

Resource:

Supporting your friends online



<https://www.bbc.com/ownit/the-basics/supporting-your-friends-online>

»» Video: 1 mins 51 secs

»» Article: 1 min read

Learning objectives:

- »» 'I can demonstrate how to **support** others (including those who are having difficulties) online'
- »» 'I can give examples of how to be **respectful to others** online and describe how to recognise **healthy and unhealthy** online behaviours'
- »» 'I can describe how to be kind and show respect for others online including the importance of **respecting boundaries** regarding what is shared about them online and **how to support them** if others do not.'

Content summary:

- Celebs (Radio 1 and 1 Xtra) giving advice to help support friends online with negative comments

Glossary:

- **Injustice:** lack of fairness or equality
- **Specifically:** in a way that is clear and exact
- **Ridiculous:** extremely silly or unreasonable
- **Intervene:** interrupting something in order to change the outcome



Topic introductions and starters	<p>Before the video:</p> <ul style="list-style-type: none"> • Ask pupils to write down two or three ways they stand up for their friends in everyday life – not online <p>After the video:</p> <ul style="list-style-type: none"> • Check pupils' understanding of the key vocabulary used by the DJs – injustice, specifically, ridiculous, intervene • Summarise the key points of the video – either in pairs or as a class - create a bullet point list • Discuss and agree on a final summary of what each DJ is suggesting – use printed photos of each DJ and speech bubbles • Combine the notes to create a summary of the key points of the whole video • Create a mind-map with key words, ideas and images about being a good friend
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Discussion Points	<ul style="list-style-type: none"> • What is a friend? How should a friend behave when you ask for help? Does a friend always have to be there for you? Are all friends the same? • What does support from a friend look like? What did they do to support you? Did they always do the right thing? Did you have to ask them for support, or did they notice you were feeling unhappy? • Is supporting a friend online different to supporting them in 'real life'? Are there different rules online? Is there more peer pressure to be part of a group? Is it easier/harder to help someone or talk to them in the real world? • What advice would you give to a friend who is having a bad time online? Ignore it? Give as good as you get? Have a break from online activities? • When should you ask an adult for help for a friend? When you are worried they could be unsafe? When you are not sure how to help? When things have gone too far?
Fillers and fast finisher activities	<ul style="list-style-type: none"> • Create a set of new emojis to help with supporting friends in a group chat or online – look at existing emojis first • Create some “What Now?” style cartoon scenarios, showing possible situations where a friend needs help online and what might help them • Create a slogan or short poem about helping friends online – make it catchy and memorable • Write a job description/advert for the perfect supportive friend
Signposting potential homework activities	<ul style="list-style-type: none"> • Draw a funny cartoon picture of the ‘perfect friend’ with all their support skills and tools labelled – eg tissues for wiping tears • Create a recipe for the perfect friendship – ingredients and ‘cooking method’ to bake the ‘perfect friend’ • Create a DO’S/DON’TS list for supporting friends online – e.g. DO listen to their feelings, DON’T make it worse by being mean to whoever upset them

Test your knowledge with an Own It Quiz

<https://www.bbc.com/ownit/the-basics/support-your-friends-online-quiz>

Project Evolve has further resources to help cover these learning objectives.
Please note that registration is required to access these materials.

»» [Link: 'I can demonstrate how to support others \(including those who are having difficulties\) online'](#)

»» [Link: 'I can give examples of how to be respectful to others online and describe how to recognise healthy and unhealthy online behaviours'](#)

»» [Link: 'I can describe how to be kind and show respect for others online including the importance of respecting boundaries regarding what is shared about them online and how to support them if others do not'](#)