

# That's Not OK



## Empathy Map Activity

Experiences and Outcomes: HWB 2-45b, HWB 2-49a

### To begin...

These resources are based on our #That's Not Ok information for young people on Relationships and Gender-Based Violence.



That's Not OK is our campaign against gender-based violence, in partnership with the Scottish Government, which has been running for the last two years. We have worked with partner organisations including Rape Crisis Scotland and Scottish Women's Aid to create an information resource for young people in Scotland on this topic, via our website and social media channels.

Find out more at [young.scot/thatsnotok](https://young.scot/thatsnotok)

## Instructions

### Task 1

1. Ask learners to work in pairs or groups.
2. Provide each pair or group with one activity sheet with two empathy maps.
3. Provide each pair or group with the first scenario (e.g., 1a) and ask them to put themselves in the character's shoes by thinking about how they might feel, what they might be thinking and what they might say or do.
4. Give each group time to share ideas and complete the first empathy map.

### Task 2

1. Next, ask the learners to look at the corresponding scenario (e.g., 1b). Ask them to complete the second empathy map.
2. Now ask the learners to compare each empathy map and write on the back of the sheet, each of the key factors that helped make a positive change e.g., "having someone to stand up for them."

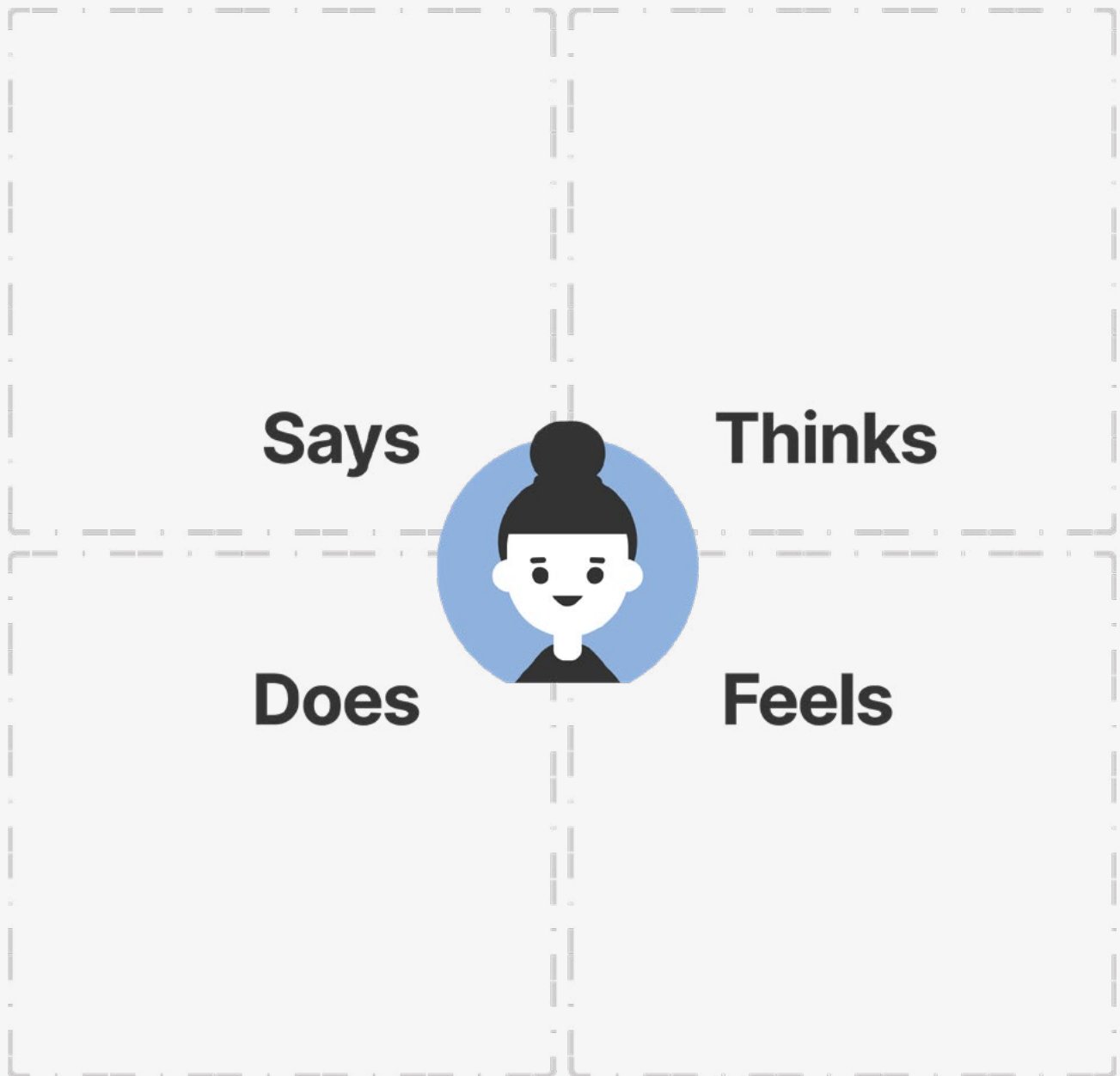
### Possible follow up activity

On a post-it note, ask learners to write down one thing they could do if they came across a similar scenario in their lives or one thing which they will take away from this lesson.

