



Do Now

Lesson 6: Social media – it's supposed to be fun, so why is it also stressful?



BELONG CARE ASPIRE SUCCEED

All Kal's friends have an Instagram account. Kal's parents have said he can only have one if they can access it. His mom just checked it and found that some so-called 'friends' had left nasty comments on his pictures. Kal says it's none of their business but is visibly upset by this.

Discuss: Do you think social media makes people happier overall? Why / why not?



*CLUE: Communication
CLUE: FOMO
CLUE: Think what people did with their time before.*

What is the appeal of social media in the first place? Why do you think it's so popular and almost everyone seems to have some sort of account?

Peer pressure - a feeling of influence from members of your peer group. This may make you feel like you have to do the same thing as everyone else, or act a certain way to 'fit in'.

Online trolls - An online troll is someone who makes intentionally inflammatory, rude, or upsetting statements online to elicit strong emotional responses in people or to steer the conversation off-topic.

Learning outcomes:

Describe strategies to identify and reduce risk from people online that we do not already know as well as when and how to access help.

Explain how that the need for peer approval can generate feelings of pressure. Describe strategies to manage this.

The internet is an amazing invention. It's great for entertainment, information and communication.

Unfortunately, although most people use the internet and social media for positive reasons, there are a significant amount of people who use it for negative ones and negative affects it can have on us we if we overuse this technology.

As you watch the clips – complete the table in your booklet.

- https://www.youtube.com/watch?v=HffWFd_6bJ0
- <https://www.youtube.com/watch?v=ES6nUrsVFQU>
- <https://www.youtube.com/watch?v=eKcvth7okXQ> (quite a difficult clip – only up to 3.40)

Negative internet uses and effect.	What impact does this have on ourselves and others? Why?	Why might someone do certain negative things online, but not in real life?

What did we find out? Let's share our ideas as a class.

Negative internet uses and effect.	What impact does this have on ourselves and others? Why?	Why might someone do certain negative things online, but not in real life?

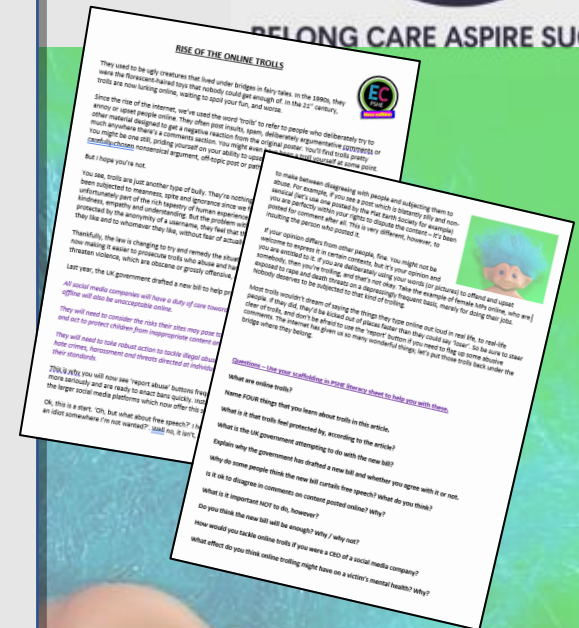
What on earth are online trolls and why do they even exist?

Sometimes negative comments aren't just from people we know – they can be from any random person who can read your post or watch your content on the internet.

THORNDEN THREE – GUIDED READING

Listen carefully.

Then, complete the questions on the reading sheet in your books.



What on earth are online trolls and why do they even exist?

Sometimes negative comments aren't just from people we know – they can be from any random person who can read your post or watch your content on the internet.



A troll is someone who deliberately posts upsetting, offensive or argumentative content online to provoke a reaction.

Trolling is a form of cyberbullying and can have a serious impact on people's wellbeing.

Trolls often feel more confident online because they can hide behind usernames and anonymity.

Why do people troll?

To get attention or a reaction.

To upset, embarrass or provoke others.

