Activities for 11-13s

Number 5, 19/05/2020

Activity 1: Friends, frenemies and fakers

- Read the Thinkuknow article on 'Friends, frenemies and fakers' – www.thinkuknowco.uk/11_13/need-advice/friends-frenemies-and-fakers/.
- Divide a sheet of paper in two by folding it or drawing a line down the middle.
- Fill one side of the sheet with the features of a healthy friendship (e.g. trust) and the other with the features of an unhealthy friendship (e.g. pressure).
- Imagine your friend is talking to someone online who isn't always kind to them. Write your friend a message with three pieces of advice to help them deal with their 'frenemy' and get support.

Activity 2: Friendships

- Ask a parent or carer for information about what their friendships were like when they were your age. You could use the following questions:
    - How did you communicate with your friends?
    - What was positive about your friendships?
    - Looking back, was there anything negative about any of your friendships?
- The internet has changed the way that young people communicate with their friends – and with schools currently closed, you may be speaking to friends online more than before. Think about how friendships have changed since your parent or carer was your age and write down answers to these reflective questions:
    - Are there any similarities between your parent/carer's friendship experiences and your own?
    - How do you communicate with your friends?
    - What do you think might be better or easier about friendships now?
    - What are some of the challenges you face with friendships now, that your parent or carer might not have had to deal with?

  When you've finished, or later on, talk to your parent/carer about your answers. You could even ask a parent/carer to answer the same questions and discuss your answers.
- These days, young people have lots of support services that they can go to for help if they're worried about the way a friend is treating them online or off. Use information in the 'Friends, frenemies and fakers' article to identify three support services that young people can go to.

About Thinkuknow

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

If you are worried or upset by anything that's happened online, talk to a trusted adult or call Childline on 0800 1111.

If you are concerned about sexual abuse or the way an adult has been communicating with you online, also talk to a trusted adult, or report to us at CEOP – www.ceop.police.uk

Parents and carers: Once a fortnight, on Tuesdays, we will produce an activity sheet to help you support your child while schools are partially closed. There's also plenty of advice for parents and carers on