

Friendship or pressure?

15 minutes - fictional messages and practical ways to seek support.

Use only the fictional messages. You do not have to talk about yourself or show your own messages. You can skip the activity and speak to an adult afterwards.

Message A

Would you like to play tomorrow? It is also okay if you do not want to.

Message B

If you trust me, you must not tell an adult about this.

1. What is different about the messages?

2. What could the person receiving message B do?

3. Which adult could help? Write a role, such as a teacher.

You can always ask for help, even if you have already replied or sent something. You should not investigate the situation alone.

For the educator

15 minutes - fictional messages and practical ways to seek support.

A Sprout Guard discussion suggestion. Adapt the language and format to pupils' age and needs. You can read the messages aloud. This is not a test of pupils' safety.

2 min. - Set the boundaries

Explain that the messages are fictional. Nobody needs to share personal experiences. Say who pupils can speak to after the lesson.

6 min. - Use the activity sheet

Let pupils work in pairs or on their own. Keep the discussion about the fictional people.

4 min. - Discuss the options

Message A allows a refusal. Message B makes secrecy a condition of trust. Discuss actions such as stopping contact and getting an adult. One message does not prove grooming.

3 min. - Agree how to get help

Identify a specific adult role at school. Repeat that pupils can seek help even if they have already replied.

If a pupil discloses an experience

Speak without others listening. Listen and ask a few open questions. Do not promise secrecy; explain who needs to help.

In Denmark, follow the school's safeguarding procedures. Suspected or known abuse must be reported to the municipality. The duty is personal. If a parent or close family member is suspected, do not inform the parents about the report; seek advice from the municipality.

Do not keep evidence on personal devices or ask pupils to forward intimate images. Seek advice from police or the municipality. Do not share the pupil's private experience with the class.

Denmark: call 112 for immediate danger. Police: 114. Digital harm support: sletdet.redbarnet.dk.

Background: Danish safeguarding guidance, Danish police and Save the Children Denmark's SletDet.

[Danish safeguarding guidance](#) | [Danish police](#) | [SletDet](#)