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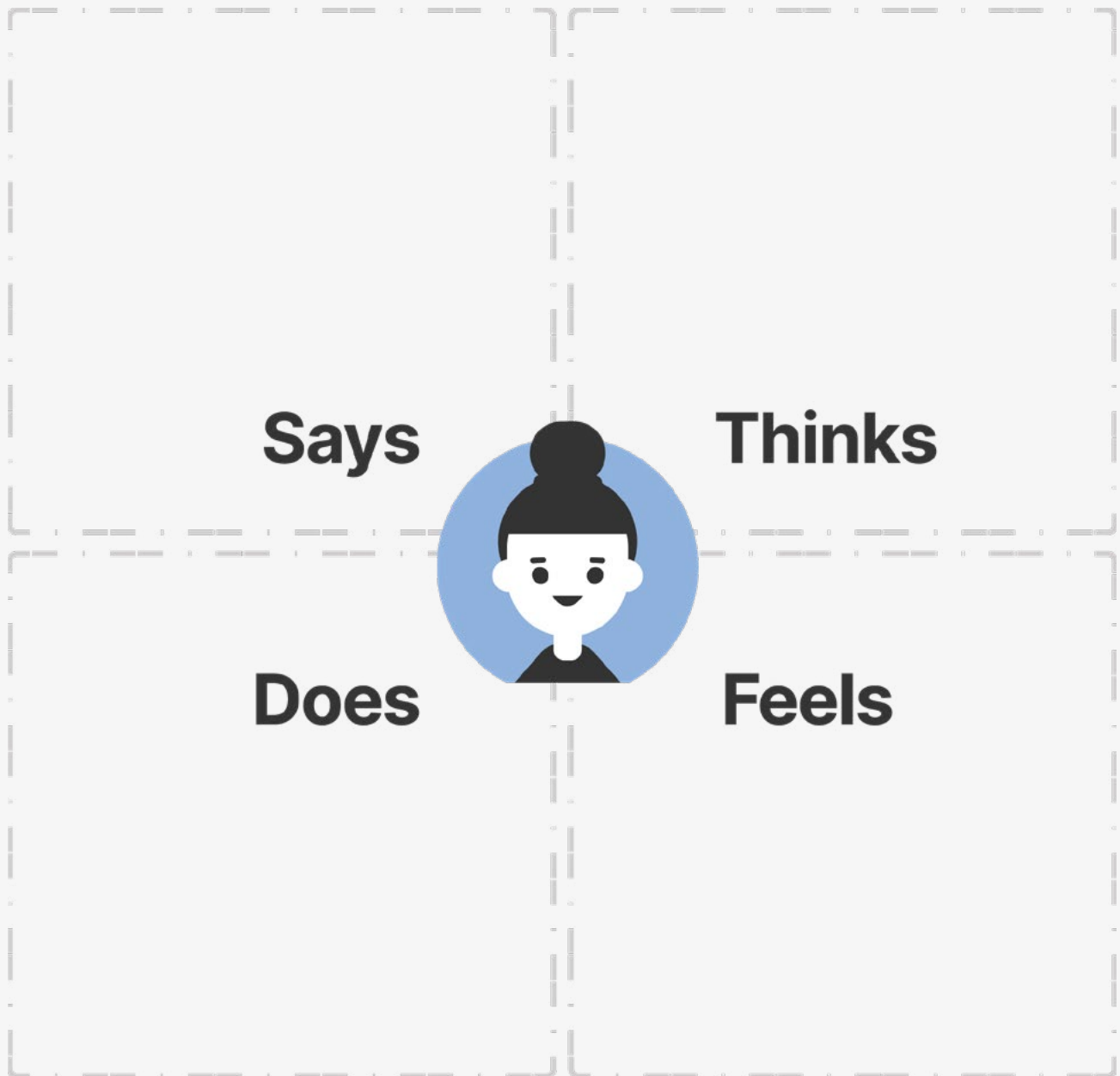
## Activity Sheet: Task 1



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## Activity Sheet: Task 2



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## Scenario 1a

Ashley is waiting at the bus stop. It's dark and her friend has left, asking Ashley to message her when she gets home safely.

There's one other person there but he has his headphones on and is scrolling through his phone.

