

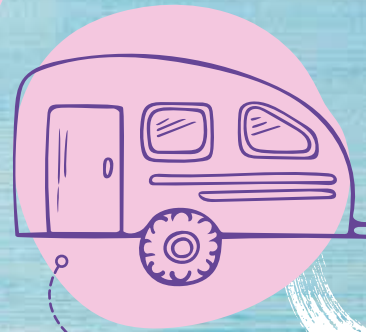


# Hands up, hands down

Help young people make good choices about what and what not to share online by creating a handful of information about themselves and talking this through with the group



Favourite book?



Holiday memories



## Suitable for all

### You will need

- A4 paper (one sheet per person) that's thick enough so that both sides can be used
- pencils, colouring pencils, crayons
- scissors (Supervise young people. Store sharp objects securely, out of the reach of young people.)

### Instructions

**1** Ask everyone to draw around their hand, wrist and forearm with a pencil onto a piece of paper.

**2** Next, everyone draws and writes everything that makes them unique inside their hand shape. This could include family, friends, pets, hobbies, school, interests, faith, holidays, books or anything else that's important to them. If there are any gaps, they could add patterns or coloured bands so the hand and wrist is completely full. Make sure they only write on one side of the paper.

**3** Once the hands are finished, ask everyone to carefully cut them out. Adult helpers and young leaders may need to help with the cutting.

**4** Everyone shows their hands to the group. Remind everyone that this is a safe space, and they can share this information if they feel comfortable. Ask one or two people who feel comfortable enough to talk through their hands and what the drawings and patterns mean.

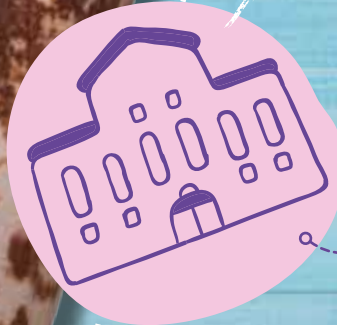
**5** Everyone turns their hand over to the blank side and draws or writes the information they would feel comfortable sharing online with someone they don't know. For some people this might be nothing, for some it might be their first name or a gaming name and basic information like their age. Support the young people to decide, based on age and experience.

**6** Everyone sits in a circle with their cut-out hands. Have a discussion about the activity and how it reminds everyone that although we have complex, busy lives, we don't have to share everything with everyone. We can decide what to share and with whom. Ask the group what would happen if someone they didn't know or someone online asked them a personal question, such as where they live or what their phone number is. Let them know it's OK to say no if someone wants to share some information or a picture of you online, and if someone asks you not to share their information or photos, that's OK too. Anyone can say 'no' politely and firmly, or check with a trusted adult if they're not sure.

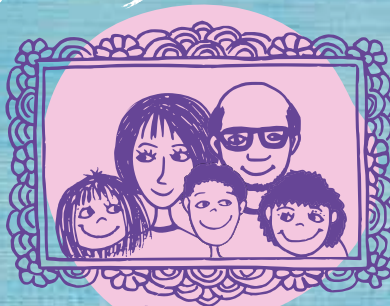




Name of your pets



What school do you go to?



Tell us about your family



What are your hobbies?

## Online Safety

Supervise young people when they're online and give them advice about staying safe. For more guidance go to [scouts.org.uk/staysafe](https://scouts.org.uk/staysafe) and [nspcc.org.uk/onlinesafety](https://nspcc.org.uk/onlinesafety). For guidance on bullying go to [nspcc.org.uk/bullying](https://nspcc.org.uk/bullying). If you've got concerns about a young person's welfare (including online experiences) go to [archive.scouts.org.uk/media/996788/Yellow-Card.pdf](https://archive.scouts.org.uk/media/996788/Yellow-Card.pdf).

## Time needed 30 minutes

### Badge



Nominet partners the Digital Citizen Staged Activity Badge

### Partner



### Outcomes

Young people will be supported to understand when it's not OK to share personal information with others online, and that there are things they might be happy to share in real life that they might not want to put out there for everyone to see. They will draw 'handfuls' of information to help them think about what they want to share and what to keep private.

### More information

For more badge resources and activities go to [scouts.org.uk/supporters/nominet](https://scouts.org.uk/supporters/nominet).