

# Thumbs Up, Thumbs Down

## Age Range:

8-11, Years 4-6, KS2

## Topics Covered:

Relationships and Childline

## Time:

10 minutes

## Equipment needed:

List of Statements  
(Included below)

## Learning Outcomes:

- Children have an increased awareness of what makes a safe and healthy relationship.
- Children have an increased confidence in telling a trusted adult if they feel unsafe.
- Children have increased knowledge of relevant and appropriate services that can support children if they do not feel safe e.g. Childline.

This exercise supports key topics identified in the new statutory RSHE guidance, including:

- Families and people who care for me
- Respectful relationships
- Being safe
- Online and media

**This exercise reinforces key messages about the Childline service and explores attitudes towards bullying and relationships.**

## Introduction

By the end of this exercise, learners should have a further knowledge about the services that Childline offer and be able to explore attitudes around healthy relationships.

Tell the group that we are going to play a game in which they will have to decide individually whether they agree or disagree with some statements that you are going to read out.

## Exercise

Explain to the group that after you've read out a statement, you'd like them to vote. If they agree with the statement, you'd like them to put both thumbs up in the air. If, on the other hand, they disagree then you would like them to put both thumbs down, and if they are unsure they can hover them in the middle.

A way to introduce this is to use some general fun statements. Some sample fun introductory statements are listed on the next page.

Once the group is used to the exercise then you can introduce statements around the issues. Some statements can be basic true or false facts about Childline. You can find more information on Childline on their website [www.childline.org.uk](http://www.childline.org.uk). Some sample statements on Childline are listed on the next page.

Others could be more general discussion points around attitudes and values using thumbs to show if they agree, disagree or are unsure about key statements. After each statement ask for any comments on the reasons for voting thumbs up or down for each situation. Some sample attitudes and values statements are listed on the next page.

Other statements can be added to look at support networks in the school or bullying policies within the school.

## Summary

You could sum up this exercise by asking the group to list the key messages they learned about Childline and have a discussion on why it can be useful and important for people to seek help and advice. Childline workers may also be able to come into school to give further talks or information on their service.

# EXAMPLE STATEMENTS TO USE WITH THE THUMBS UP, THUMBS DOWN EXERCISE

## Fun Introductory Statements

- Crisps are better than chocolate** (Agree/Disagree)
- Iron Man is better than Captain America** (Agree/Disagree)
- Science is better than Maths** (Agree/Disagree)

## Childline Statements

- Childline is open every single day of the year.**  
(True. Childline is open every day including Christmas!)
- Childline is free from some phones but not from mobiles.**  
(False. ChildLine is free from all phones for calls made in the UK.)
- Childline is open at 3 o'clock in the morning.**  
(True. Whatever time of day or night you need to call them they will be open!)
- Teachers and parents can ring Childline.**  
(False. Although there is an NSPCC line that adults can call)
- Childline won't tell anyone else about the call.**  
(True. The only time they may need to tell someone is if they think that the person calling is in danger at that moment)
- Childline is only for really serious problems.**  
(False. You can call about any worries, big or small or even to tell good news!)

## Attitudes and Values Statements

- If you are worried then you should talk to someone.** (Agree/Disagree)
- It is better to sort problems out on your own.** (Agree/Disagree)
- If you are getting bullied you should not tell anyone.** (Agree/Disagree)
- You should always tell someone if you see someone else getting bullied.**  
(Agree/Disagree)