







Connect Safely Programme 12-18 years

Connect Safely is an online safety programme which promotes safer use of digital resources, equipping young people with the skills to safely benefit from being online. It also empowers young people to safely participate in their online communities as positive digital citizens.

The programme is suitable for young people aged 12-18 years. It covers topics such as cyberbullying, privacy settings, screen time and well-being, gaming and gambling, sexting and online relationships. More topics can be seen in the graphic below. The programme can be facilitated in person, online or through a blended approach and can be used in all youth work settings.

Introduction Cyberbullying The Good, Digital Footprint, the Bad and **Screen Time** the Safety Well-Being Digital Citizenship, **Digital Resilience** Ready **Privacy** Settings Fake News and Player One and **Hate Speech** Leadership

Exploring FOMO: Life Behind the Live 10
A Brief Enquiry into Online Relationships

11 Sexting **12** Evaluation

Training

The in-person and online training is interactive, using experiential learning techniques to equip participants with the skills needed to facilitate the programme with young people aged 12-18 years.

Training takes place as a full-day in-person session or as two half-day online sessions.

Training Outcomes

Following the training, participants will be able to:

- Explain research in relation to online safety
- Describe an overview and aims of the programme
- Facilitate the Connect Safely Programme with young people

On completion of the training, participants will receive a facilitators manual and access to an online portal developed specifically for the programme.

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