A group of boys walk past Ashley and start to whistle and laugh. They crowd around her, asking her questions and telling her to smile. The boy next to her keeps his head down and his headphones on, trying to avoid getting involved.

## Scenario 1b

A group of boys walk past Ashley and start to whistle and laugh. They crowd around her, asking her questions and telling her to smile.

The boy next to her takes off his headphones calmly asks the boys to move on. When they start laughing, he takes out his phone and calls the police.

The group of boys move on, and Ashley thanks the boy for stepping in.

## Scenario 2a

Imani is at a music festival with her friends. Everyone has been drinking and they are all dancing in a huge crowd.

A man starts to push into Imani's group of friends, purposefully getting very close to her and wraps his hand around her waist.

She tries to push him off, but he is very strong.

## Scenario 2b

A man starts to push into Imani's group of friends, purposefully getting very close to her and wraps his hand around her waist.

She tries to push him off, but he is very strong. Imani's friends notice what's happening and help pull her out of the crowd. They immediately look for one of the festival's staff members and alert them of the man's behaviour. Security removes him from the crowd.

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## **Scenario 3a**

Claire is sitting in the school cafeteria when a boy comes up to her to say she looks good in her picture, showing Claire a private image of herself she had sent to her ex-boyfriend, which has now been posted on the internet.

The picture has quickly made its way around the school, and everyone is talking about it.

## **Scenario 3b**

Claire's private picture has quickly made its way around the school, and everyone is talking about it.

Claire goes to her guidance teacher to explain what has happened and they help her get the image removed using the Report Remove service for under 18s who have found private images of themselves online.

They also help Claire to report the incident to the police under the Abusive Behaviour and Sexual Harm (Scotland) Act 2018 Section 2: Disclosing, or threatening to disclose, an intimate photograph or film.

## **Scenario 4a**

Rasha is at a house party with some friends and the group start to brag about all the sexual things they've done with others. Rasha feels uncomfortable and stays quiet. Michael, one of the boys, starts to tease her and lie about sexual things she has done with him. He continues to lie even though she asks him to stop. The rest of her friends start to laugh.

## **Scenario 4b**

Michael continues to lie even though Rasha asks him to stop. The rest of her friends start to laugh.

One of Michael's friends realises Rasha isn't finding the teasing funny, and she clearly looks upset. He has a word with Michael to tell him to stop and explains that talking about sexual things to someone who doesn't want to – is sexual harassment. He suggests that Michael should apologise to Rasha.

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## **Scenario 5a**

Lauren is being stalked by a boy from her school. She receives more than 30 messages and calls from him a day and he keeps following her between classes. He also waits for her outside of school, so she's started to get her dad to pick her up at the door. He also comments on all her pictures on social media and recently she received a present from him at her house.

## **Scenario 5b**

Lauren is being stalked by a boy from her school. He waits for her outside of school, so she's started to get her dad to pick her up at the door.

When Lauren receives a present at her house from her stalker, she tells her dad what has been happening.

Her dad explains to Lauren that stalking is against the law and helps her to contact the National Stalking Helpline.

## **Scenario 6a**

Savannah is in a lesbian relationship with her girlfriend Casey. Savannah isn't ready to come out and is worried about what her family will say. Whenever Savannah and Casey fight, Casey threatens to out her to her family and friends.

## **Scenario 6b**

Whenever Savannah and Casey fight, Casey threatens to out her to her family and friends.

Savannah isn't ready to come out and goes online to research what she can do to prevent this situation from escalating. She finds the LGBT Youth Scotland Website and uses their digital chat to talk to someone online for support.

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## **Scenario 7a**

Amara is in a relationship with Noah. Whenever they argue, Noah tells Amara she is over-reacting and being crazy. Amara tells Noah about a funny thing that happened in her class, and Noah scoffs at her and says, "There's no way that actually happened."

One day Amara and Noah are hanging out with their friends and Amara is telling them about the time they went to the Zoo and saw a baby Sun Bear. Noah denies it and tells their friends "That never happened."

## **Scenario 7b**

One day Amara and Noah are hanging out with their friends and Amara is telling them about the time they went to the zoo and saw a baby sun bear. Noah denies it and tells their friends "That never happened."

One of their friends calls Amara and asks if she's ok. Amara explains that this has been happening for a long time and now she isn't sure if she trusts her own memory.

Her friend explains that Noah could be gaslighting Amara which is against the law and encourages her to talk to her family about it.

## **Scenario 8a**

Natalia is on a dating website and starts chatting to a boy online. At first, things are going well but without warning or asking for her consent, he sends her a nude picture of himself.

## **Scenario 8b**

Natalia is on a dating website and starts chatting to a boy online. At first, things are going well but without warning or asking for her consent, he sends her a nude picture of himself.

Natalia knows this is against the law and explains to the boy that it isn't ok to send unsolicited private pictures. She blocks him online and reports him to the website.

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