

ChildLine Quiz

Age Range:

8-11, Years 4-6,
KS2

Programmes to use with:

Helping Hands

Topics Covered:

ChildLine

Time:

20 - 30 minutes

Equipment needed:

Copies of the 'ChildLine
quiz' and answers

Learning Outcomes:

- Children have increased awareness of the importance of telling a trusted adult if they have any worries or concerns or don't feel safe.
- Children have an increased confidence in telling an 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.

The key concepts for PSHE education in personal wellbeing for Helping Hands are:

- personal identities
- healthy lifestyles
- risk
- relationships

An exercise to explore key facts about ChildLine.

Introduction

This exercise uses team working and reflective learning to look at information and facts about ChildLine. This works well as a follow up session to Loudmouth's theatre in education programme 'Helping Hands'.

Exercise

Hand out copies of the ChildLine quiz found on the next page. This contains ten questions with true or false answers to help the group to understand some of the basic facts about ChildLine and how it works. The answers are supplied below.

The quiz can be done as a worksheet but can be more fun in teams. Teams can swap papers to mark at the end. Depending on time/space you could even make one side of the room 'true' and one side 'false' and the group could move to either side of the room when deciding on their answer.

After the quiz ask the group to recap on the main facts they learned from the activity.

Summary

Sum up by asking the group to recap on the main facts they have learned about ChildLine. You could also get the group to think of other people or organisations they could get help and support from, and ask them the positives that might come from talking to each of these people or organisations.

ChildLine Quiz

Please mark whether you think each statement is true or false.

1. ChildLine is free to call.

TRUE / FALSE

2. ChildLine closes at 7pm in the week and 6pm on weekends.

TRUE / FALSE

3. If you ring ChildLine they have to tell your parents.

TRUE / FALSE

4. If you call ChildLine it won't show up on the phone bill.

TRUE / FALSE

5. You can text ChildLine.

TRUE / FALSE

6. You can only talk to ChildLine if you feel sad.

TRUE / FALSE

7. The number to call ChildLine is 0900 11 11.

TRUE / FALSE

8. You can ring ChildLine if you are 18.

TRUE / FALSE

9. ChildLine's website even has games and an online chat service.

TRUE / FALSE

10. The people at ChildLine are only there to listen.

TRUE / FALSE

ChildLine Quiz (Answers)

1. ChildLine is free to call.

TRUE- ChildLine is completely free to call from all phones. You can even call them from a mobile phone without credit or without minutes. Even a pay phone/phone box in the street doesn't need money in to be able to ring ChildLine!

2. ChildLine closes at 7pm in the week and 6pm on weekends.

FALSE- ChildLine is open every minute of every day, 365 days a year, even Christmas day! You can call them in the morning, afternoon, evening or in the middle of the night. They never close!

3. If you ring ChildLine they have to tell your parents.

FALSE- When someone calls ChildLine they try to keep it confidential. This means they will not tell anyone else about what's been said. The only time they have to tell someone is if they think someone is in danger or are worried about them and think they need help. If they do need to tell someone because they are worried it doesn't have to be parents.

4. If you call ChildLine it won't show up on the phone bill.

TRUE- ChildLine doesn't show on a phone bill, whether it's a landline phone at home or a mobile phone! If you don't want anyone to see it, just make sure to delete it from the call log on a mobile phone!

5. You can text ChildLine.

TRUE- You can contact ChildLine in lots of different ways. You can text them, call them and even e-mail them! They also have a website www.childline.org.uk. On their website there is also an art box for people to draw pictures to show how they might feel!

6. You can only talk to ChildLine if you feel sad.

FALSE- You can talk to ChildLine if you feel angry, sad, worried, upset, happy or even excited! You can contact ChildLine about anything. Whatever the worry, its better out than in.

7. The number to call ChildLine is 0800 22 22.

FALSE- The number to call ChildLine is 0800 11 11. There's a song and dance to remember the number, or you can even make up your own!

8. You can ring ChildLine if you are 18.

TRUE- ChildLine is for anyone up to and including the age of 18. Even if someone older rang them, they wouldn't just ignore them, they'd try to get them some other help specific for adults.

9. ChildLine's website even has games and an online chat service.

TRUE- ChildLine's website has lots of features such as message boards where people talk about their own experiences, videos, games, an art box to paint and draw and an online messaging/chat service!

10. The people at ChildLine are great listeners.

TRUE- The staff and volunteers at ChildLine are trained counsellors. They're real people who want to support children and young people with any issues. They're trained but they don't follow a script and you can even ask them their name! A ChildLine counsellor will listen to you and knows it takes courage to contact them. They are genuine, open & friendly and knows about the problems young people can face. The counsellors won't judge people or put them down, aren't easily shocked and let people take their time.