



Let's practise: Online relationships



Good Things
Australia

Introduction



As a digital mentor, one of the best ways to build your skills is to practise how you would handle real-life situations. This resource contains a practical scenario designed to help you and your learners navigate the digital world with confidence.

If you are training to be a mentor, you can use this story to test your own knowledge and think about how you would respond. If you are supporting a learner, you can read this story together to start a friendly conversation about online safety and practice the steps needed to stay secure.

Introduction



Please note that this activity only looks at one specific topic, but you can easily use this exact same format to create your own practice stories.

If there is a different digital skill your learner wants to focus on, simply keep the same structure and swap in your own scenario and conversation starters to match their needs.

Activity

What this activity focuses on:

Learning how to set personal boundaries and recognise warning signs in an online friendship or relationship.

Scenario: The generous new friend

You are working with Sarah, who has made a new friend on a mobile gaming app. Sarah tells you this friend is wonderful and listens to all her problems. However, the friend has started asking Sarah to send photos of her bedroom to see what it looks like.

The friend also asked Sarah not to tell other people about their chats because "they would not understand our special friendship."

Mentor practise and discussion prompts

Test yourself

Which two major warning signs are present in this story? (Answers provided on the next slide, but give it a go yourself first).

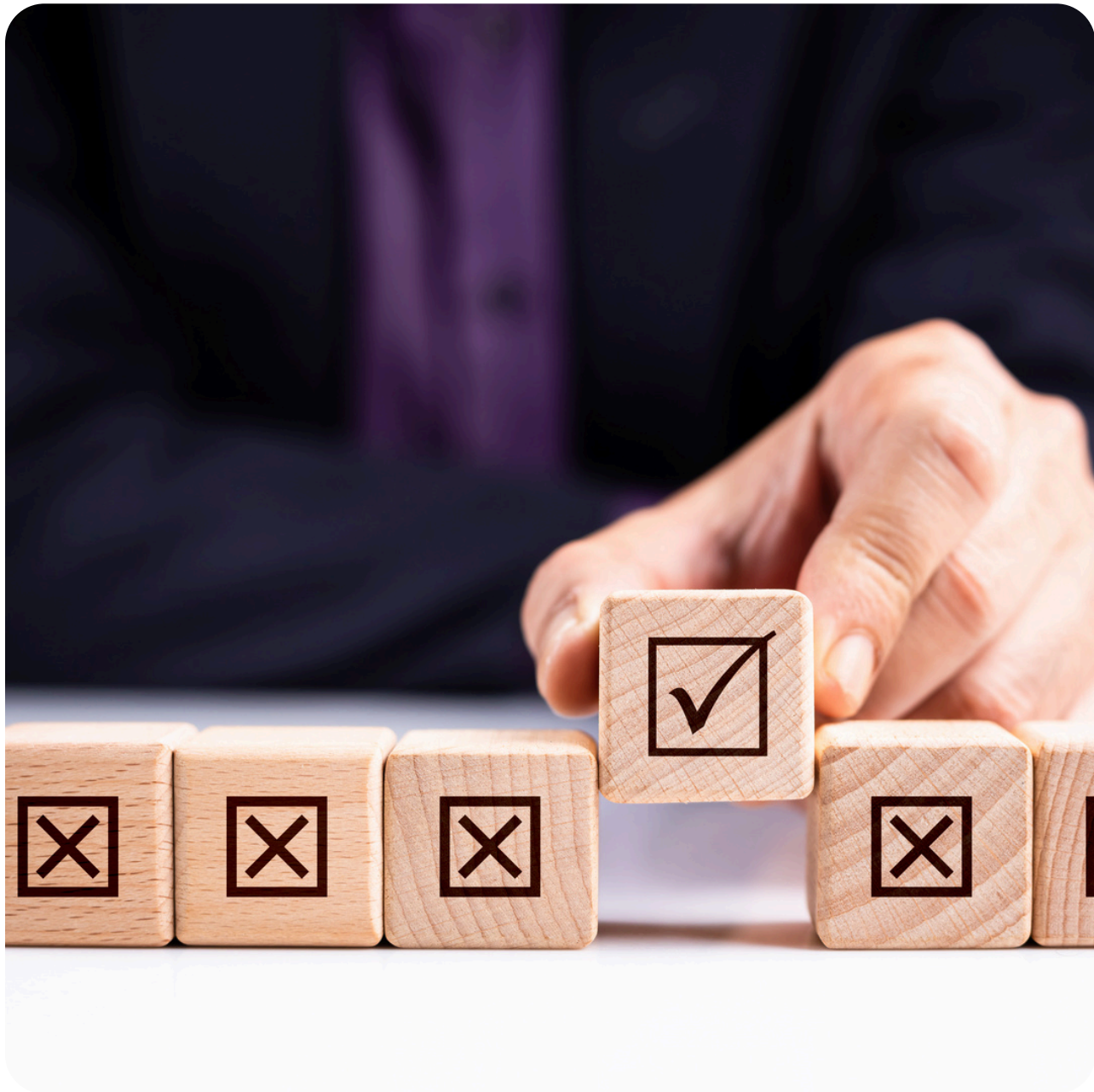
Teaching activity

Use this story to start a conversation with Sarah about digital boundaries. What simple phrases can you teach Sarah so she feels confident saying "no" to these requests?

Action step

Practise showing Sarah how to block or mute someone on her favourite app. Explain to her that it is always okay to stop a conversation that makes her feel uncomfortable.

Test yourself: Answers



- The request for private photos of her home
- The pressure to keep the relationship a secret from others