

Keeping control: Protecting Ourselves Online

Losing control of images, identifying flattery
and managing our self-esteem and
confidence

Watch NSPCC Video

“Lucy and the Boy”



<https://www.youtube.com/watch?v=kwcL-VP3FYc>

Lucy and the Boy

Q.
Why was Lucy enjoying chatting to this stranger ('Superb0y') online?

- A.**
- She likes to share things
 - It was exciting
 - He flattered her
 - He made her feel special

Lucy and the Boy

Q.

How could Lucy tell that Superb0y was her age?

A.

- He wasn't!
- She couldn't tell, because he lied on his profile and probably had a fake picture
- You can say anything on the internet

Lucy and the Boy

Q.

What were the warning signs, which Lucy should have spotted?

A.

- He asked about her pants
- He was giving inappropriate compliments
- He was flattering her
- He was a stranger, but he wanted to meet up in real life

Lucy and the Boy

Q.

What advice would you give to Lucy?

A.

- Tell her parents/carers
- Don't give away personal information
- Look out for warning signs
(flattery, inappropriate questions)

Types of flattery/manipulation...

Some types of flattery are based on your appearance, whilst some is based on your personality, the things that you say and the things that you do...

Which do you think is more important?

Is being flattered a good thing, or bad?

We all like to hear nice things about ourselves

But what if someone is only complimenting the way we look?

What might be the problem here?



<https://www.pexels.com/photo/standing-man-on-seashore-taking-selfie-1437864>

<https://www.pexels.com/photo/girl-lying-on-yellow-flower-field-during-daytime-160699/>

More than looks...

It's ok to look good, so long as it isn't the only thing that you care about...

There are many parts of your personality, and you have many skills. These are important too.



<https://www.pexels.com/photo/woman-in-brown-scoop-neck-long-sleeved-blouse-painting-933255/>

