

Teacher's instructions:

Dangers of social media and where to get help (Primary school)

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Someturva's message for the teacher

More than half of the Finnish schoolchildren experience bullying or harassment online. In addition, a recent School Health Promotion (SHP) study shows that more than half of the girls have experienced sexual harassment online.

The risks that social media pose to the well-being of schoolchildren concern not only every parent, but also the adults in the field of education.

Someturva has been developed to provide low-threshold help for children and young people who would otherwise struggle alone with difficult situations and even crimes.

Someturva team



Content of the lesson

- Introduction: example of a bullying case and discussion based on it
- Show a video about bullying and harassment online
- Logging in to Someturva and getting to know the service



Introduction: Read or let the pupils read the story below about a bullying case

"I use Snapchat every day to chat with friends and share my daily life. I have a lot of friends there and I also follow a lot of people there myself.

However, one day I noticed that my account had been stolen. I only noticed it when I tried to log in. Soon I found out that my classmate had somehow figured out my password. They had shared the account details with others at school and they had decided to "prank me a bit". They posted some really shocking pictures of me on my story for everyone to see. They also sent really embarrassing and gross messages to my friends.

This made me feel really awful. Especially because I thought they were my friends. This thing bothers me all the time, and I haven't been able to sleep well. Going to school seems difficult, and I've been scared about how all my friends at school will react to me. I'm afraid that some of my friends might think I sent those disgusting myself.

I haven't had the courage to tell anyone about this yet. I've been thinking what I could do about this now..."

Discuss the case with your students:

- Could the story be real?
- How did it make you feel?
- What would you do in this situation?
- Where could this person get help?

Tell them that bullying is always wrong and that in our school you can seek help if you see or experience bullying.

- You can also tell the students that in the case example the classmates may have even committed a crime. The crimes in question could be, for example, identity theft (*identiteettivarkaus*), defamation (*kunnianloukkaus*) and data breach (*tietomurto*).



Show a video about bullying and harassment online

- ① Show pupils a 12 min video titled "Kiusaaminen ja häirintä somessa" (English subtitles)
 - [Video on YouTube](#)
- ② Discuss bullying and harassment on social media using the questions in the video.
 - You can pause the video for the discussion.



Get to know the service: activation video

Set aside 10 minutes of the lesson to familiarize yourselves with Someturva. You can use the activation video and the following slides to help students learn:



