



# Health & Wellbeing



# 6

media


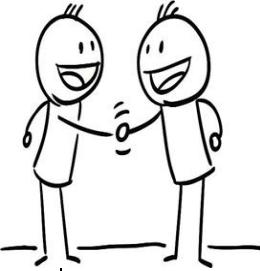
## THEME: Social Well Being – Young people & social media

Learning outcome – by the end of this session, young people will understand the similarities and differences between relationships that occur online and in-person. Participants will start to recognise the positive and negative impact of social on their relationships (with others and themselves). Young people will develop an understanding of how to combat social media influences on their relationships.

### LEARNING OBJECTIVES

1. To understand the difference in social media and real-life relationships.
2. To recognise the positive and negative impact of social media on relationships.
3. To recognise and understand how social media influences our relationships and how to overcome this.

CONTENT	METHODS/ RESOURCES	APPROX. TIME
<b>Introduction</b>	Think – pair – share – method of delivery is guided learning and through the principle of think about the subject and task, pair up in small groups and discuss and share to the group.	15 minutes
<b>Two Truths One Lie</b>	<b>Icebreaker:</b> Ask one participant to write three statements about themselves: 2 true and 1 false. Ask the other participants to vote on which statements are true and which is false. After the first person has shared their statement and the group has decided which statement is false, the first person will reveal which statements were true and which one was false. Move on until each person in the group has shared their statements. The person who manages to correctly guess the most lies wins. Alternatively, you can play this game in a non-competitive way just for participants to get to know each other. This is intended as a fun icebreaker and can be adopted to fit the specific theme of the session. For example, two truths about social media usage and one lie.	
<b>Gauge baseline understanding into variety of emotions young people experience.</b>	Introduction – discussion - using flip chart paper – Do we have more in-person relationships or online relationships? Is this a good thing? Write down the group’s answers. Continued – are we too reliant on social media to build relationships? Engage in active discussion. What different online platforms and technology can be used to build and maintain relationships	15 minutes 10 minutes 15 minutes

<b>Activity to tease out understanding</b>	<p>In pairs – draw a table with positives on one side and negatives on the other. Reflect on social media as a form of communication. Write at least 5 arguments in each side. Participants might come up with ideas such as “You do not know how to read someone – are they angry? Sarcastic?” You can get information quickly, new perspectives, unreliable, some things online are inappropriate. Facilitate an open discussion among participants. (Slide 6)</p> <p>What are the characteristics of positive online relationships? (Slide 7)</p>	<p>20 minutes</p> <p>15 minutes</p>
<b>Activity – Case Study</b>	<p>Look at the talking heads resource sheet – are there similarities or differences in these people’s experience of social media? Slide 9</p> <ul style="list-style-type: none"> <li>• How do people use social media differently?</li> <li>• Have they identified positives and negatives of social media?</li> <li>• Why do people take and post selfies?</li> <li>• How might social media affect someone’s confidence and self-esteem?</li> </ul> <p>Did you identify any of the things the talking heads said in your table?</p> <p>Continue to go through the PowerPoint and discuss the key to positive online relationships with the group in context.</p> <p>Ask open ended questions such as “do you agree with this?”</p>	<p>30-45 minutes</p>
<b>Activity</b> 	<p>Activity – Write a letter to the head of a social media site. The letter should provide advice to the company about how to better support young people online.</p> <p>What new rules/guidance should be put in place? Slide 13</p> <ul style="list-style-type: none"> <li>• E.g. Privacy settings should be automatically set to maximum unless the user chooses to change them.</li> <li>• It should be made clear when a photograph has been edited or changed (to see what a person really looks like).</li> </ul>	
<b>Fun activity to demonstrate understanding</b>	<p><b>Drama activity</b> – act it out – come up with an online scenario – you have met a new person; you have been chatting for a while and decide to meet up.</p> <p>How does this play out?</p> <p>Was it the person you thought it was?</p>	

# Talking Heads



I mostly use social media to get to know new people. I get friend requests all the time and I never reject a request. I have almost 1,000 friends online. I think if you take a good selfie people like you more. Boys definitely like girls who post more selfies.



I take at least four or five pictures before I post one to social media. I usually use filters so the light and colour are right, and so any spots or imperfections I have are blurred. You need to take it from a high angle and to get your good side.



It makes me feel awful if I don't get likes or if people leave nasty comments. I have taken down my posts before, if they don't get enough likes. Sometimes I feel jealous that other people get way more attention than I do on social media. Also, I hate it if someone posts a picture of me without checking first. I just feel so embarrassed if I don't like the way I look. I've fallen out with people about that before, definitely.



I don't post selfies hardly at all anymore because I can't be bothered with nasty comments. I once posted one wearing my school uniform and my mum freaked out, so I stopped uploading them. I really like social media, but I mostly use it when I'm in gaming communities. Personally, I think posting selfies is really attention seeking and vain.



There's pressure to like and comment on each other's posts. If your best friend posts something on a social network, you have to comment or like it within the first 5 minutes, then they will do it back to you.



I use social media only to talk to my friends. I have really high privacy settings so that people I didn't know couldn't find me or make friends with me. I hate the thought that strangers would pry into my life. I try to avoid posting too much about my personal life and just stick to uploading stuff about my favourite bands and films.



When I used to feel down or bad about myself I would go online and look at my friend's pages. But after a while I realised it made me feel worse, to see them all having fun and looking amazing when I felt rubbish. I recognised I get serious FOMO (fear of missing out). So now I go on social media less and I never go on when I'm feeling upset, stressed or angry. Because I know it makes me feel worse.