

Do Now

Separations, loss, grief and managing the digital legacy

Sammy's auntie passed away from cancer exactly four years ago. Each year, Sammy is reminded of that awful time by social media 'memories'. Whilst happy to remember her aunt's life at a time of her own choosing, Sammy struggles with seeing these posts, and reminders of her aunt's birthday each year too. Her account is still live and, worse still, bots post on it – no one can switch it off.

Discuss: What advice would you give to Sammy? What would you do?



The social media age presents a number of challenges around loss and endings. What other challenges might it present?

I think other challenges would include...

Separations, loss, grief and managing the digital legacy



Learning outcomes:

Explain how we process and start to manage grief and loss, in separations and death.

Describe how we can manage the digital legacies left behind by relationships or loved ones who passed away.

Grief – intense sorrow, felt usually after a death but can also be felt at the end of a long-term relationship.

Loss - the fact or process of losing something or someone.

Digital Legacy - Your digital legacy consists of online accounts, precious videos and anything in between that isn't physically stored.

Unfortunately for Sammy, her auntie never let anyone have access to any of her social media passwords (which is wise). However, she also never nominated a legacy contact either – someone who decides what happens to your profiles in the event of your passing. Sammy's family have been trying to sort this out with the social media companies for a long time, but with no passwords, they've had no success yet.



It's not just death that leaves a digital legacy.

Relationships leave their own digital legacy after they've ended too. All those posts and photos from when a couple were together still exist, (unless you can remove them from everyone who ever posted them's profiles). This can cause emotional stress after a split.

We all have a digital legacy – even if we rarely use social media. Watch the clip below and as you do, add to your mind map of positives and negatives of having digital legacies.



ASKING THE BIG QUESTIONS

WHAT IS A... DIGITAL LEGACY?

Don't forget to add any ideas on to your mind map that you missed the first-time round..

Positives

It leaves a permanent reminder of our lives for relatives and friends.

Revisiting posts and photos can be a source of comfort.

Most platforms now offer options for what you would like to do with your accounts if you were to pass.

What are the positives and negatives of having digital legacies?

Negatives

Digital reminders can bring back a sense of loss.

It can be difficult to preserve a profile if you don't have legal documentation or passwords.


Seeing reminders of past relationships can make moving on more difficult.

Grief manifests itself in seven stages. We will now all have a go at matching those stages to the ways people express them on in your booklet.



Stage:	Match:	How we express this:
Shock		Trying to avoid the truth, saying it can't possibly be so.
Denial		Seeking real solutions to your grief and issues caused by the loss.
Anger		Accepting the situation and moving forward.
Bargaining		Becoming frozen at the bad news, not being able to speak.
Depression		Seeking some sort of way out.
Testing		The news sinks in causing sadness and realisation.
Acceptance		Release of emotions and frustration.

Stage:	Match:	How we express this:
Shock	→	Becoming frozen at the bad news, not being able to speak.
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Bargaining	→	Seeking some sort of way out.
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Testing	→	Seeking real solutions to your grief and issues caused by the loss.
Acceptance	→	Accepting the situation and moving forward.



How do you report something you are concerned about?

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know



How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

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/>