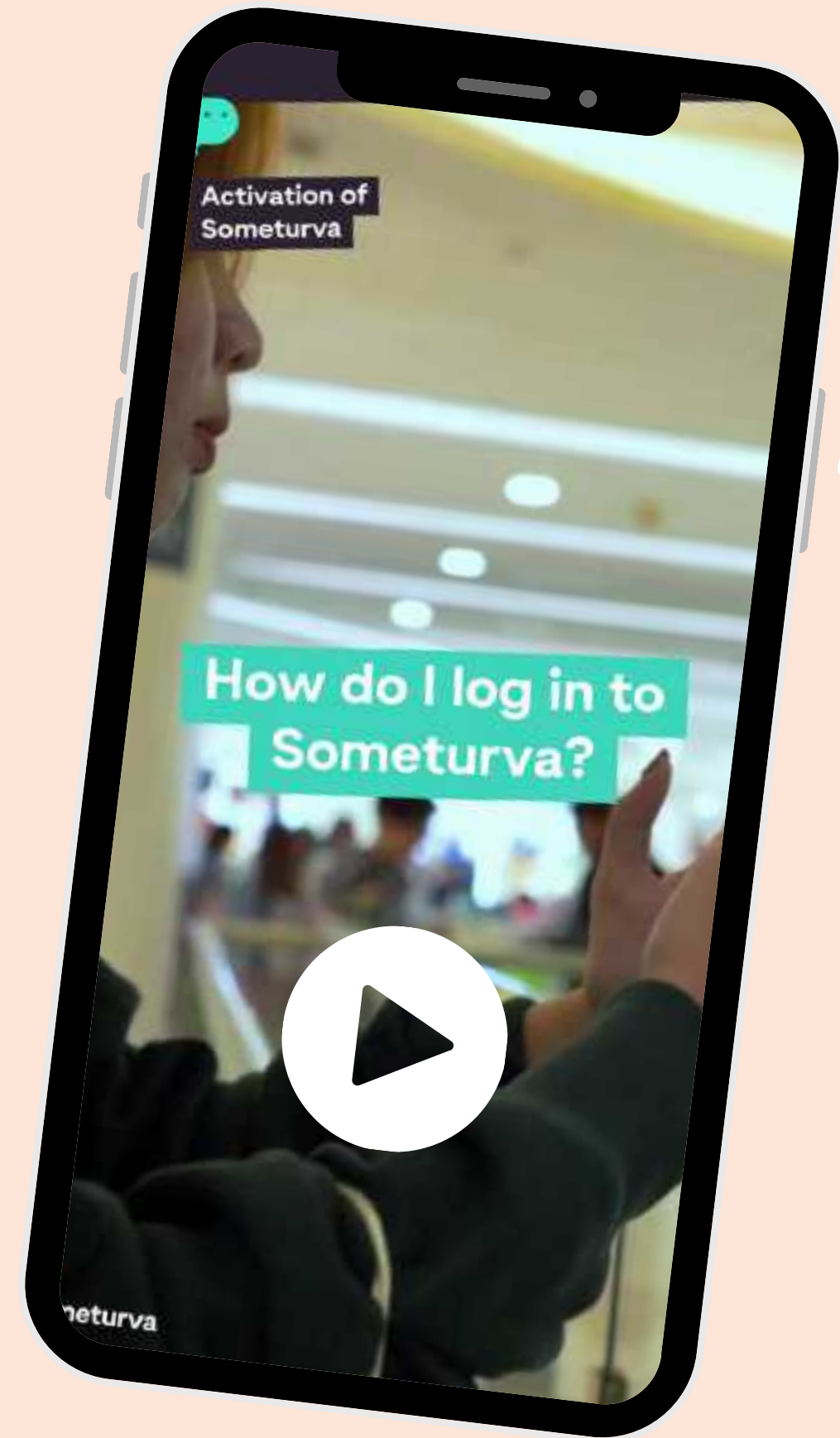
How to activate Someturva for yourself



How to test the service



How to ask for help from Someturva



Watch the
activation video
here!

