


Lesson 5: Knowing Who to Trust

 Each activity
30 minutes

Learning Intentions

Pupils will:

- recognise that gaming and gambling products are designed to make money;
- realise that the gaming and gambling industries use knowledge about brain chemistry to keep us playing;
- understand that difficulty stopping playing games and gambling is not weakness; and
- know that they should check the source of information before they trust it.

What you need:

- *Resource 7: Can You Trust Yourself?*

Learning for Life and Work: Personal Development

Key Concept: [Self Awareness](#)

Pupils should have opportunities to explore the influences on young people.

CCEA Social and Emotional Learning (SEL) Post-Primary Guidance

SEL Competency:

[Responsible Decision-Making](#)

DENI Children and Young People's Emotional Health and Wellbeing in Education Framework

Key Aspect: [Resilience and Coping](#)

Activity 10: Are Your Eyes and Ears Open?

1. As a class, watch [The Monkey Business Illusion](#). This clip shows how easy it is to be unaware of information that is actually right in front of you.
2. Give each pupil a copy of *Resource 7: Can You Trust Yourself?*
3. Ask the pupils to work in pairs or small groups to discuss and complete Part 2 of the resource sheet.



Activity 11: Who Do You Trust?

1. As a class discuss which, if any, of the sources of information the pupils find most and least trustworthy.
2. Identify some of the key determinants behind the trustworthiness of an information source. You might want to consider:
 - a. Did you ask for the information?
 - b. What do you know about the source of the information?
 - c. Was this a reliable source of information in the past?
 - d. Is the source of the information trying to make money from you?
 - e. Does the information encourage you to do something that you know to be good for you?
3. Stress the importance of questioning information that you receive and making sure that you can trust it before you accept it.

Resource 7

Can You Trust Yourself?

Sometimes we choose to receive information and other times it is simply given to us. Look at some examples of information that you might receive below.

Circle those that you choose and draw a triangle round those that are given to you.

Library book	TV documentary	Random offer via social media to try a new game – first go free
Website you looked up	Trailer before a movie	Poster in the street telling you about new trainers
A story that a relative tells you	Logo or website on the shirt of your favourite football player	A teacher answering your question
Friend invites you to go to their favourite club with them	The menu of a pizzeria posted through your door	Voucher that a shop assistant gives you with your change

Who Do You Trust?

Look again at the examples of information above.

Draw a smile under those from a source that you trust, a straight mouth under those you are not totally sure about, and a frown under any that you really don't trust.

