

## Lesson Plan – Trusted Adult – Primary



### 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:

- 'Trust Team' handout
- 'Qualities of a Trusted Adult' handout

#### 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:** 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 5:** 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?**

**Slide 6:** -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.

**Slide 7:** **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.



**Slide 8:** Explain to the pupils that today they are going to create their 'Trust Team'.

As with 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 9:** Signpost support

**Slide 10-19: Additional Resources**

**Optional extra – Lesson Extension**

- Optional extra video for upper KS2 (this may be useful to support a second lesson on Trusted Adult)
- Scenario-based activity

**Slide 20:** Signpost support

**Slide 21:** Download the Safer Schools App

**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](http://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](http://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](http://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](http://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](http://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](http://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](http://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.

## Trusted Adult Scenarios – Primary

1 – You like a girl/boy at school and build up the courage to ask them out. They say no and you hear them tell their friends and laugh about it with them. You feel embarrassed and hurt. Who could you turn to?

2 – Your parents are constantly arguing at home. When you go to bed at night you hear lots of shouting, screaming and crying. You lie in bed so quietly, so they don't know you're awake. You feel worried, upset and unsure about what this means. Who could you turn to?

3 – You are being bullied at school. A group of other pupils are calling you names in the playground and throwing things at you when you walk by. You feel hurt and alone. Who could you turn to?

4 – Your older brother has a friend round to your house a lot. They play computer games in his room but when he comes to get a drink in the kitchen, he always touches your face and asks for hugs and makes you feel really uncomfortable. You feel worried and confused. Who could you turn to?

5 – You are in a busy shopping centre with your family. You spot something you like in a shop window and stop to look. When you turn around you can't see any of your family. You call for them and run through the centre but can't see them anywhere. You are frightened and worried. Who could you turn to?

6 – You are walking home from school and a car pulls up. Someone you don't know is inside and offers you a lift. You say no and they drive on. The next day, they stop again and tell you they are going that way anyway, so you'd get home faster if you jumped in. You say no again and the car drives off. The rest of the week you see the car when you are walking home from school. You feel worried and scared. Who could you turn to?

7- You have noticed your best friend not wanting to spend time with anyone anymore. They aren't replying to your messages or meeting up with everyone at the weekend. You notice at lunchtime they are very quiet and don't seem to be eating their lunch. Who could you turn to?