

# ASSEMBLY PACK

Supporting young people to  
navigate social media safely  
and prevent violence

# QUIT FIGHTING FOR LIKES



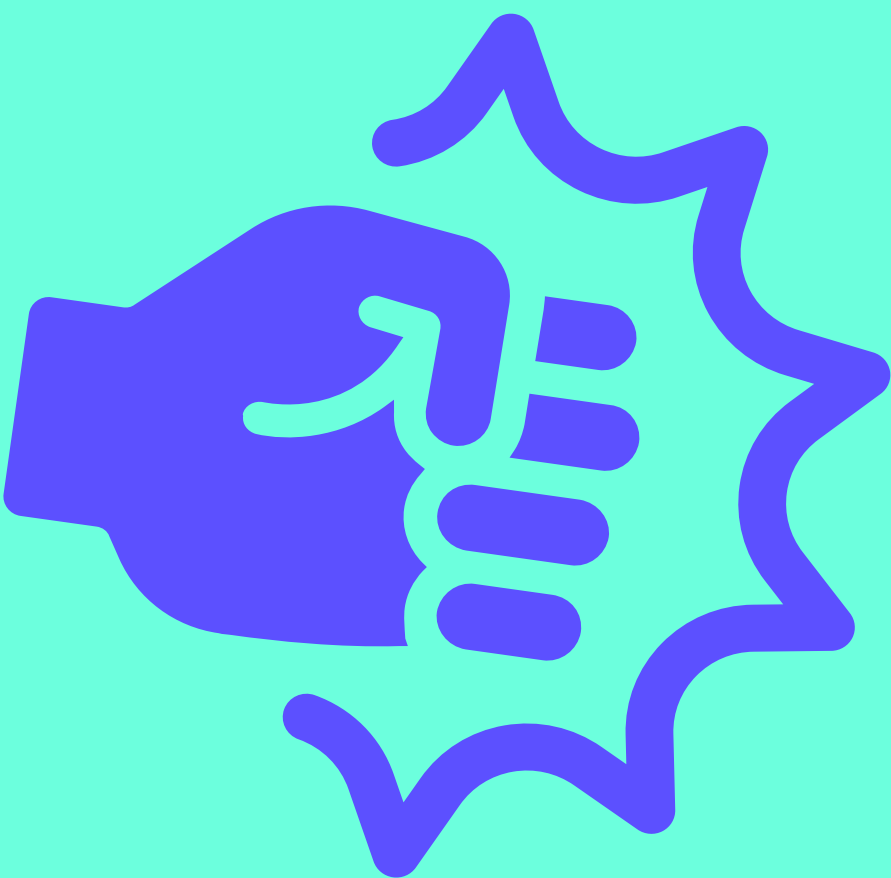
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[QuitFightingForLikes.scot](https://QuitFightingForLikes.scot)

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## **Aims:**

- To understand the 'Quit Fighting for Likes' campaign message
- To be inspired to stop contributing to or sharing the spread of violence or bullying online.

## **Time:**

- 20 minutes

## **Outcomes:**

- Understand how to the risks associated with online behavior and the tools to navigate them safely.

## **Resources and Preparation: (Click the links to download the files)**

- Assembly PowerPoint
- Film '[Quit Fighting for Likes](#)' (if using separate from PP)

# Setting The Scene (Slide 1)

## 5 minutes

Start by asking students to share examples of how people might engage with or spread harmful content online, especially videos of fights or other violent behavior.

### Students might mention actions like

- sharing violent videos
- commenting on or liking fight videos
- encouraging others to watch them.

Write down these examples, either electronically or on a whiteboard. Then, ask students to think about their own online behavior and have a show of hands—those who have participated in these actions and those who haven't.

**Alternatively:** ask them to turn to the person next to them and say if they have been involved or not if they don't want to share publicly?

The key message here is that everyone has the power to choose how they engage online. We all make mistakes and sometimes make poor decisions, but it's crucial to reflect on how these actions affect others. It's never too late to change and promote positive online behavior. Even small, positive choices—like choosing not to like or share violent content—can make a big difference.

### WHY DO WE NEED TO DISCUSS SAFE SOCIAL MEDIA USE?

In recent times, there has been increased concern in the sharing of violent videos, including fights, on social media platforms. Coupled with the fact that we are spending more time online than ever before, it's crucial to address this issue.

### WHAT IS THE QUIT FIGHTING FOR LIKES CAMPAIGN?

Quit Fighting for Likes is a campaign developed under the Scottish Government's Violence Prevention Framework. The campaign focuses on the connection between social media and violence, with the goal of preventing violent behavior before it occurs and minimizing harm when it does.

