

**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?

Belong - Care - Aspire - Succeed

**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=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?



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# 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.

**RISE OF THE ONLINE TROLLS**

They used to be ugly creatures that lived under bridges in fairy tales. In the 1990s, they were the faceless, hairied boys that nobody could get enough of in the 24-hour, they trolls are now lurking online, waiting to spoil your fun and scores.

Since the rise of the internet, we've used the word 'troll' to refer to people who deliberately try to annoy or upset people online. They often post nasty, spam, deliberately inflammatory (offensive) or other material designed to get a negative reaction from the original poster. Troll trolls troll. You might be on the internet, priding yourself on your ability to spot trolls, but you're not. You're just a troll.

But I hope you're not.

You see, trolls are just another type of bully. They're nothing but people who are being mean, spite and spiteful. They're not different from the rich and powerful of human experience. They're just people who are being mean, spite and spiteful. They're not different from the rich and powerful of human experience. They're just people who are being mean, spite and spiteful.

Thankfully, the law is changing to try and remedy the abuse now making it easier to prosecute trolls who abuse and threaten violence, which are obscene or grossly offensive.

Last year, the UK government drafted a new bill to help protect people from trolls.

All social media companies will have a duty of care to protect people from trolls who abuse and threaten violence, which are obscene or grossly offensive.

They will need to consider the risks their sites may pose to people who are being mean, spite and spiteful.

They will need to take robust action to tackle illegal abuse on their platforms.

That's why you will now see 'report abuse' buttons from more providers and are ready to react fast quickly, using the larger social media platforms which now offer this.

Ok, this is a start. Ok, but what about free speech? Well, it's not an idiot somewhere in the past wasn't it? And no, it isn't.

to make between disagreeing with people and subjecting them to abuse. For example, if you see a post which is blatantly silly and you are sure that you will not be able to do anything to help the person who posted it, you can choose to report it. This is a very different, however, to welcome to report it from other people. You might not be welcome to report it if you are deliberately using your opinion and expertise to help and assist someone, then you're trolling, and that's not okay. Take the example of people who are being mean, spite and spiteful. They're not different from the rich and powerful of human experience. They're just people who are being mean, spite and spiteful.

Most trolls wouldn't dream of saying the things they type online our lives in real life, to real life people. If they did, they'd be afraid to use the 'report' button if you need to flag up some abusive comments. The internet has given us so many wonderful things, but it's put these trolls back under the bridge where they belong.

**Questions – Use your scaffolding to print library sheet to help you with this.**

What are online trolls?

Name FOUR things that you learn about trolls in this article.

What is it that trolls feel protected by, according to the article?

Explain why the government has drafted a new bill and whether you agree with it or not.

Why do some people think the new bill contains free speech? What do you think?

Is it ok to disagree in comments on content posted online? Why?

What is it important NOT to do, however?

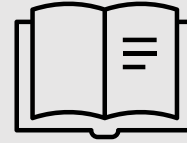
Do you think the new bill will be enough? Why / why not?

How would you tackle online trolls if you were a CEO of a social media company?

What effect do you think online trolling might have on a victim's mental health? Why?

## 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.



Since the rise of the internet, we've used the word 'trolls' to refer to people who deliberately try to annoy or upset people online. They often post insults, spam, deliberately argumentative comments or other material designed to get a negative reaction from the original poster. You'll find trolls pretty much anywhere there's a comments section. You might even have been a troll yourself at some point. You might be one still, priding yourself on your ability to upset people you've never met with a carefully-chosen nonsensical argument, off-topic post or pathetic personal insult.

But I hope you're not.

You see, trolls are just another type of bully. They're nothing new in themselves; as a species, we've been subjected to meanness, spite and ignorance since we figured out we could talk. It's unfortunately part of the rich tapestry of human experience, along with other nicer things like kindness, empathy and understanding. But the problem with trolls is that, because they are often protected by the anonymity of a username, they feel that they can vent their bilious rants wherever they like and to whomever they like, without fear of actually having to be responsible for their words. Thankfully, the law is changing to try and remedy the situation. The Crown Prosecution Service are now making it easier to prosecute trolls who abuse and harass people online. Comments which threaten violence, which are obscene or grossly offensive, could cause their author to be prosecuted.

## 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

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Last year, the UK government drafted a new bill to help protect people from online abuse, stating:

- 1. All social media companies will have a duty of care towards their users so that what is unacceptable offline will also be unacceptable online.*
- 2. They will need to consider the risks their sites may pose to the youngest and most vulnerable people and act to protect children from inappropriate content and harmful activity.*
- 3. They will need to take robust action to tackle illegal abuse, including swift and effective action against hate crimes, harassment and threats directed at individuals and keep their promises to users about their standards.*

This is why you will now see 'report abuse' buttons frequently, and why platforms take reports far more seriously and are ready to enact bans quickly. Instagram, Facebook and TikTok are just three of the larger social media platforms which now offer this service.

