

Lesson Plan – Trusted Adult – Secondary



Crib notes

Context:

Young people will be surrounded by those who have a statutory duty to make sure they are safe and protected from harm. Despite this, there are a multitude of reasons why children and young people do not disclose abuse or risk of harm. In cases where children are not ready to engage with a trusted adult, they can contact Childline confidentially (who will support/coach them to engage with trust adults).



Lesson plan

Resources:

- 'Trusted Adult Qualities' handout
- My 'Trust Team' handout (optional extra)

Learning objectives:

- To understand what a trusted adult is
- To identify trusted adults within their own lives



Teaching:

INTRODUCTION

Slide 1: Explain that we are going to be thinking about trust and people in our lives that we can trust and turn to if we have a problem or a worry.

Slide 2: Learning Objectives

Slide 3: Share the definition of trust - Trust is the strong feeling that you can rely on someone and that they will help make sure you are safe and protected. If you trust someone, you will feel comfortable and able to tell them things.

Slide 4: Play video.



Slide 5: In partners/small groups discuss what qualities a trusted adult should have.

Take feedback and write around the trusted adult image/outline of a person (handout) as a whole class activity.

Take all answers from groups – if necessary, lead the conversation to include a good selection of the following: good listener, trustworthy, has your best interest at heart, wants the best for you, non-judgemental, makes you feel safe, respects you, values your thoughts, ideas and opinions, someone with more life experience.

Explain to the pupils that their trusted adults are people they choose and that they might choose a different adult depending on the issue they have.

Slide 6: Discussion guide

Pose the questions (in blue) and encourage pupils to answer them. Suggested responses to help guide the discussion are provided.

Why do you think it is important to have trusted adults in our lives?

Highlight the importance of having trusted adults in our lives. When things are difficult, it is important that we have people to help us – to listen, to share ideas and to support us.

Should all adults be considered trusted adults?

-Not all adults are 'trusted adults' –

Not everyone is a trusted adult. A trusted adult will never ask you to keep secrets that make you feel worried or upset. If someone makes you feel guilty about things you don't want to or tell you something bad will happen if you say no – they are not a trusted adult.

This is why it is important to think about who we can trust.

Pupils should understand it is ok to say NO to adults if they are making them uncomfortable, ask them to do things that they shouldn't.

Do you think we should have just one trusted adult for everything?

We may have different adults we talk to at different times, about different things. We may find it easier to talk to a parent about puberty, or an older cousin about a problem at school. A sports coach you admire might be a good support if you're being bullied at school. Having a selection of trusted adults means we should always have someone we can talk to, whatever the problem.

If you didn't feel comfortable saying some words to a trusted adult, what could you do?



You could write down what you want to say or practice it with a friend or Childline. You could also draw a picture that explains what's going on. Remember your trusted adults will want to help you, and they will encourage you to take your time. They were once a young person too and understand what it's like to speak up.



Task: Scenario-based activity

Slides 7 - 15: *Have pupils work in pairs/small groups. Read aloud each of the scenarios and have them discuss in their groups who they could turn to as a trusted adult(s) in each scenario.*

- Allow time for feedback from groups.
- Whilst many trusted adults will be personal to each individual, be sure to comment on any available people and/or agencies specific to your setting.
- Allow time for feedback from groups.

Slide 16: Signpost support



Plenary

Slide 17 - 18:

- Encourage pupils to consider the range of people they might have as trusted adults in their own life (see below for additional activity – **trust teams**)
- Remind pupils of the importance of having trusted adults in their lives.
- Remind pupils they never need to face worries alone. Outline the people/organisations available both inside /outside school (designated teachers, Childline)

Optional extra – Trust team activity

You may wish to extend the lesson to include an additional activity to allow pupils to consider specifically who they might have on their trust team.

Explain to the pupils that today they are going to create their 'Trust Team' like in any good team, people bring different skills and qualities, and it is good to have a range of adults we can turn to and trust.

Who is on your Trust Team? (handout – My Trust Team – sports shirts to complete with the names of 5 trusted adults)



Complete one as an example (who might you have had on your trust team when you were their age) e.g., football coach, mum, older cousin, teacher, religious leader, youth worker, or police officer.

Provide pupils with the opportunity (if they are comfortable and happy to) to share someone they'd have on their 'trust team' and explain why they chose this person.

Finish the lesson by encouraging pupils to tell the members of their team that they are on it. These adults are likely to feel happy to have been chosen as someone you can trust and rely on.

Remind pupils they never need to face worries alone, and you are always happy to listen to any of them or help them find the best support.

- Reflect on the courage it takes to speak up, and that trusted adults will be supportive when you do decide to speak up.

