SESSION PLAN

Youth Group: Ages 10 to 16

Topic: Scroll Safe: How Social Media Links to Youth Violence

Learning objective:

- Help young people understand how social media can influence emotions and behaviour
- Explore how online drama can escalate into offline violence
- Encourage safe online habits and conflict resolution
- Empower young people to think critically about what they see, post, and share

Materials Needed:

- Emoji cards or printed expressions
- Scenario cards
- Poster paper or sticky notes
- Pens/markers

Icebreaker – "Emoji Reactions" (3 minutes)

Purpose: Set the tone and get them thinking about online feelings

Instructions: Show common social media situations and ask participants to respond with an emoji (they can act them out, hold printed emojis, or say them aloud).

Examples:

- Someone shares a private video without permission
- A fight gets filmed and posted online
- Someone posts a threatening message
- You get left out of a group chat on purpose
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Facilitator Notes:

Explain that emotions often run high online - and that can impact real life in dangerous ways.

How Social Media Plays a Role in Youth Violence (5 minutes)

Discussion:

- Ask: "Have you ever seen drama online turn into something serious in real life?"
- Then explain some common ways this happens:
  - Arguments online that spill into school or streets
  - Sharing violent or humiliating videos
  - Gang "repping" or challenges
  - Peer pressure to act tough or retaliate publicly
  - Doxxing or threats in group chats

Key Point:
What we post or share can have real-world consequences - even if we didn't start it.

Scenario Activity - "Online to Offline" (6 minutes)

Instructions: Split into small groups or pairs. Give each group a made-up scenario.
Examples:

- A fight is filmed and shared - now people are picking sides.
- Someone posts a rumour that leads to name-calling in school.
- You see someone in your year being pressured to fight on Snapchat.

Questions to discuss:

- What could happen next?
- How could this get out of control?
- What could someone do differently?

Feedback as a group. Help them see how stepping back, reporting, or reaching out for help changes the outcome.

Be the Change - Smart Posting & Conflict Control (4 minutes)

Tips for staying safe online:

- Don't share violent or humiliating content - even if others do
- Think before commenting - am I fuelling drama?
- Take screenshots of abuse and report it
- Unfollow, block, or mute accounts that stress you out
- Use private settings - control who sees what

Ask:

- "What are some things you could do differently next time you see drama online?"

Pledge or Poster (2 minutes)

Activity: "I Choose to Scroll Safe" Each young person writes one thing they'll commit to when using social media.

Examples:

- "I won't share fight videos"
- "I'll speak up if I see bullying"
- "I'll block negativity"

Stick them to a wall or make a "Scroll Safe" group poster.

Optional Follow-Up Ideas:

- Invite a youth digital safety speaker or police liaison
- Run a poster competition for online safety
- Share real stories (safely anonymised) of how online actions led to consequences