

# Text Check

## Respectful Relationships

To help students critically analyse digital messages, develop healthy communication skills, and build confidence in setting respectful boundaries online.



### Learning Intentions

**Students learn to identify when digital communication crosses a line.**

This helps students recognise emotional pressure, disrespect, and inappropriate messaging online.

**Students practise writing respectful messages.**

This supports students in communicating clearly and kindly in digital spaces.

**Students aim to reflect on the importance of consent in all communication.**

This deepens the understanding that consent applies beyond physical interactions, even in texting and social media.



### Success Criteria

#### Awareness:

Students can recognise red flags in digital conversations that signal pressure or disrespect.

#### Communication:

Students can edit and reframe messages into respectful and appropriate formats.

#### Reflection:

Students can explain the importance of setting and respecting boundaries in online communication.



# Text Check

## Respectful Relationships

### Objective:

To help students critically analyse digital messages, develop healthy communication skills, and build confidence in setting respectful boundaries online.

### Players:

Pairs or small groups of students.

### Materials:

- Printed "Text Message" scenario worksheet (found in PDF resource tab)
- A3 or A4 blank paper for creating health promotion posters

### Setup:

Prepare printed text message scenario worksheets (one per pair) that include examples of digital pressure or unclear tone. Example messages:

- "Why didn't you reply last night?"
- "Send me a pic 😊"
- "If you really cared, you'd reply straight away."
- "Don't tell anyone, but I screenshotted your story."
- "I saw you liked their photo... what's that about?"

Each worksheet includes a space for students to answer the following questions:

1. What's the issue in this message?
2. How could this message make someone feel?
3. How could we rewrite it to be respectful and clear?
4. What would be a safe or healthy way to respond?

### Activity:

#### 1. Partner task

In pairs, students work through their "text message worksheet" and complete the reflection questions.

#### 2. Rewrite & reflect

After completing the worksheet, ask each pair to share one example of a re-written text message they came up with in a tone that's respectful, clear, and mindful of boundaries (e.g. "Hey, just checking in, are you okay?" instead of "Why didn't you reply?").

#### 3. Class share & debrief

As a class, discuss some examples. Questions to guide discussion:

- What makes a message respectful?
- How can tone change the meaning of a text?
- When does a message become pressure or a red flag?
- Wouldn't it be a better option to pick up the phone and give the other person a call to chat rather than send a message?

#### 4. Poster Creation (optional but impactful)

In pairs, ask students to create a health promotion poster that will be placed on walls around the school. The aim of the posters should be to encourage respectful digital communication using one of the example text messages they worked through. Make them colourful, make them realistic using text speech bubbles and emoji's, ensure there is a clear message on what is right and what is wrong.

# Text Check

## Respectful Relationships

### Reflection prompts:

- Have you ever received a message that made you uncomfortable?
- What could you say to someone who's crossing a boundary online?
- How can we support each other in digital spaces?

### Winning the game:

This game is about personal growth, empathy, and confidence, not competition. Students "win" by improving their awareness and developing better communication habits.

### Additional Notes:

You can extend this game by creating your own text messages based on situations students have seen or experienced (anonymously). It pairs well with *Red Flag*, *Green Flag*, *Yes Means Yes*, and *Pressure Points*.



# TEXT CHECK WORKSHEET

NAME:

PARTNER:

INSTRUCTION: READ THE TEXT MESSAGE. THEN, FOR THE SCENARIO, ANSWER THE QUESTIONS THAT FOLLOW.

"YOU DON'T NEED TO TELL ANYONE WE'RE TALKING."

WHAT'S THE ISSUE IN THIS MESSAGE?

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HOW COULD THIS MESSAGE MAKE SOMEONE FEEL?

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HOW COULD WE REWRITE IT TO BE RESPECTFUL AND CLEAR?

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WHAT WOULD BE A SAFE OR HEALTHY WAY TO RESPOND?

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# TEXT CHECK WORKSHEET

NAME:

PARTNER:

INSTRUCTION: READ THE TEXT MESSAGE. THEN, FOR THE SCENARIO, ANSWER THE QUESTIONS THAT FOLLOW.

"WOW, YOU'RE ONLINE BUT CAN'T REPLY?"