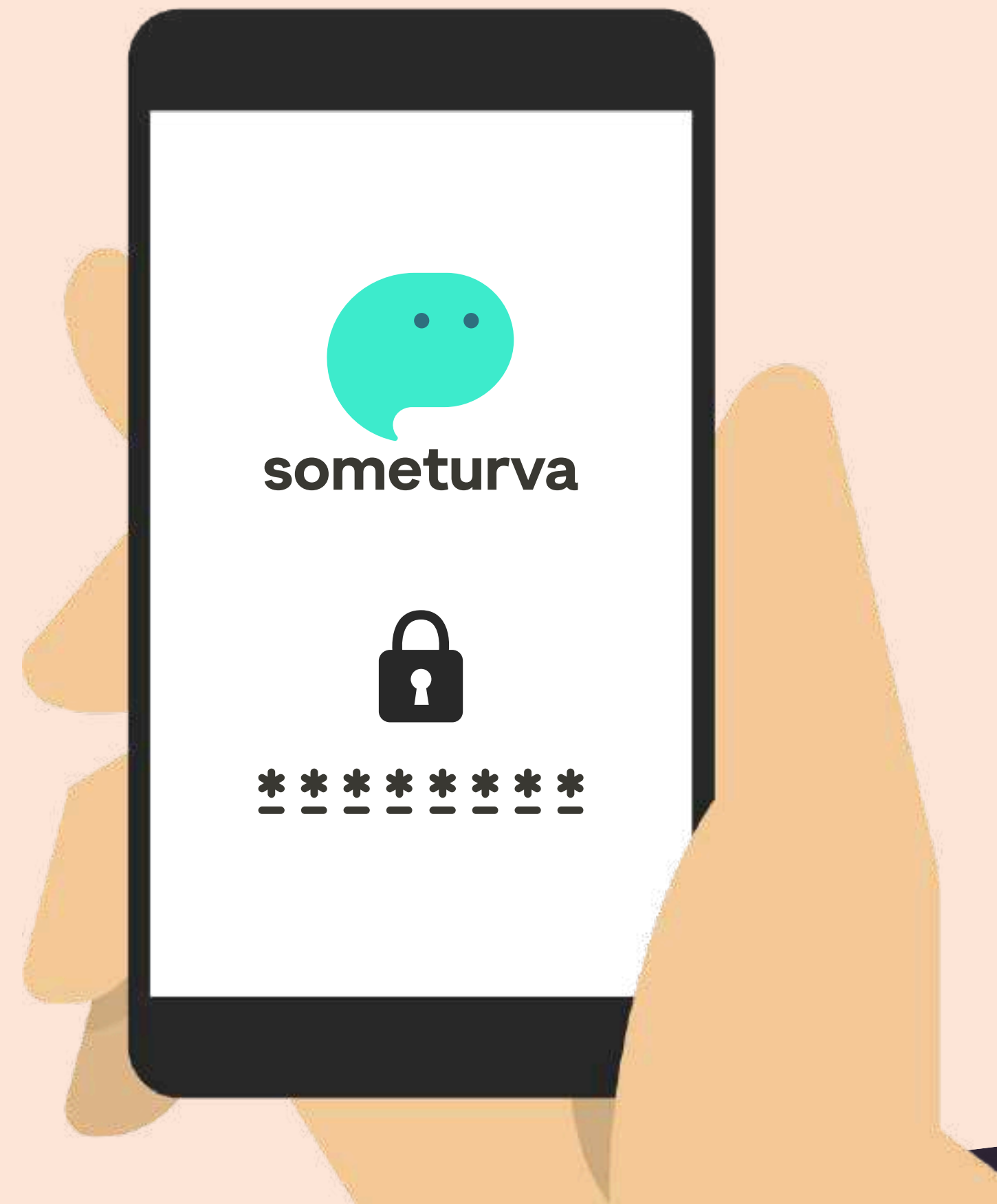
Getting to know the service: activation code

① Show pupils the school-specific activation code

- Log in to Someturva with the activation code you have received from the principal or in a training webinar.
- Get the school-specific code for your pupils from Someturva's resource bank.
- To access your municipality specific resource bank: log in, open the menu in the top right corner and tap "Resource bank".

❓ What is an activation code?

