

Do Now

Group messaging – what's appropriate and what's the law?



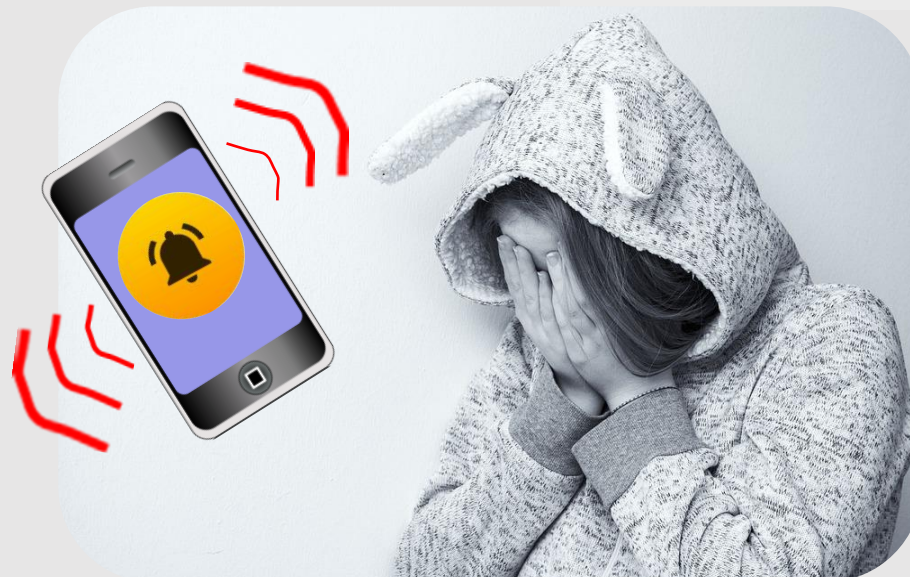
BELONG CARE ASPIRE SUCCEED

Tallulah is in tears on her bed. As her mom leans over and asks her why she is crying, her phone is constantly beeping. Notification after notification. It's all from WhatsApp, from the same group chat.

Tallulah throws her phone across the room. 'I can't tell you.' She sobs into her pillow. 'But it won't stop.'

Tallulah is 13 and until recently, was a very happy girl.

Discuss: What could have happened?



Why do you think messenger services like WhatsApp have a legal joining age?
I think there is a legal age to join many group messaging services because...

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Terms and conditions - the legal agreements between a service provider (app, software, any service) and a person who wants to use that service. The person must agree to abide by the terms of service in order to use the offered service.

Mob mentality - Herd, mob, or pack mentality describes how people can be influenced by the majority in the heat of a moment, acting in ways they may not normally, or if they were reacting on their own.



Learning outcomes:

Describe how to identify risk and manage personal safety in increasingly independent situations, including online.

Develop strategies to identify and reduce risk from people online that you do not already know, assess when and how to access help.

Year 8 Health and Wellbeing Personal Development: Entry/Exit Survey

Instructions: On a scale of 1–10, rate how confident you feel about each of the following statements.

1 = Not at all confident, 10 = Extremely confident

#	Statement	1	2	3	4	5	6	7	8	9	10
1	I understand what it means to live a healthy lifestyle.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
2	I can explain how a balanced diet supports physical and mental health.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
3	I know the physical and mental benefits of regular exercise.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
4	I understand the risks and consequences of unhealthy lifestyle choices (e.g. poor diet, lack of exercise).	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
5	I understand what eating disorders are and how to recognise the signs.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
6	I can explain how low self-esteem can affect our behaviour and health.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
7	I know how to set realistic and achievable personal development goals.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
8	I understand how to stay safe and protect my wellbeing when using social media.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
9	I can identify unhealthy group messaging behaviours (e.g. exclusion, pressure) and know how to respond to them.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
10	I know where to go for support if I am struggling with my health, emotions, or relationships.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



This is your Home Learning. It has been shared with you on Satchel. Please make sure it is completed by next week

Group messaging – what's appropriate and what's the law?



Why are we focusing on group messages today anyway? Well, there are many good reasons for this. Read the statements below and vote to see if you think they are true or false as a class. **We'll reveal the answers on the next slide.**

WhatsApp Groups can accommodate up to 10,000 members

33% of the world's population uses WhatsApp.

You are meant to be 16 to use WhatsApp, but there is no age verification. 33% of 5-7-year-olds, 64% of 8-11-year-olds, and 91% of 12-15-year-olds use messaging apps/sites.