<https://www.pexels.com/photo/three-women-playing-soccer-game-685382/>



You are an amazing
person



Personality



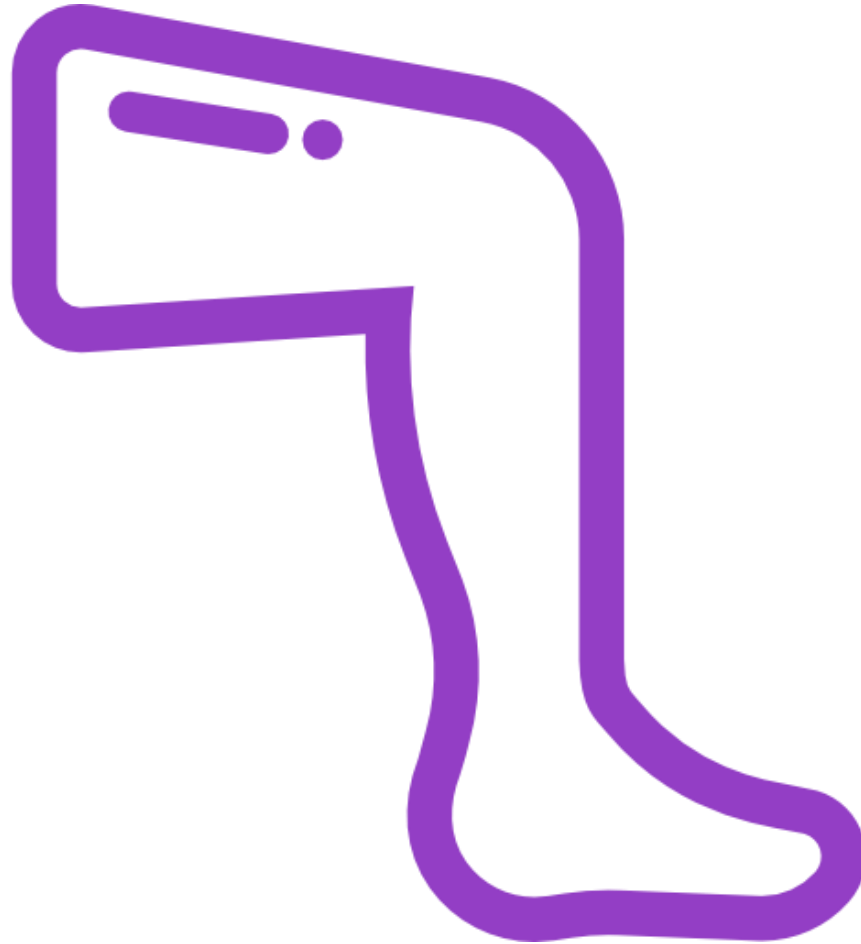
Wow you are beautiful



Looks/appearance



Your body looks
good



Looks/appearance

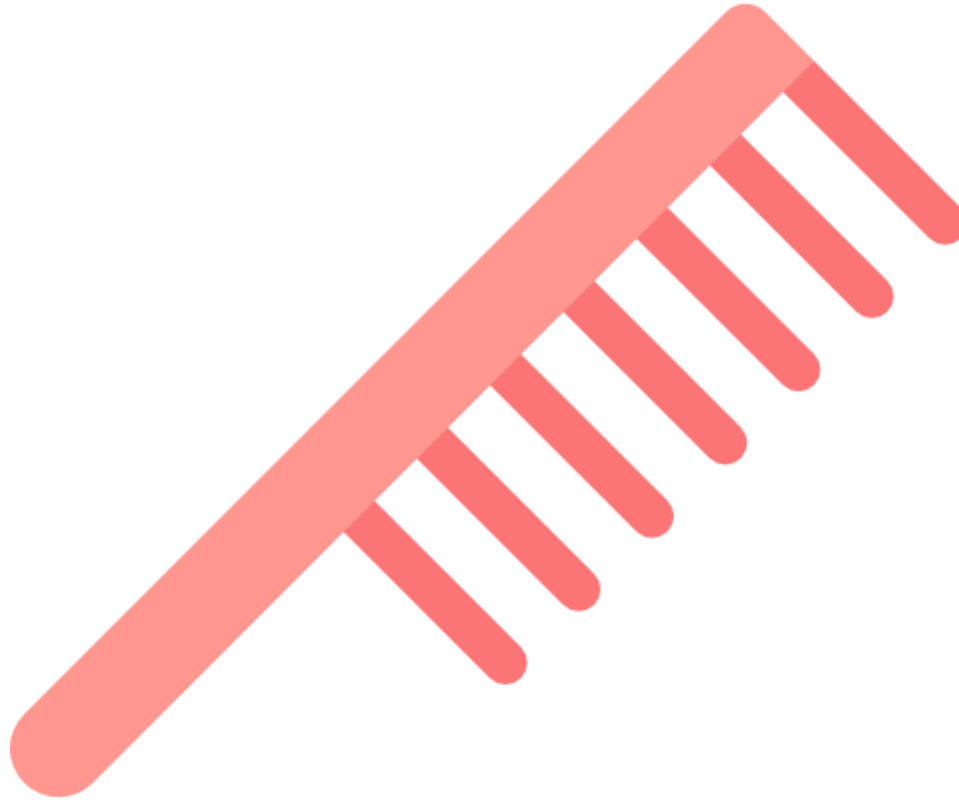


You are really kind

Personality



Your hair is really cool



Looks/appearance



You have really good ideas



Personality



You look so strong



Looks/personality



You look like a model



Looks/appearance



You make me really happy



Personality



You are very thoughtful



Personality

More than looks...

If someone focusses on your looks alone, this is a danger sign.



They might be trying to **manipulate** you!

Manipulation tactics

How was Lucy being Manipulated?



<https://www.youtube.com/watch?v=kwcL-VP3FYc>

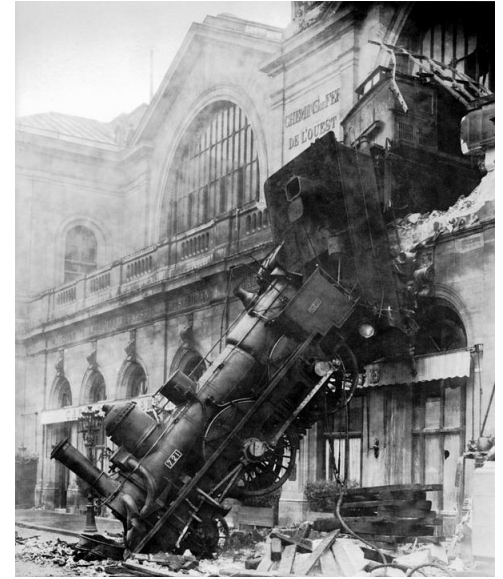
<https://www.pexels.com/photo/brown-wooden-mouse-trap-with-cheese-bait-on-top-633881/>

Sometimes we do silly things

Sometimes we make mistakes

This is ok!

You just have to learn what to do when things go wrong....



What can be done?

Who should I tell?

Is it my fault?