Slide 19: Signpost support

Slide 20: Download the Safer Schools App

Trusted Adult Scenarios – Secondary

Outline: Read aloud these scenarios with pupils working in groups (think, pair, share) to discuss what they would do in these situations. Which trusted adults/organisations could they turn to? Encourage pupils to consider their trusted teams. They may wish to add or make changes to their trust teams having completed this activity.

1 - You shared images of yourself via WhatsApp/Facebook Messenger/Snapchat/Instagram and now regret it. You are worried these images will be shared further or posted online. You are so worried and embarrassed. Who could you turn to?

2 - You have noticed your friend has become very withdrawn. Not spending time with your group of friends as they normally would and not replying to text messages or hanging out at the weekend. When you try to talk to them about it, they become very emotional and shut you out. You feel worried and concerned. Who could you turn to?

3 - You told someone your Facebook password and they are now online posting and commenting as you. You are angry and upset. Who could you turn to?

4 – You saw a live video of an animal being harmed and people laughing at it. You found it very distressing and you feel angry, upset and emotional. Who could you turn to?

5 – Your dad’s friend makes lots of comments about how good you look when your parents aren’t there. He always wants long hugs and this makes you feel very uneasy. You feel worried and uncomfortable. Who could you turn to?

6 – Your friends have been making fun of another pupil, calling them names and sending abusive messages online. You don’t want to speak up in case the same thing happens to you , so you join in too. You want to stop and feel ashamed. Who could you turn to?

7 – An older pupil has asked you to look after drugs for them. You feel like you can’t say no. You feel anxious, confused and worried something bad could happen. Who could you turn to?

8 – You posted a dance routine on TikTok. It got very few likes and lots of negative, hurtful comments. You don’t want to delete the video to show the bullies they have hurt you. But, you feel embarrassed and hurt. Who could you turn to?

Childnet - Childnet is a specialist online children's charity.

Their aim is to help make the internet a great and safe place for children and young people. Find the latest information on the sites and services that you like to use, plus information about mobiles, gaming, downloading, social networking and much more.

Visit their website: www.childnet.com

CEOP (Child Exploitation and Online Protection Centre) - The CEOP Command is part of the UK law enforcement community.

If you are worried about online sexual abuse or the way someone has been communicating with you online, you can make a report to one of their Child Protection Advisors.

Visit their website: <https://www.ceop.police.uk/safety-centre/>

Teacher - Teachers can provide us with advice, guidance and a consistent relationship.

UKSIC (UK Safer Internet Centre) - UKSIC is a partnership between Childnet, South West Grid for Learning and the IWF. It is an awareness centre, helpline and hotline.

They are the organisation behind Safer Internet Day in the UK and provide lots of advice and guidance on how to make the internet a safer place. They have a helpline where you can report harmful content.



For more information: www.saferinternet.org.uk

Police Officer - Police provide a number of access points depending on the capacity.

Barnardos - Barnardos is a children's charity focused on supporting children and young people on a range of issues.

You can enter your post code on their website to learn more about the services they have in your area.

Visit their website: <https://www.barnardos.org.uk/>

IWF (Internet Watch Foundation)

The IWF (Internet Watch Foundation) is a charity and the UK Hotline for reporting online child abuse material.

For more information: www.iwf.org.uk

Childline - Childline is a 24 hr confidential helpline for children and young people.

You can call Childline, chat to them online or email them. You can also visit their website to learn more about what worries you, or anonymously connect with others via their message boards.

For more information: www.childline.org.uk



Internet Matters - Internet Matters is an industry inspired one stop shop.

Services include:

- Internet hub
- Signposting
- Useful information and third party services

For more information: www.internetmatters.org

Family Member

A family member can provide advice, support, guidance and act as a responsible adult who isn't a parent but can still provide a safe environment for communication.

Thinkuknow

Thinkuknow is an Education resource programme with advice on how to stay safe when you're on a phone, tablet or computer.

The information is tailored by age, so it's more relevant to you and offers advice on a range of topics including online blackmail and online relationships.

For more information: www.thinkuknow.co.uk

UKCIS (UK Council for Internet Safety)

UKCIS is a policy forum hosted by government with participation from online industry reps and government departments.

Services include:

- Policy



- Research
- Advice
- Codes of Practice

For more information: www.gov.uk/government/organisations/uk-council-for-internet-safety

Doctor

Doctors can provide advice and a list of contacts who can help with a multitude of issues.

Youth Worker

A youth worker organises and runs community programs aimed at younger people. They can offer advice, support and guidance as well as put you in contact with individuals who can help your situation.

Cybersmile - Cybersmile is a specialist online bullying charity.

You can visit their help centre to learn more about the different types of online bullying.

For more information: <https://www.cybersmile.org/advice-help>

Parent

A parent can provide advice, support, guidance and act as a responsible adult, but this will depend on whether they are good, bad, indifferent or part of the problem.