WHAT'S THE ISSUE IN THIS MESSAGE?

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HOW COULD THIS MESSAGE MAKE SOMEONE FEEL?

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HOW COULD WE REWRITE IT TO BE RESPECTFUL AND CLEAR?

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WHAT WOULD BE A SAFE OR HEALTHY WAY TO RESPOND?

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# TEXT CHECK WORKSHEET

NAME:

PARTNER:

INSTRUCTION: READ THE TEXT MESSAGE. THEN, FOR THE SCENARIO, ANSWER THE QUESTIONS THAT FOLLOW.

"DON'T TELL ANYONE, BUT I SCREENSHOTTED YOUR STORY."

WHAT'S THE ISSUE IN THIS MESSAGE?

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HOW COULD THIS MESSAGE MAKE SOMEONE FEEL?

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HOW COULD WE REWRITE IT TO BE RESPECTFUL AND CLEAR?

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WHAT WOULD BE A SAFE OR HEALTHY WAY TO RESPOND?

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# TEXT CHECK WORKSHEET

NAME:

PARTNER:

INSTRUCTION: READ THE TEXT MESSAGE. THEN, FOR THE SCENARIO, ANSWER THE QUESTIONS THAT FOLLOW.

"I SAW YOU LIKED THEIR PHOTO... WHAT'S THAT ABOUT?"

WHAT'S THE ISSUE IN THIS MESSAGE?

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HOW COULD THIS MESSAGE MAKE SOMEONE FEEL?

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HOW COULD WE REWRITE IT TO BE RESPECTFUL AND CLEAR?

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WHAT WOULD BE A SAFE OR HEALTHY WAY TO RESPOND?

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# TEXT CHECK WORKSHEET

NAME:

PARTNER:

INSTRUCTION: READ THE TEXT MESSAGE. THEN, FOR THE SCENARIO, ANSWER THE QUESTIONS THAT FOLLOW.

"IF YOU REALLY CARE, YOU'D REPLY STRAIGHT AWAY."

WHAT'S THE ISSUE IN THIS MESSAGE?

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HOW COULD THIS MESSAGE MAKE SOMEONE FEEL?

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HOW COULD WE REWRITE IT TO BE RESPECTFUL AND CLEAR?

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WHAT WOULD BE A SAFE OR HEALTHY WAY TO RESPOND?

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# TEXT CHECK WORKSHEET

NAME:

PARTNER:

INSTRUCTION: READ THE TEXT MESSAGE. THEN, FOR THE SCENARIO, ANSWER THE QUESTIONS THAT FOLLOW.

"YOU'D DO IT IF YOU TRUSTED ME."

WHAT'S THE ISSUE IN THIS MESSAGE?

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HOW COULD THIS MESSAGE MAKE SOMEONE FEEL?

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HOW COULD WE REWRITE IT TO BE RESPECTFUL AND CLEAR?

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WHAT WOULD BE A SAFE OR HEALTHY WAY TO RESPOND?

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# TEXT CHECK WORKSHEET

NAME:

PARTNER:

INSTRUCTION: READ THE TEXT MESSAGE. THEN, FOR THE SCENARIO, ANSWER THE QUESTIONS THAT FOLLOW.

"SEND ME A PIC 😊"

WHAT'S THE ISSUE IN THIS MESSAGE?

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HOW COULD THIS MESSAGE MAKE SOMEONE FEEL?

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HOW COULD WE REWRITE IT TO BE RESPECTFUL AND CLEAR?

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WHAT WOULD BE A SAFE OR HEALTHY WAY TO RESPOND?

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# TEXT CHECK WORKSHEET

NAME:

PARTNER:

INSTRUCTION: READ THE TEXT MESSAGE. THEN, FOR THE SCENARIO, ANSWER THE QUESTIONS THAT FOLLOW.

"WHY DIDN'T YOU REPLY LAST NIGHT?"

WHAT'S THE ISSUE IN THIS MESSAGE?

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HOW COULD THIS MESSAGE MAKE SOMEONE FEEL?

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HOW COULD WE REWRITE IT TO BE RESPECTFUL AND CLEAR?

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WHAT WOULD BE A SAFE OR HEALTHY WAY TO RESPOND?

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