

Film guide

This film looks at what action a young person can take if they come across something inappropriate or upsetting online. Sami finds himself in an unwanted situation where an innocent online search ends with him seeing something inappropriate. With the help of a friend, we learn that telling someone and asking for help is always the best action to take.

Before playing the film start by thinking about what is meant by 'action' online and the importance of taking positive action. The starting points 'action' and 'inappropriate content' in the toolkit will help this discussion.

 **Play the film**

 **Pause and discuss**

★ **What should Sami do next?**

Sami has been given some great advice. He should listen to Trey and tell an adult they know and trust about what has happened. This could be the teacher we see at the end of the film or someone else like a parent or carer at home. If Sami doesn't feel comfortable speaking about the situation, he could write down what's happened in a note or ask Trey to help him explain.

★ **Why is this 'action' the right thing to do?**

The things Sami saw online are making him feel uncomfortable and unhappy. It's important that he gets help and support. The sooner he speaks to an adult about what he's seen, the sooner they can work together to make things better.

★ **What could happen if Sami chooses not to tell anyone?**

Sami is already upset and the longer it takes him to get help, the longer he will feel this way. We know that what he has seen is making it hard for him to concentrate and sleep – he does not have to be alone in this situation and speaking to an adult about what's happened will help him feel better.

★ **What other things can you do if you ever see anything inappropriate online?**

Find a way to stop looking. This could be turning the device or screen over, pausing a video or turning the screen off. Then always find an adult you know and trust to show or tell them what you have seen.

 **Play the rest of the film to show what happened next and repeat the key messages using the top tips on the final slide of the film.**

 **Extend your discussion:**

★ **When we take positive online actions, we are taking care of ourselves and others. Can you think of any ways you can take care of other people online?**

You can be a good friend by being kind and positive online. Try sending kind messages, raising awareness for a good cause, sharing your creativity online or using the internet to support a friend. If you see something upsetting or are worried about a friend online, you can help by telling an adult you know and trust or using the report tool.

★ **Thinking about our digital wellbeing is another way to take care of ourselves. What do you think is meant by this?**

Digital wellbeing means the way the internet makes us feel and thinking about this is important. The internet can be an exciting, inspiring place to be, but some things online can also make people feel upset or worried. We can take positive action by choosing online activities that make us feel happy and good, by treating other people online with kindness and by being sensible with the amount of time we spend online.