



Activity Sheet



Behind the Screen

Activity Title:

Behind the Screen

Activity theme:

Spotting digital lies and dangers

Learning Outcomes:

- Recognise how digital people, influencers, and online content can exaggerate, mislead, or spread false information.
- Identify common red flags of online lies or manipulation (e.g. clickbait, impossible promises, “perfect” lifestyles).
- Reflect on why people might fake or distort their digital identity and the impact this can have on others.
- Practise giving supportive, constructive feedback to peers who may be influenced by misleading digital behaviours.
- Apply critical thinking skills to evaluate online content and share strategies for staying safe and balanced online..

Duration: 120min (2h)

- Introduction: 15 minutes
- Main Activity (Role Play): 50 minutes
- Reflection: 15 minutes
- Real-Life Application: 10 minutes

Materials:

- Room, tables and chairs.
- Computer/laptop, projector and speaker.
- Flipshirts, sticky notes, pens, markers.

Activity description:

Step 1: Introduction (15 minutes)

Energiser – “Truth or Clickbait?” (10 minutes)

- Facilitator shows 4–5 short statements (on paper or slides). Some are true, others false or exaggerated.
Example:
 - “Drinking 5 litres of water a day cures stress.”
 - “An influencer actually returned the clothes after their fashion haul.”
 - “Playing video games for 12 hours makes you smarter.”
- Participants move to one side of the room if they think it’s true, the other if they think it’s false.
- Quick reveal and laughs → connect to how easy it is to believe online lies.

Explanation (5min): In this session, we’ll step into the shoes of online characters to explore how digital spaces can sometimes hide lies or exaggerations, and learn how to spot red flags to protect ourselves and support our peers.

Step 2: Main Activity - Role Play (50 minutes)

- Divide into pairs. Each person receives a role card with a short description.
- Participant A “acts” their role for 3–4 minutes, Participant B listens and then gives constructive feedback (2–3 minutes).
Switch roles and repeat.
The facilitator monitors the time closely, giving clear signals to switch roles so each participant has an equal chance to act and reflect, and also watches the pairs, making sure no harmful behaviour is normalised, and helps participants give respectful, constructive feedback
- Facilitator supports with guiding questions for feedback:
 - What feels healthy or positive about this character’s digital habits?
 - Where might their online behaviour cause problems for themselves or others?

- If you were their friend, what small piece of advice would you give them?
- How balanced is their time online compared to offline activities?
- What could this role do differently to protect their well-being or reputation online?

The facilitator pauses after the discussion to guide participants in reflecting on their own feelings, emphasizing emotional self-care and noticing any discomfort before moving on.

My reflection:

Back in the large group, each person introduces (15 min):

- Their role.
- How they act.
- The feedback they received from their partner..

Group debrief notes:

“Red Flag Toolkit” (10min): Each participant writes on a sticky note one “warning sign” that something online might be fake, misleading, or harmful (e.g. “too many promises”, “clickbait titles”, “perfect life images”).

Notes are placed on the wall to create a collective toolkit.

Closing go-around: “One skill I’ll use to spot digital lies is...”

Role Play Situations

Flat-Earth TikTok	A young person shares a short video claiming “the Earth is flat” because they watched a convincing TikTok.
The Impossible Promise	A local politician posts a viral clip promising an implausible change with no details.
The Perfect Routine	An influencer posts a glamorous morning routine and says “everyone should do this if they want to succeed”.
Gym Pic	Someone only shares gym selfies and quick tips but actually lacks proper training knowledge, risking misinformation about exercise.
Return-Haul	A fashion content creator films an excited haul but later returns most items (audiences don’t know the returns happen).
Dangerous Viral Challenge	Someone attempts a risky viral challenge for likes (physical risk or property damage). Feedback focus: highlight safety risks, propose safer creative alternatives, discourage imitation.
Oversharing Location	A user posts regular live updates with exact location and daily routine, inadvertently enabling stalking.
Miracle Supplement Seller	A user promoting a “natural” supplement claims it cures anxiety and boosts focus, with no scientific backing.
Deepfake Rumour	A manipulated clip appears to show a classmate doing something embarrassing; the clip is shared as “proof”.
Toxic Streamer Chat	A streamer jokes in a way that encourages their chat to harass a rival player or viewer.
Unverified Activist Post	An activist shares alarming statistics (e.g. “X% of youths do Y”) with no source, causing panic in the community.
Dodgy Online Seller	A seller consistently posts great product photos but customers receive poor quality items and no refunds.
Questionable Fundraiser	A heartfelt plea for donations appears, but details are vague and the fundraiser lacks verification.
Catfish Profile	Someone creates a fake dating/friendship profile using photos of another person and starts messaging others, pretending to be someone else.
Too-Good-To-Be-True Job Offer (Phishing)	A post promises easy, high-paid online work and asks people to send ID details or pay a small “processing fee” to start.



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