



Activities for ages 14+

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Activity 1: Live streaming – test your parent or carer!

- Read the article on live streaming on the Thinkuknow website – www.thinkuknow.co.uk/14_plus/Need-advice/live-streaming.
- There are plenty of apps built specifically for live streaming, but lots of social media apps, such as Instagram, have developed live streaming functions too.
- Use your phone to take screen shots of the logo of some live streaming apps (or apps such as Instagram that have live streaming as well as other features). Try to do at least five apps that you think are the most popular. This could be with people your age or who are younger than you.
- Test your parent! Show them your screen shots of the app logos (make sure the name of the app isn't included!). How many of the logos can they name?
- Afterwards, talk to your parent about what you learned from the live streaming article. What are the positives and what are the risks? Talk about why you think young people live stream and what you think are the most important things to be aware of in order to have a positive live streaming experience.

Activity 2: Pressure online

- One of the risks with live streaming is that young people can feel under pressure to do certain things especially, for example, if there is more than one person watching the stream who is pressurising the young person.
- Read the article about pressure online on the Thinkuknow website – www.thinkuknow.co.uk/14_plus/Need-advice/dealing-with-pressure-online.
- Think about the advice in the article on how to respond to pressure online. One piece of advice is to walk away and give yourself some space. Another is to trust your instinct and #listentoyourselfie if something doesn't feel right.
- What would your own #hashtag advice be for young people? Try to think of three examples, and present them to your parent or carer, or a friend. Discuss why you have chosen each one and, together, pick your favourite.

About Thinkuknow

Thinkuknow is the online safety education programme from the National Crime Agency. You'll find lots of support and advice for teens at www.thinkuknow.co.uk.

CEOP reporting: Young people can report to CEOP if they are ever worried about sexual abuse online. A specialist child protection worker will contact you to help you. They will not blame you in any way. Visit www.ceop.police.uk.