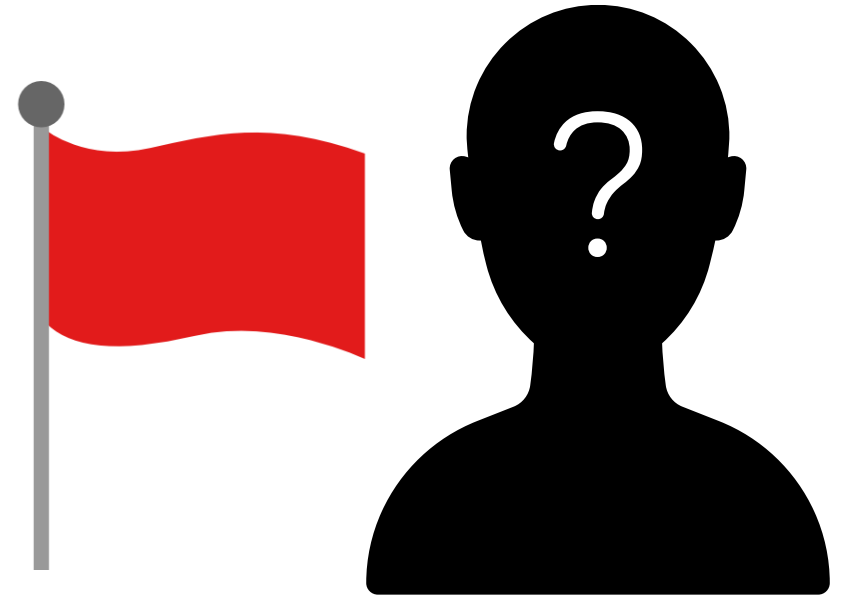
What do you do?

Is this safe / healthy?



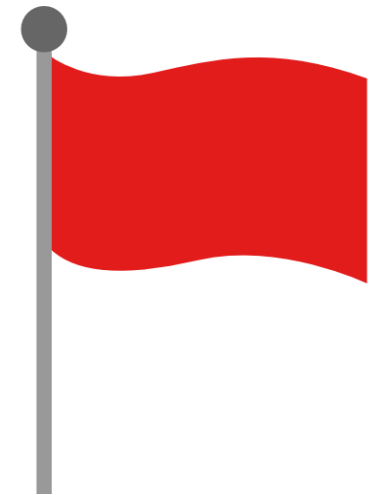
Warning Signs

What are the warning signs that someone could be faking who they are online, or that they have bad intentions? Fill in the flags on your worksheet with some ideas.



Warning Signs

- **They are just too good to be true.** They share all your interests, they give you lots of attention, they make you feel special, things are moving fast...
- **Flattery.** They praise pictures on your profile, say you're sexy, fit.... It's hard to think critically because they are praising you.
- **Let's talk about sex.** They try to get you to talk about sex.
- **Got any sexy pictures?** They are asking you for intimate pictures.
- **Can we go somewhere more private?** They ask for private chats.
- **Our little secret?** They don't want other people to know you are chatting.
- **Mood swings.** They flatter you and pay attention, then they ask for something, and when you hesitate or say 'no' so they take that attention away or turn nasty.
- **My camera's broken.** They always have an excuse for not sending photos or video chatting.



Have a Think



Worried your friend has met
someone dodgy online?

How would you know?

What could you do to help?

How would you know a friend may have met someone dodgy online?

- Have they become very secretive? And stopped sharing messages or their profile?
- Are they distant?
- Have they mentioned someone new? Or someone older?
- Are they sad or withdrawn but won't say why?
- Are they unable to switch off from their phone or social media?

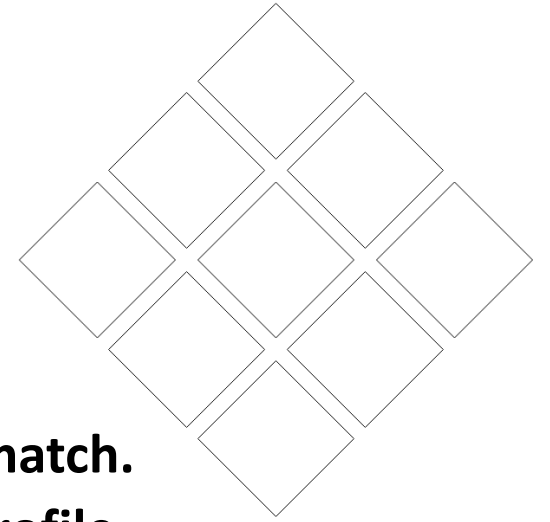
How could you help?

- Listen, don't judge, be there for them.
- Help them understand the risks of chatting to people online – especially someone older.
- Show them how to get help and understand they won't be in trouble
- You should tell an adult you trust or contact a helpline for advice – **don't keep a secret if a friend is in danger.**

https://www.thinkuknow.co.uk/14_plus/Worried-about-a-friend/Online-friends/

Diamond 9 – Online Dating

Rank these statements based on their importance when it comes to online dating.



- a) Building a genuine connection is more important than finding a quick match.**
- b) Honesty and transparency are crucial when creating an online dating profile.**
- c) Safety should always be a top priority when meeting someone online.**
- d) Having a conversation online before meeting in person allows you to get to know someone better.**
- e) The convenience of online dating allows people to meet others outside of their social circles.**
- f) People should be cautious about sharing personal information too soon.**
- g) Using online dating as a tool to explore new types of relationships is valid and valuable.**
- h) Online dating can be a great way for people with busy schedules to meet potential partners.**
- i) It's important to meet in person as soon as possible to see if there's real chemistry.**

It's always risky to meet up with
someone you met online.

Wrapping It Up

Safety Rules – What do you need to consider?



Safety Rules

- Don't give out your personal details (home address etc).

Always meet and stay in a busy public place.

- Take a trusted responsible adult with you, not a friend. If the person you are meeting isn't being honest, taking a friend will put you both at risk. (If you tell the person you are bringing an adult they shouldn't have a problem with that; if they do, don't go).
- Make sure someone knows who you are meeting, where you are going, and when you will be back.
- If your instinct tells you something is wrong, it probably is. If the person doesn't look like the person you expected then leave as soon as possible.
- Do not accept a lift from someone you meet.
- Stay sober.
- Take your phone, keep it switched on, with credit.
- Your personal belongings can be stolen, don't leave them unattended.
- If you are worried about your safety or think you are in danger do not hesitate! Phone 999

Reflection

ASK what are you taking from today's lesson?

If anyone was concerned about anything from today's lesson, where could they get help?



IT'S GOOD TO TALK!

To talk with someone confidentially about how you feel, you can:

Contact **Isle Listen: 01624 679118** www.islelisten.im

www.childline.org.uk Chat 1:1 with an online advisor

If you're under 19 you can confidentially call, email or chat online about any problem big or small.

Freephone 24h helpline

