

## **Facilitator Notes:**

### **Answering the front door when you are home alone**

This obviously depends upon who is the other side - do you know the person? What could they do before they open the door? Ask who is it, look through a spy hole, pretend there is no one in, make sure they have a password for friends and neighbours to say, before you open the door.

### **Using internet chat rooms**

Many students do this. However, reiterate that giving out personal information/sending photos, giving out passwords, is not a good idea. Nor is lying about who they are. Ask students if they have any rules at home that their parents enforce.

### **Having the HPV jab**

This is being given to Year 8 females. It can help to protect against cervical cancer. There are some risks as there are with any injection. Exclusion criteria is for anyone below Year 7, acute illness, has had a reaction to previous jab, high temperature, pregnant, immuno-suppressed, anaphylactic reaction to vaccine. This is something to discuss with parents/carers, permission from home is required. 14 million have so far been given without any serious side effects.

### **Picking up a syringe in the street**

Do not do! You don't know where it has been. Tell an adult who will ring the police to remove them. Needles should be disposed of in sealed containers (the rule applies to any needle, not just those used by people who inject drugs).

### **Using drugs**

When people do not know what they are doing their decision making skills can be affected. You might therefore be putting yourself at risk. Taking drugs is illegal, (unless it's a prescribed medicine for themselves) or cigarettes or alcohol if aged over 18. Taking drugs will affect your senses and judgement.

### **Lying to your parents/carers**

Depends what the lie is about. If it is to do with personal safety, where you are going/staying, time expected back, it is not a good idea to lie about these, nor to lie for a friend to protect them either. But if it is a surprise family party, then obviously this is different.

### **Meeting strangers from the internet in real life**

Similar to above, not a good idea. Take someone with you if you are going to do it. Tell someone where you are going, ask someone to ring your mobile to make sure you are ok. Never give out personal information or meet where you live. Never get into a car with someone you don't know or who is older and tells you they are one of your friend's brothers or sisters.

### **Having sex before you are ready**

Reminder that the legal age for sex is 16. Not a good idea to have sex before you are physically and emotionally ready or because everyone else is doing it. Use a condom if you are having sex (prevents STIs and pregnancy).

### **Walking in the street wearing a lot of valuable jewellery, using your iPod, or using your mobile phone**

This will attract attention to yourself you never know who is watching you. They could jump you, or pull a knife on you to steal things.

### **Not using deodorant**

Deodorant helps to protect you from sweating and can mask smells. During puberty you will sweat more so more attention should be paid to personal hygiene. Ask class for their ideas.

### **Getting drunk**

When people get drunk they do not always know what they are doing, so their decision making skills can be affected. You might be putting yourself at risk: it will affect your senses and could affect your judgement.

### **Not eating**

Not eating can be as dangerous as over eating. The body needs food to help it grow especially during puberty. A healthy diet is recommended, fruit, low salt, lower fat, lower sugar. Ask students for other ideas. Be aware of students who may have eating disorders in your class.

### **Being asked to keep something secret \***

Depends whether it is a good secret or bad secret and who is asking you to do it. Discuss good/bad secrets. Never lie for friends, or protect them if they are putting themselves in danger. If you know the adult and it is a family surprise that is ok, but if the secret gives you signals that it is not ok, (sometimes you may feel worried inside, nervous "oh oh" factor, butterflies in stomach) then say "No" and tell an adult whom you trust.

### **Giving in to peer pressure**

Depends what they are being asked to do, but if it is likely to get them into trouble it's not a good idea. Should try to be assertive, say "No", and walk away, or just don't do it. If you are being bullied tell someone you trust. Tell them who they can talk to in school, and who can help them.

### **Touching someone, or someone touching you, where you should not be touched e.g. (private body parts)**

If someone is touching you where you do not want them to, you have the right to say no and tell them to stop. If they persist and won't stop tell an adult you trust. If you are touching someone where they do not want to be touched you should stop, as you might be prosecuted. You could end up with a criminal record and be put on the sex offenders register. (It would have to be serious but it does not hurt to tell them this).

### **Having a relationship with someone older**

Depends on the type of relationship, (i.e. a family member will be older and if it is platonic then that is okay, get the students to say who that might be). If it is a sexual relationship, it depends how old the person is as to whether it is a child protection issue. If the girl is under 13, it is statutory rape, a child protection issue. If there are only a couple of years' difference then as long as the person is consenting it is ok, but sex under 16 is illegal. This is a very difficult area to give specific information about. (Please refer to your school's own safeguarding policy for further guidance).

### **Telling stories about sexual conquests**

Boasting about what you have done and with whom is probably not a good idea as people may use the information in a negative way. i.e. you might get a reputation as being 'slag/slut', 'stud', or as 'easy', you may be used for the wrong reasons. It might get back to someone who you don't want to hear about what you have been doing, (even if it is not true and you are just saying it), it is not a good idea to do it. Ask students for their views on this.

### **Being told to keep something secret by an adult (See \*)**

Bragging to others about what you have done with your boy/girlfriend

This is similar to the above. It is not very good to brag about what you have done as it could get back to you and your girl/boyfriend could also find out. Members of your family might get to hear and this could cause trouble at home.

### **Putting pictures of yourself on Facebook**

This obviously depends on the type of picture that is put on. You should always think who will see the picture? Who could download it?

You should make sure that your security settings are high so that only friends can see your pictures.

CEOP have a panic button for young people to press/report if someone is upsetting them online. Also the website 'So you got naked online' is a useful resource.

### **Being alone with your boy/girlfriend**

What do the students think about this? What possible things might happen? It really depends upon where they are and the relationship they have with each other. Do they trust each other? They could end up doing things they regret later?

### **Fancying someone your friend fancies**

This can be an awkward situation for someone to find themselves in. Someone may end up getting hurt; it could break a friendship up. It really depends upon how loyal the people involved want to be with each other.

### **Eating too much**

See the response for not eating. Overeating as we all know is bad for our bodies generally and can lead to medical conditions in the future. Discuss why it is important to try and eat a healthy diet, cut down on sugar, salt and fat, and try and eat five fruit and vegetables a day.

### **Going out with your friend's ex**

This can be similar to fancying someone your friend fancies. If the two people are over each other and have moved on, whilst it can still be an awkward situation, it will not necessarily hurt anyone. If the friend is still hurting from the relationship breaking up, then it might not be very kind to go out with your friend's ex. It really depends upon how much the person wants to remain friends. Ask the class what they think t