



Activity 1: Who should Ellie turn to?

- If needed, watch *Episode 2: Who's Magnus?*, again with your child at www.thinkuknow.co.uk/8_10/watch/.
- Ask your child:
 - **Why was Ellie upset?** *[She thought Sam was posting mean comments about her. Megan was unkind, and she lost the guitar-off]*
- Explain that Ellie needs someone to help when she is upset. Look at the activity 'Who should Ellie turn to?' on p2 of this activity sheet. Hide the answers at the bottom of the page by zooming in on screen, or folding it over if it's on paper.
- Read the description on each line and ask them to decide whether this is a good person for Ellie to talk to. Then check and discuss their answers.
- Explain that someone with the 'good qualities' they have ticked would be a trusted adult. Remind your child of when Alfie turned to his mum when he was being pressured by the gamer in episode 1.
- Finish by asking your child:
 - **Who did Ellie turn to? Were they the best person to go to?** *[Magnus. Ask your child to explain why, and encourage them to think about how Magnus has some qualities they put a cross against in the activity]*

Activity 2: Write a message to Ellie

- Recap the learning from the previous activity by asking your child:
 - **Who is a good person for Ellie to turn to when she is upset? What qualities should they have?** *[A trusted adult. Your child's answer should refer to the positive qualities from Activity 1]*
 - Ask your child to write a message to Ellie, advising her on what she could do after she saw the mean comments that she thinks Sam has posted.
 - Explore www.thinkuknow.co.uk/8_10/worried with your child to help them add more detail to their message e.g. who Ellie's trusted adult might be and how she could ask for help.
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Who should Ellie turn to?

✓ or X whether the person described would be a good person for Ellie to turn to.



	✓ or X
Someone who listens to Ellie	
Someone who Ellie keeps secret from friends and family	
Someone who wants the best for Ellie	
Someone who gives Ellie good advice	
Someone who Ellie knows well in her offline life	
Someone who Ellie has never met	
Someone who says nice things to Ellie who doesn't really know her	
Someone who makes Ellie feel safe and does not put her in danger	
Someone who helps Ellie solve her problems	

✓ or X	Someone who listens to Ellie
✓	Someone who makes Ellie feel safe and does not put her in danger
X	Someone who says nice things to Ellie who doesn't really know her
X	Someone who Ellie has never met
✓	Someone who Ellie knows well in her offline life
✓	Someone who gives Ellie good advice
✓	Someone who wants the best for Ellie
X	Someone who Ellie keeps secret from friends and family
✓	Someone who helps Ellie solve her problems

Answers