



Worksheet 1:

Scenario Sorter: Truth or Trick?

Purpose:

To help you practise noticing when someone is trustworthy — and when they might be misleading you. This skill is based on psychology research into body language, deception detection, and behavioural patterns. By training your brain to spot small details, you'll become wiser in choosing who to trust.

Instructions:

Read each scenario carefully. Decide if the person is being trustworthy or untrustworthy, and explain why you think so. Look for clues in their words, tone, body language, or actions. Some scenarios may be things you've already experienced, while others are common situations people face as they get older. They are designed to show how different scams or manipulative behaviours can occur in real life.

Please Note:

This exercise isn't about finding faults in people or assuming the worst. It's about protecting yourself. By learning to spot warning signs, you can recognise untrustworthy situations and make safer, smarter choices.

Scenarios:

1. Shop Scarcity Bluff

A shopkeeper tells you, “This is our last one—if you don’t buy now, you’ll miss out!” You decide not to buy.

2. Urgent Code Scam Call

You get a WhatsApp call from a stranger who says, “I’m sending you a code right now—give it to me quickly because the code will expire almost immediately!”

3. Too-Good-To-Be-True Investment

An email claims, “Send me £100 today, and I’ll transfer £10,000 back to you tomorrow as a thank-you.”

4. Sales “Bonus” Pressure

On the phone, a salesperson says, “If you don’t buy this product in the next 30 minutes, the deal disappears forever!”

5. Neighbour with Gossip Habits

Your neighbour greets you warmly, but every time you stop to chat, they tell you secrets about other people on the street.

6. Free Offer Hidden Cost

An online company offers you a “free trial membership.” You sign up happily, but small print says they will start charging your card unless you cancel quickly.

7. Mismatch Praise

Someone says, “Wow, you look amazing today!” but their eyes glance away quickly, and their smile disappears the moment you turn.