

10 simple ways to engage in Project deSHAME

Below you will find a list of various ways to engage in deSHAME I and II. The elements can be combined or used separately. The suggestions start with steps that are quick and easy, to longer, more comprehensive tasks.

- 1** Translate the executive summary of deSHAME I and the briefing report from deSHAME II. Promote these among relevant national stakeholders and decision makers.
- 2** Adapt (by adding subtitles/voiceover) and promote the parents' campaign film from deSHAME II. Encourage parents to engage in dialogue with their children and young people around their online lives.
- 3** Adapt (by adding subtitles/voiceover) and promote the campaign film from deSHAME I to raise awareness of online sexual harassment (OSH).
- 4** Translate, adapt and circulate the parents' leaflets from deSHAME II to provide advice for parents around OSH and their children's online lives.
- 5** Translate and implement the educational resources from deSHAME II targeting pupils aged 9-12 years.
- 6** Translate and implement the educational resources from deSHAME I targeting pupils aged 13-17 years.
- 7** Translate the focus group questions and conduct your own focus group interviews with pupils and educators in your country.
- 8** Translate the questionnaire and focus group questions for parents and carers from deSHAME II. Carry out your own focus group interviews and survey in your country.
- 9** Conduct your own national survey among 13–17 year olds or collect current available national statistics on OSH among this age group to inform the work you do.
- 10** Conduct your own national research and adapt both the educational resources and campaign materials from deSHAME I and II to suit your country's context.