Ok, this is a start. 'Oh, but what about free speech?' I hear you ask. 'Isn't it my right to deliberately be an idiot somewhere I'm not wanted?'. Well no, it isn't, actually. But there is an important distinction to make between disagreeing with people and subjecting them to abuse. For example, if you see a post which is blatantly silly and non-sensical you are perfectly within your rights to dispute the content – it's been posted for comment after all. This is very different, however, to insulting the person who posted it.

## 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

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If your opinion differs from other people, fine. You might not be welcome to express it in certain contexts, but it's your opinion and you are entitled to it. If you are deliberately using your words (or pictures) to offend and upset somebody, then you're trolling, and that's not okay. Take the example of female MPs online, who are exposed to rape and death threats on a depressingly frequent basis, merely for doing their jobs. Nobody deserves to be subjected to that kind of trolling.

Most trolls wouldn't dream of saying the things they type online out loud in real life, to real-life people. If they did, they'd be kicked out of places faster than they could say 'loser'. So be sure to steer clear of trolls, and don't be afraid to use the 'report' button if you need to flag up some abusive comments. The internet has given us so many wonderful things; let's put those trolls back under the bridge where they belong.

## **Questions – what did we think?**

**What are online trolls?**

**Name FOUR things that you learn about trolls in this article.**

**What is it that trolls feel protected by, according to the article?**

**What is the UK government attempting to do with the new bill?**

**Explain why the government has drafted a new bill and whether you agree with it or not.**

**Why do some people think the new bill curtails free speech? What do you think?**

**Is it ok to disagree in comments on content posted online? Why?**

**What is it important NOT to do, however?**

**Do you think the new bill will be enough? Why / why not?**

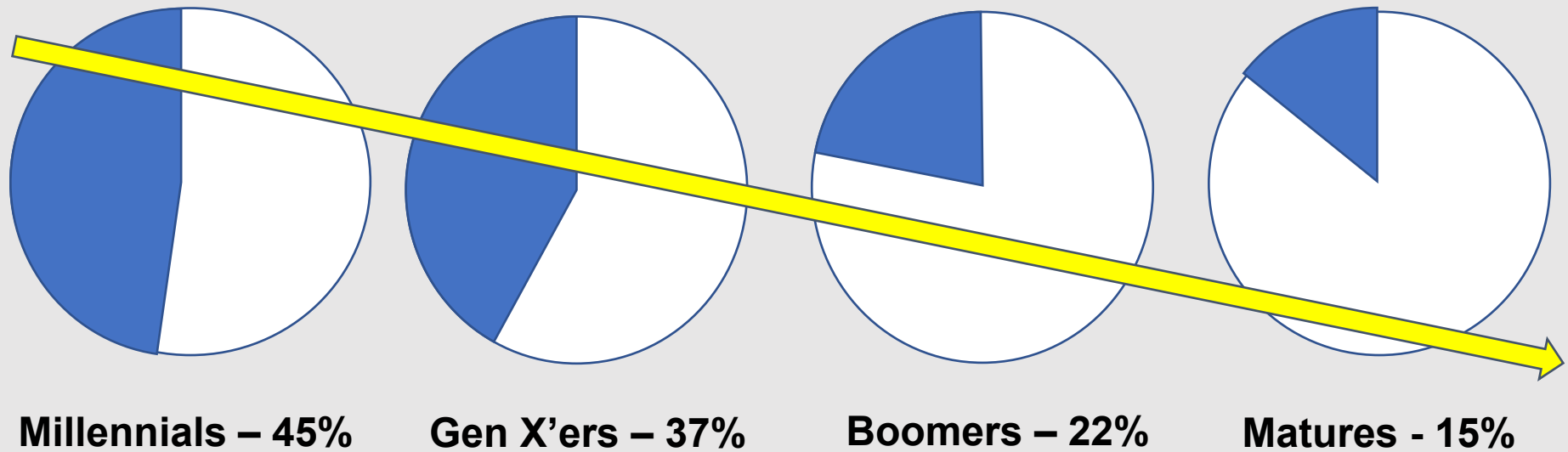
**How would you tackle online trolls if you were a CEO of a social media company?**

**What effect do you think online trolling might have on a victim's mental health? Why?**

# 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.**

# 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/>