Aside from their other internet / phone usage, UK teens spend at least 45mins a day (on average) messaging on WhatsApp.

WhatsApp is the most popular messaging app, with over 2 billion users around the world sending over 100 billion messages daily.

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ALL OF THE STATEMENTS ARE TRUE

Although WhatsApp isn't the only messaging service, it is by far the most popular. Although, everything we will talk about today will apply to the vast majority of messaging services too.

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Messaging apps help us stay connected, but they also come with risks.

Privacy and Personal Data

Apps collect information about users and their online activity.

Photos, messages and personal information can be shared more widely than intended.

Always think carefully before posting or sharing anything online.

Exposure to Harmful Content

Group chats may contain inappropriate language, images or videos.

Images and messages can be copied, screenshot and shared without permission.

Once something is shared online, it can be difficult to remove.

Cyberbullying

Messaging apps can be used to spread rumours, exclude others or send hurtful messages.

Cyberbullying can seriously affect confidence, wellbeing and mental health.



Staying Safe and Taking Control

Protect Yourself Online

Think before you post or send messages.

Use privacy settings and only communicate with people you know and trust.

Leave groups that make you uncomfortable.

Report and block inappropriate behaviour.

Remember Your Digital Footprint

Screenshots and messages can last forever.

What you post today could be seen by future schools, colleges or employers.

Being respectful online is just as important as being respectful face-to-face.

Managing Screen Time]

Too much screen time can affect sleep, physical activity and wellbeing.

Taking breaks from phones and social media can improve both mental and physical health.

You should control your phone — not let your phone control you.

Discussion Points

1. What are the benefits and risks of messaging apps for young people?
2. Why is it important to think before sending a message, photo or video?
3. How can messaging apps contribute to cyberbullying or peer pressure?
4. What does having a positive digital footprint mean, and why is it important?
5. How can young people create a healthier balance between online and offline life?

How is constant online messaging having a direct effect on teens' behaviour in the real world?

Watch the clips and complete the questions on your sheet. We'll go through the answers together afterwards.

<https://www.youtube.com/watch?v=iY5vtS5OtFY>
https://www.youtube.com/watch?v=ZGbYE_12ca4
<https://www.youtube.com/watch?v=K1jwg2j2WvY>



Clip 1: What happened to Franco?

What made Franco feel better?

Clip 2: What did the girls say they were doing?

Why was this actually bullying, not just a laugh?

How does online bullying affect the victims?

Why do you think Caprice still wanted a 'new' group of friends?

Clip 3: How is constant online activity affecting teens brains?

How is this effect contributing to peer pressure?



How many did you get right?

You now have time to correct any answers you missed.

Clip 1: What happened to Franco?

He was bombarded with messages taking the mickey out of his trainers – which was started off by one comment, then the mob joined in. A pure example of mob mentality and possibly peer pressure too.

What made Franco feel better?

When a real friend called and actually spoke to him. Hearing a genuine friendly voice goes a long way – and we recognise kind intonations when we hear them, unlike in text when there is no clear way of knowing people's true feelings.

Clip 2: What did the girls say they were doing?

'Having a laugh'

Why was this actually bullying, not just a laugh?

It's only a laugh if everyone is actually laughing, otherwise it's just bullying. You can never be sure online. This was just bullying.

How does online bullying affect the victims?

The teacher remembered it throughout her life. It can affect on-going self-esteem.

Why do you think Caprice still wanted a 'new' group of friends?

The girls ruined Caprice's trust in them. Why would she let them near her when they are the kind of people who take and share photos without consent?

Clip 3: How is constant online activity affecting teens brains?

Teen brains are re-wiring to release dopamine according to levels of 'likes'. This would apply to any online positive reinforcement, including acknowledgement and validation through messaging services too.

How is this effect contributing to peer pressure?

A large network of peers (including many people that teens have never met) are actually re-shaping the thought patterns of teens. This makes them more conforming to a majority standard, putting them at risk of group-thought and possibly even cyber-mob rule.



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'We shouldn't worry too much about using online messaging services. Afterall, everyone uses them.'

Do you agree or disagree? Maybe you can see both sides of this argument.

You may agree, disagree or be able to see both sides. Use all your tasks from today to help you as well as your own knowledge.



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/>

 *Remember: Asking for help is a strength, not a weakness.*

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