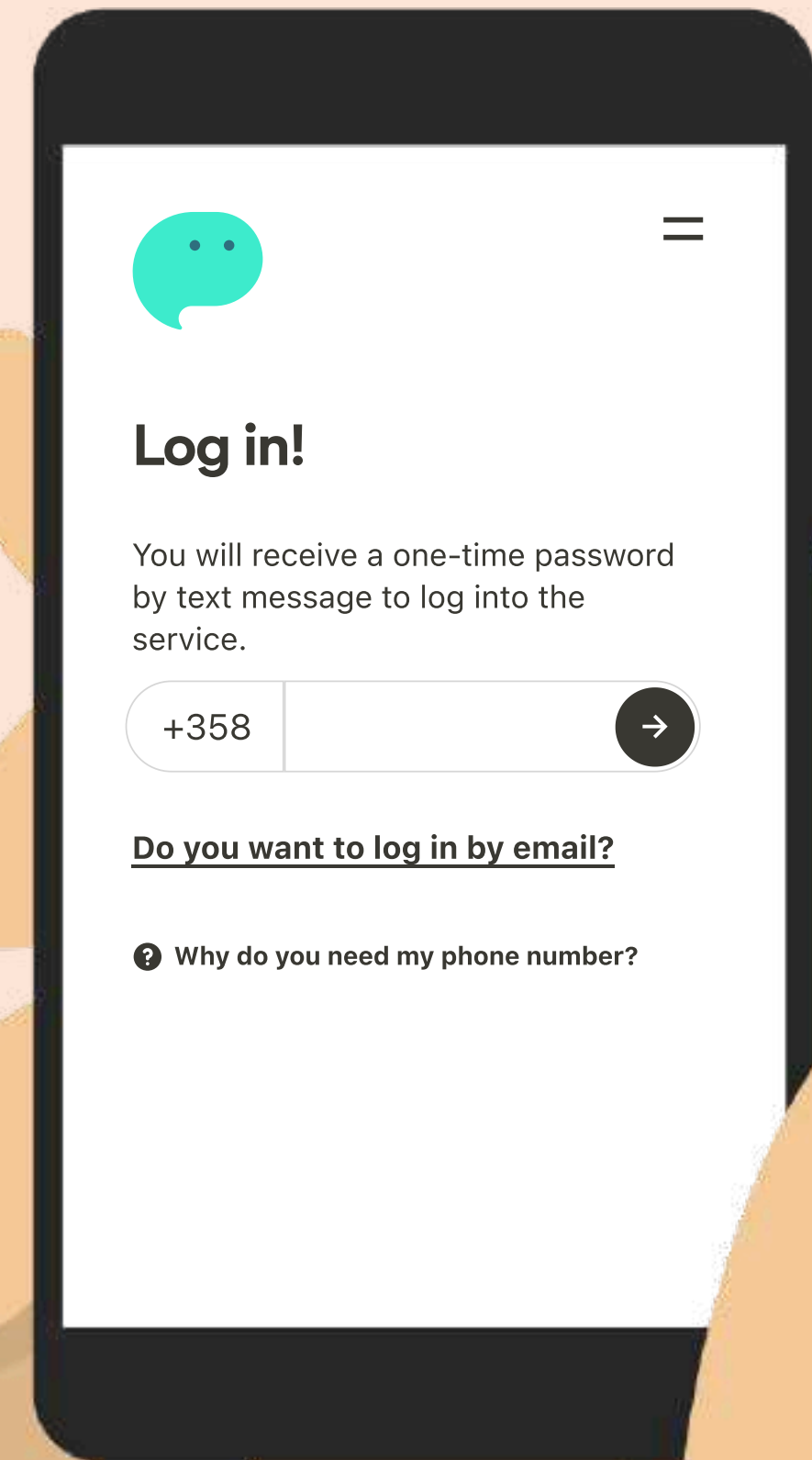
- Activation code is an 8-digit code that gives you access to the service.
- Activation code is only needed to activate the service, i.e. when you log in for the first time.
- Remember that teachers use a different activation code than pupils.



