



CARD 1 · SOCIAL MEDIA

The new follower

Nour gets a follow from “Alex, 16.” The account is two days old, has the same three photos, and no tagged friends. Alex always has an excuse not to video call.

TALK ABOUT IT

- Lower risk, warning sign, or high risk?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Lower risk ☐ Warning ☐ High risk



CARD 2 · GAMING

No pressure

Karim chats with a classmate he met in the school gaming club. When Karim says he has to go, the classmate replies, “No pressure. Talk later if you want.”

TALK ABOUT IT

- Lower risk, warning sign, or high risk?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Lower risk ☐ Warning ☐ High risk



CARD 3 · MESSAGING

Too much, too soon

After one day of chatting, someone tells Jad, “I’ve never talked to anyone like you before. I feel like we have a real connection already.” The messages come all day.

TALK ABOUT IT

- Lower risk, warning sign, or high risk?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Lower risk ☐ Warning ☐ High risk



CARD 4 · MESSAGING

Just between us

An online friend tells Maya, “Don’t tell your friends about us, they’ll just judge. This is just between us. Promise?”

TALK ABOUT IT

- Lower risk, warning sign, or high risk?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Lower risk ☐ Warning ☐ High risk



CARD 5 · GAMING

Free game credit

A player Nour has never met sends her game credit "just because." A week later he asks for a favour and reminds her of the gift.

TALK ABOUT IT

- Lower risk, warning sign, or high risk?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Lower risk ☐ Warning ☐ High risk



CARD 6 · MESSAGING

Disappearing messages

Someone Jad met online says, "Let's move to another app. Turn on disappearing messages, and delete our chat after reading."

TALK ABOUT IT

- Lower risk, warning sign, or high risk?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Lower risk ☐ Warning ☐ High risk



CARD 7 · SOCIAL MEDIA

Small tests

An online contact asks Maya more and more personal questions. When she seems uncomfortable, they joke, "Relax, it's just between us," then ask for a private photo.

TALK ABOUT IT

- Lower risk, warning sign, or high risk?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Lower risk ☐ Warning ☐ High risk



CARD 8 · GAMING

The video call

A teammate from an online club asks Karim, "Can we video call sometime, with the others?" Karim says, "Not this week." The teammate says, "Sure, whenever."

TALK ABOUT IT

- Lower risk, warning sign, or high risk?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Lower risk ☐ Warning ☐ High risk