Because they feel protected by being behind a screen.

Key Message: Being online does not remove the responsibility to treat others with respect.

Trolling, the Law and Staying Safe Online

Online Abuse Has Consequences

Threats, harassment and hate speech can be criminal offences. Social media companies have a responsibility to protect users from harmful content. Platforms such as Instagram, TikTok and Facebook allow users to report abusive behaviour.

How Should You Respond?

Do not engage with trolls.
Use the report and block functions.
Tell a trusted adult if the behaviour is serious or ongoing.
Remember that disagreement is different from abuse.

Disagreeing vs Trolling

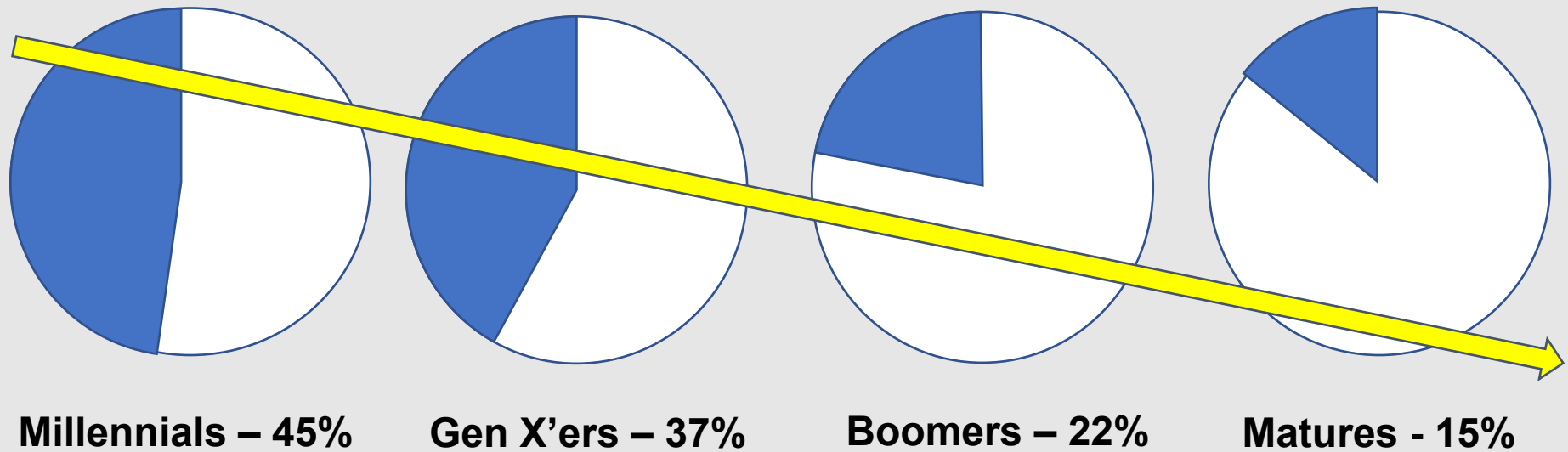
Respectful debate = sharing different opinions.
Trolling = deliberately trying to offend, upset or intimidate others.

Discussion Points

1. Why do you think some people behave differently online than they would face-to-face?
2. Where is the line between expressing an opinion and trolling or cyberbullying?
3. What impact can online trolling have on an individual's mental health and wellbeing?
4. What should someone do if they experience or witness trolling online?
5. Should social media companies do more to tackle online abuse? Why or why not?

there's a lot of negativity in the content of today's lesson. Is there any good news?

Percentage of people who worry about the effects of social media on their mental health, generation by generation (according to the American Psychological Association).



Well yes, actually. Current studies show that as you get older, you stress out far less about the effects of social media on your mental health. This could be because current older people didn't grow up with social media so don't place so much importance on it – or – it could be because as you get older you have different sets of worries, so your social media presence isn't something you think about so much.

Remember, your attitudes towards many things change as you age - often for the better.

Belong - Care - Aspire - Succeed

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>