Getting to know the service: login

② Help pupils to log in to the service

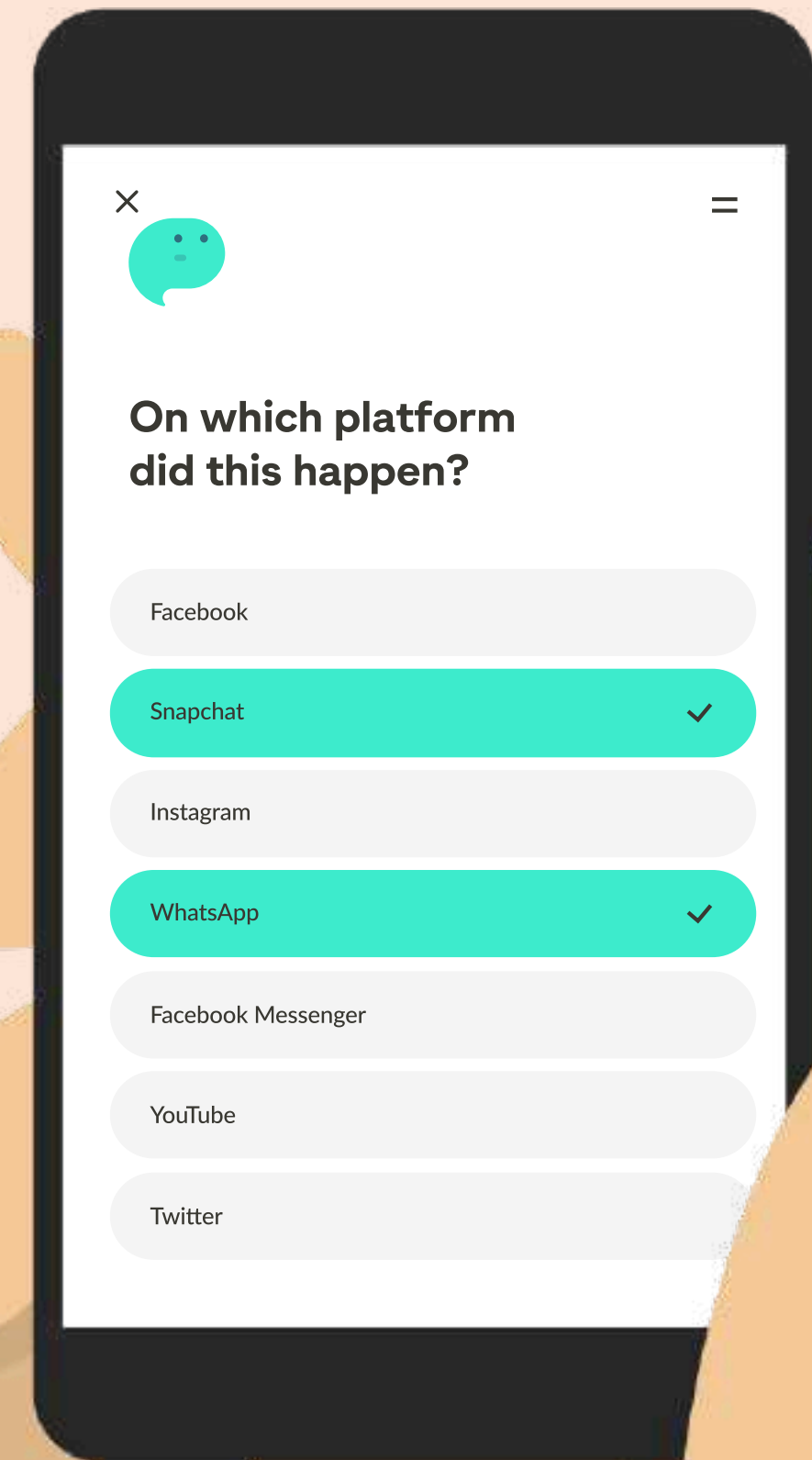
- At the end of the lesson, give the pupils the opportunity to activate the service. You can show them the login instructions from the slide 10.
- One can log in to the service using either their own phone number or email. We recommend that pupils log in with their phone number. This is the best way to ensure that messages related to a case they report reach them.
- Once the service has been activated, one can forget the activation code and log in without it.
- Tell the pupils that activating and testing the service is voluntary. If necessary, tell them where they can find the activation code later. You can put the activation code in a visible place in the classroom.



Getting to know the service: testing

③ Test report

- After signing up, you can get to know the service by submitting a test report on the application.
- When pupils are familiar with the service, the threshold for seeking help in a difficult situation is lower.
- You can test the service by tapping "**Test the service!**" after logging in.



The image shows a hand holding a smartphone. The screen displays a form titled "On which platform did this happen?". At the top left is a close button (X) and a speech bubble icon. At the top right is a menu icon (=). The form contains a list of social media platforms: Facebook, Snapchat, Instagram, WhatsApp, Facebook Messenger, YouTube, and Twitter. Snapchat and WhatsApp are highlighted in teal and have a checkmark on the right, indicating they are selected. The other platforms are in light gray.

On which platform did this happen?

Facebook

Snapchat ✓

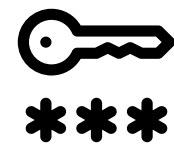
Instagram

WhatsApp ✓

Facebook Messenger

YouTube

Twitter



How to log in

1

Go to the address **palvelu.someturva.fi**

You don't need to download anything from an app store.

2

Log in with your phone number and a one-time password

You will receive a new one-time password each time you log in. If you don't have your own phone, you can log in with an email address.



Even if you log in with a phone number, you can always ask for help anonymously and confidentially.

