



## Tricky Friends Resource Sheet

Tricky Friends is a new animation developed by Norfolk Safeguarding Children Partnership. The animation helps children understand how some friendships can be unhealthy or dangerous, and how to spot the signs. It touches on issues such as bullying, criminal exploitation, online safety and peer pressure.

The animation is intended to help those working with children engage in difficult conversations by raising the issues in a relatable manner. Intended for use with 9-13 year olds, Tricky Friends is a free tool available on the NSCP website. The issues that the animation may help raise are:

- Peer Pressure
- Bullying
- County Lines
- Self-awareness and
- Exploitative relationships
- Criminal behaviour
- Trusted adults in the community
- Online safety

Children and young people may face these issues on a daily basis, in their home, school or other settings. As a trusted adults, being able to have conversations with young people to help them stay safe is vital.

Here are some things to consider when you use the resource in more informal settings, such as youth groups or youth participation forums. This will help you establish a safe, supportive environment for these discussions to take place in.

### Create a safe environment

Before beginning, discuss with the children and young people how you can have an open, honest conversation while respecting each other's different opinions and privacy. Some will feel safe to share quickly, whereas others may be more closed off. Agree with each other that everyone's views will be respected, that everyone will have a chance to speak if they wish to. It's also important that young people feel able to remain quiet and listen if they want to.

*Top tip: provide anonymous question cards for young people to use throughout the session so that they can ask a question without being identified.*

### Explore the issues

The Tricky Friends animation introduces a range of topics which could lead to helpful conversations with young people. As well as different types of exploitative relationships, this includes self-esteem, mental health, safety at home and bullying. All of these topics offer children and young people the opportunity to learn about risks they may face and how best to care for themselves. Be prepared for any of these issues to be raised in your discussion/ activities

*Top tip: Allow young people to lead the conversation and raise the issues that are most relevant to them.*

### Engage Trusted community leaders

Tricky Friends could provide an opportunity for you to invite local community leaders to take part in a discussion with young people. For example, local Police Officers, school leaders or others would all be able to provide support and insight for young people in discussing the video.

### Safeguarding awareness

You may find that during the course of your conversations young people raise issues which may lead to safeguarding concerns. Make sure you review your organisation's safeguarding policy before using the Tricky Friends animation, and research different services available for young people, such as Childline, if you feel they need further support. If you'd like to speak to someone about a safeguarding concern, please call Norfolk's Children's Advice and Duty Service on 0344 800 8020.

### Key Questions

Here are some key questions you can ask CYP to help create conversation

- Why do you think that some relationships can be harmful even if they seem good?
- What are the main risks you recognise in your own life from the video?
- How does the video make you feel about your friendships?
- How do you stay safe online, on social media etc.?
- Who are the adults you trust to give you good advice and help you stay safe?
- What would you do if you're worried about one of your friends?

To find out more or to speak to someone about the animation or any of the issues concerned, please contact Norfolk Safeguarding Children Partnership at [nscb@norfolk.gov.uk](mailto:nscb@norfolk.gov.uk)