

The following plan is a suggestion of how to run your own Surf Smart training for leaders.

It is not essential for leaders who would like to deliver the Surf Smart programme to attend a training event. However you may find that running a training event for leaders is a great way to encourage and engage leaders in the programme, and make sure they feel confident in running Surf Smart with their group.

Session time: 3 hours (you can decide to shorten the session, according to the time you have available).

No. of participants: 12- 18 people is the suggested number for this training

OBJECTIVES:

By the end of this training session participants will:

- Experience delivering and participating in activities from the three themes of the Surf Smart Programme: Connect, Grow and Respect.
- Receive feedback and support on delivering Surf Smart activities
- Feel confident in running Surf Smart with their group

Time	Content	Method/ process	Materials
5 mins	Icebreaker	If the group you are working with do not know each other, include an ice breaker at the beginning of the session to welcome participants, allow them to get to know each other and feel comfortable in a new environment with new people.	
5 mins	Introduction to Surf Smart	Introduce the Surf Smart programme: PowerPoint slides 1- 5	PowerPoint presentation & projector
15 mins	Adult internet safety Guidance	PowerPoint slide 6. Ask participants: <i>Does anyone already have a policy you use for any of these topics? Does your Member Organization? Would it be useful to improve or expand the policies you use day to day?</i> If you have time you may want to include the following activity: Divide training participants into small groups, each focusing on one of the areas covered in this slide. Ask them to discuss the ideas suggested on pages 38 & 39 of Surf Smart on their topic. Ask them to agree a policy that could be used in their own context, and present this to the rest of the group in a creative and engaging way – for example as a public service announcement on television.	Paper, pens and a copy of the Surf Smart programme for each group

Time	Content	Method/ process	Materials
5 mins	Split groups	<p>Split the large group into three smaller groups: Connect, Grow and Respect.</p> <p>Use an energising game to split the group into smaller groups to keep participants engaged! For example if you have 18 people in your group, cut the words Connect, Grow and Respect into 18 pieces of paper and distribute to everyone. Participants need to find the rest of their team members according to the colour of their letter. Once they have found all their team members, they should put the letters together to spell out their team name:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 2px;">C</div> <div style="border: 1px solid black; padding: 2px;">o</div> <div style="border: 1px solid black; padding: 2px;">n</div> <div style="border: 1px solid black; padding: 2px;">n</div> <div style="border: 1px solid black; padding: 2px;">e</div> <div style="border: 1px solid black; padding: 2px;">c</div> <div style="border: 1px solid black; padding: 2px;">t</div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin: 10px 0;"> <div style="border: 1px solid black; padding: 2px;">P</div> <div style="border: 1px solid black; padding: 2px;">r</div> <div style="border: 1px solid black; padding: 2px;">o</div> <div style="border: 1px solid black; padding: 2px;">t</div> <div style="border: 1px solid black; padding: 2px;">e</div> <div style="border: 1px solid black; padding: 2px;">c</div> <div style="border: 1px solid black; padding: 2px;">t</div> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 2px;">R</div> <div style="border: 1px solid black; padding: 2px;">e</div> <div style="border: 1px solid black; padding: 2px;">s</div> <div style="border: 1px solid black; padding: 2px;">p</div> <div style="border: 1px solid black; padding: 2px;">e</div> <div style="border: 1px solid black; padding: 2px;">c</div> <div style="border: 1px solid black; padding: 2px;">t</div> </div> <p>Groups should be made up of 4- 6 people. Give each group two activities to prepare from each of the three themes e.g.</p> <ol style="list-style-type: none"> 1) CONNECT...positively online: You could try: "What it means for me" or "Block It" 2) PROTECT... yourself from online risks You could try: "Show it off", "Avatars" or "It's what you know" 3) RESPECT...your rights and reputation online You could try: "Stop that Post!", "Cyberfriends" or "Digital Footprint" <p>The groups should further split into either pairs or threes and select an activity to prepare. Each group should have a copy of the Surf Smart programme to work from.</p> <p>NOTE: The suggestions are activities that would fit most comfortably in a training setting and give a flavour of the activities in that section. However if you prefer other activities, please use those and depending on time you may decide to do one activity from each section instead.</p>	Copies of Surf Smart programme

Time	Content	Method/ process	Materials
15 mins	Preparation time	Give everyone 15 minutes to prepare the activity in their pairs/ threes that they will deliver to the rest of the large group. Everyone should have a role to play in facilitating the activity they are preparing.	Any materials needed for the activities
35 mins	CONNECT activities	<p>Bring participants back together into the large group. Ask the group 'CONNECT' to lead the 2 activities from their theme with everyone (15 minutes per activity). After the activities, spend 5 minutes discussing the following reflection questions:</p> <p><i>What were the key learning points from the activity?</i> <i>Did the participants enjoy the activity?</i> <i>Did the leader enjoy the activity?</i> <i>Is there anything you would do differently next time/with a different group?</i></p> <p>NOTE: Make sure only those leading activities have a copy of the Surf Smart programme- everyone else should actively be participating in the activities!</p>	Any materials needed for the activities
10 mins	BREAK		
35 mins	PROTECT activities	Ask the group 'PROTECT' to lead the 2 activities from their theme with everyone (15 minutes per activity). After the activities, spend 5 minutes discussing the reflection questions (See above).	Any materials needed for the activities
35 mins	RESPECT activities	Ask the group 'RESPECT' to lead the 2 activities from their theme with everyone. (15 minutes per activity) After the activities, spend 5 minutes discussing the reflection questions (See above).	Any materials needed for the activities
10 mins	General questions	<p>Now participants have had the opportunity to try out activities from each of the 3 themes, invite the group to share key learning and discussion points or any general questions, ideas or comments they would like to share.</p> <ul style="list-style-type: none"> • Do leaders feel confident in running the Surf Smart programme with their group? • Address any concerns they may have and problem solve any questions that arise as a group. 	Slide 8
10 mins	Internet Safety Promise	Invite participants to write their own internet safety promise. Give participants 5 minutes in a quiet space to write their promise. Bring the group in a circle and in turns ask each participant to share their promise.	Paper & Pens