

Keeping physically & emotionally safe on the internet



Overall aim of the programme

Providing a clear definition of the term “**Grooming**” and an understanding of the implications of the willing participation in risky online behaviour. It will empower and enable young people to identify and prevent them from getting into risky situations online, as well as positively promoting the benefits of face to face communication.

Target group: Vulnerable young women aged 13 - 25

Delivered by: 2 experienced Them Wifies facilitators



Workshop One - Introduction & Understanding the internet

Aims

- Carry out introductions.
- Establish a group agreement.
- Take part in ice breakers and warm up's.
- Identify positive and negative aspects of the internet.
- Explore how the internet can make a young person feel.

Workshop Two - Cyber bullying

Aims

- Understand what cyber bullying is and how it can affect others.
- Recognise that cyber bullying can have serious consequences.
- Ensure that young people realise that once something has been posted online, they cannot get it back.

Workshop Three - Grooming

Aims

- Understand the term “grooming” and how it might be used.
- Support young people to reflect on their own behaviours.
- Empower young people so that they are able to prevent themselves from getting into risky situations online.

Workshop Four - Privacy

Aims

- Understand the term “privacy” in relation to the internet.
- Identify the actions to take in protecting their personal information.
- Explore strategies to keep safe online.

Benefits

- Improved self esteem
- Increased confidence
- Meeting new people
- Gain an understanding of the term grooming and signs to watch out for
- Ability to identify what impacts on our mental well being whilst spending time online
- Communicating and sharing feelings and experiences about the internet
- An understanding of how to keep safe online and offline
- Having a laugh

Quote from participant

“ Thank you for such an amazing few weeks. It has helped me a lot and been great fun. ”

Cost: £700 or £900 (including evaluation)

*Each session is 2 hours in length. A core group of 10 young women will take part in each session.

Contact Maria Lavelle on **0191 2619923** or email maria.lavelle@themwifies.org.uk

We're always happy to discuss the difference we can make.

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