The campaign includes school activities centered around the six Cs of online harm: **Content**, **Contact**, **Conduct**, **Contract**, **Cyberaggression**, and **Compulsion**. Understanding these concepts can support young people to navigate social media safely and to prevent violence.

## Campaign Film (Slide 2)

### 5 minutes

Explain we are now going to show a short film, that shows some common experiences of young people and what you can do to stop the spreading of violent videos online and quit fighting for likes.

#### Reflecting on the film:

- What was the message of the film?
- What measures did they take in the film to quit fighting for likes?

## It Starts With You! Be the Changemaker

### 5-10 minutes

- Online behaviour can have lasting impact on our lives- physical & mental health
- We are spending more time online than ever before
- We can't ignore it if we know that someone is doing something wrong online

#### In pairs- Ask students

- Why is it important to know how to be safe online?
- What's the impact of sharing videos of fights or violence?

#### Now share this scenario- A video of a fight or someone being attacked is being shared round...What can you do?

Think of 3 ways they can quit fighting for likes.

E.g: don't like/comment or share any nasty/threatening or violent content, unfollow, turn of notifications, report it.

## Conclusion: Who Can Help? (Slide 3)

5 minutes

**Action:** You will need to complete this slide before presenting with names/pictures relevant for your school as a trusted adult young people can speak to with concerns.

**Example:** Campus Officer, Guidance Teacher, School Youth Worker.

- You are in control of how you engage online and there are many things you can do to change how you engage online.
- If you have been threatened online or feel unsafe in any way, speak to a someone you trust.
- You could use this Slide to show who students can speak to report online harm or just speak about their concerns.

## Stay Safe & Informed Online with the 6Cs! (Slides 4/5)

Can leave this slide up

The 6Cs are here to help you understand the risks you might face online and how to handle them. Keep these in mind whenever you're online:

### 1. Content

**Disturbing or Harmful Content:** You might come across videos or pictures that are violent, scary, or upsetting. If something makes you uncomfortable, talk to someone you trust.

### 2. Contact

**Threats & Strangers:** If a someone you know OR a stranger messages you and it feels threatening or weird, tell someone you trust immediately.

### 3. Conduct

**Being Respectful Online:** Always be kind and respectful online. Don't share or engage in hurtful messages or posts. If you see someone being mean, report it or talk to someone you trust.

### 4. Contract

**Dodgy or Unsafe Agreements Online:** Be cautious of online deals or offers that seem too good to be true. They might manipulate you into making choices you wouldn't normally make.

### 5. Cyberaggression

**Dealing with Online Bullying:** Online bullying is never okay. If someone is being targeted, speak up or get help from someone you trust.

### 6. Compulsion

**Balancing Online Time:** It's fun to stay connected, but make sure to take breaks and balance your time online with other activities. If you find it hard to disconnect, reach out for help.

**REMEMBER: THE 6CS ARE YOUR GUIDE TO STAYING SAFE AND INFORMED WHEN ONLINE!**

# Quit Fighting for Likes Resource Library / Follow on Work

- Resource Toolkit
- Assembly Pack
- Peer Education Module
- E-Learning Module
- Upper Primary Toolkit

**For all Quit Fighting for Likes resources, visit**

[www.noknivesbetterlives.com/resources/quit-fighting-for-likes/](http://www.noknivesbetterlives.com/resources/quit-fighting-for-likes/)

## Other Resources

### **FEARLESS**

[crimestoppers-uk.org/fearless](http://crimestoppers-uk.org/fearless)

Fearless is an anonymous crime reporting service for young people. It also offers non-judgemental information and advice about crime and criminality.

### **INTERNET MATTERS**

[www.internetmatters.org](http://www.internetmatters.org)

Internet Matters supports parents and professionals with comprehensive resources and expert guidance to help them navigate the ever-changing world of child internet safety.

### **CHILDNET**

[www.childnet.com](http://www.childnet.com)

UK-based charity who empower children, young people, and those who support them in their online lives. Its mission is to work with others to make the internet a great and safe place for children and young people. Resources available for practitioners, parents & carers, and young people.

### **NSPCC**

[www.nspcc.org.uk/keeping-children-safe/online-safety](http://www.nspcc.org.uk/keeping-children-safe/online-safety)

Advice and information aimed at supporting parents with online safety advice.

### **PARENTZONE**

[parentzone.org.uk](http://parentzone.org.uk)

Family-friendly media literacy services and resources.

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