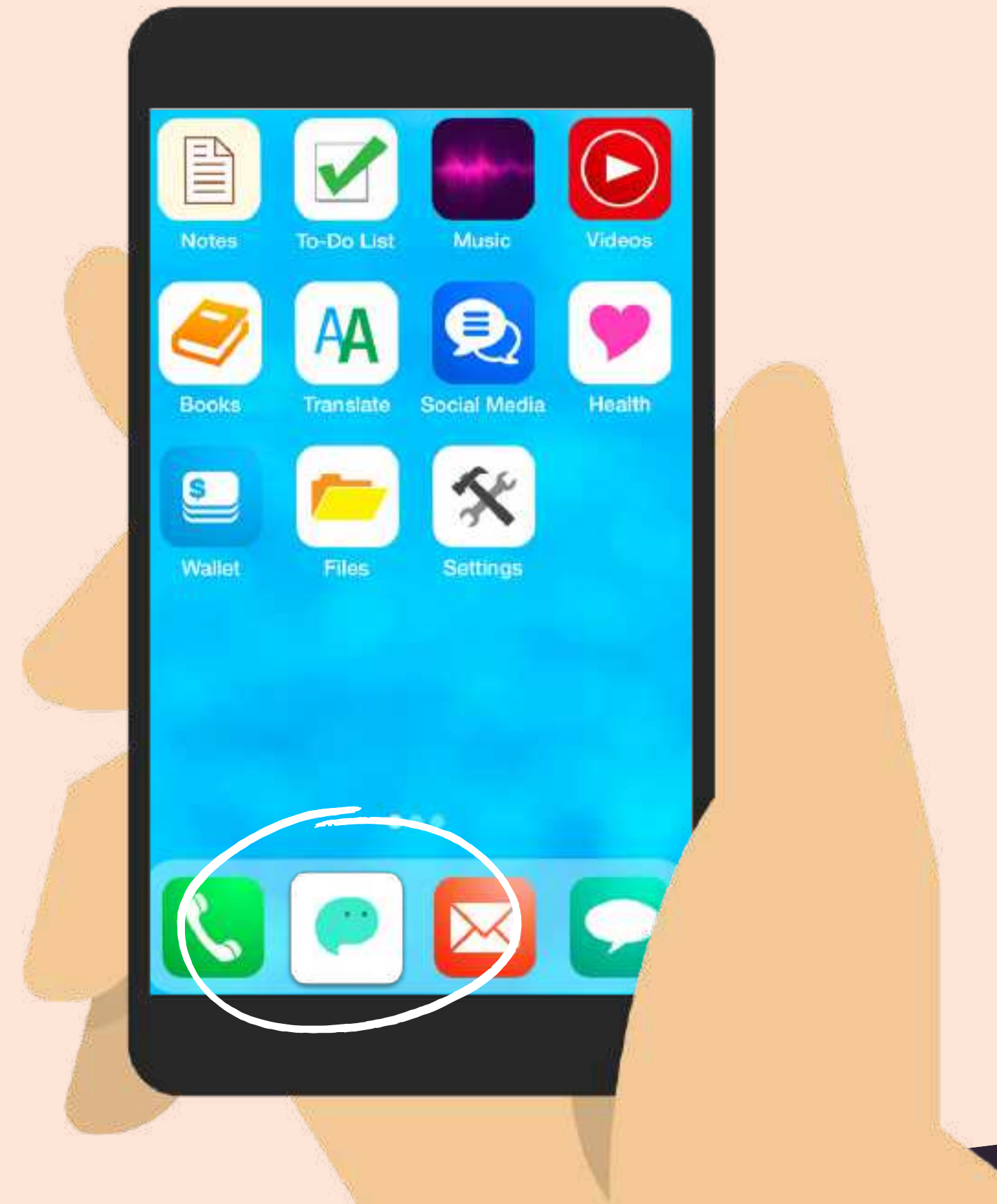
3

First login: activate the service with your activation code

Once you have entered the activation code, you no longer need it.

Add the service on your home screen

- It's a good idea to advise the pupils to save the web app in their phone's home screen or add it to their browser bookmarks.
- This ensures that help is always just a click away!



Thank you!

If you have any questions, please contact us.

You can send us an email, start a chat on the website and web app, or call us.
See also our FAQs.

✉ info@someturva.fi

☎ **+358 50 505 3134**

