



Social Media and Wellbeing

friends

Like

What is Social Media?

Social Media is a form of interactive technology which allows us to communicate online with others, as well as share common interests, information and ideas.



+ Follow



Social Media Apps

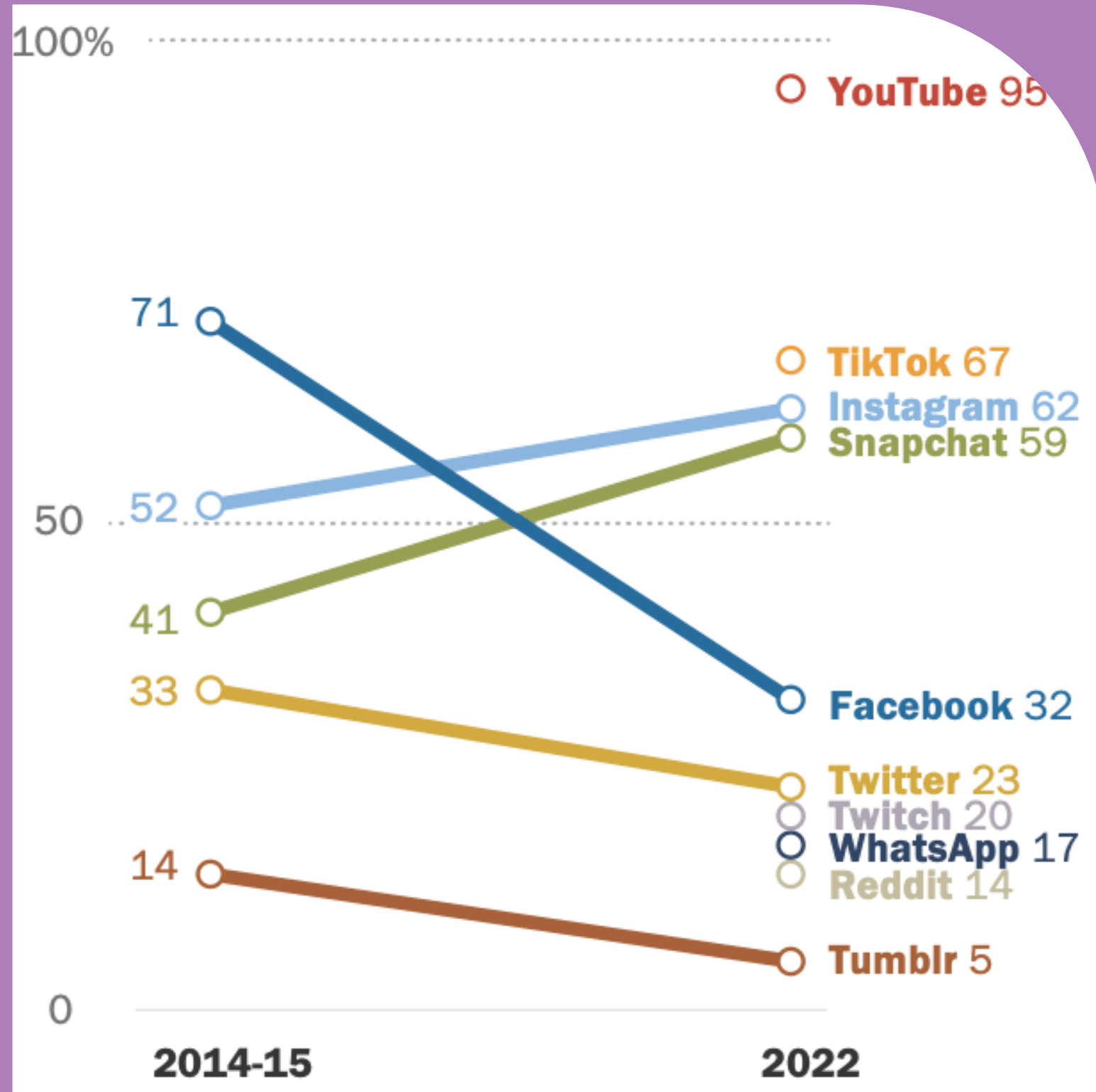
✦ Can you tell me what these apps are?
✦ Can you think of any more?

✦ What are these apps used for? Do you know anyone who uses them?

✦ How do these apps make us feel?

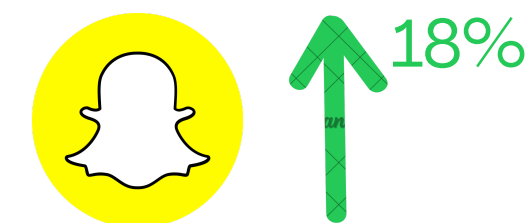
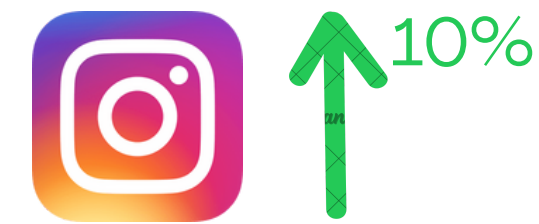
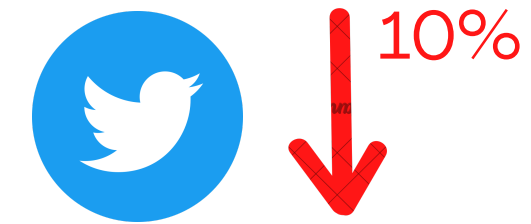
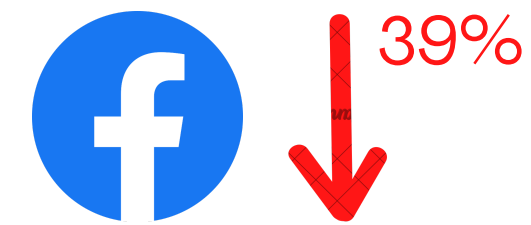


Young People who use Social Media: 2014-2022



Pew Research Centre. (2022). *Teens, Social Media, and Technology*.

Did you know?...



Is this surprising for you?



5 - 7 years old

8 - 11 years old

12 - 15 years old

5% have a
smartphone

35% have a
smartphone

83% have a
smartphone

67% go online
for nearly 9.5
hours a week

93% go online
for nearly 12.5
hours a week

99% go online
for nearly 20.5
hours a week

67% go online
for nearly 9.5
hours a week

18% have a
social media
account

69% have a
social media
account



Activity: How can
Social Media
make us feel-
Benefit or Risk?

Staying connected with friends



Staying connected with friends



Benefit! It can make us happy to stay connected with friends that we don't get to see anymore because of being busy, or because they live far away.

Others being able to see personal information



Others being able to see personal information



Risk! Social Media leaves a "footprint" of ourselves on the internet, which scammers, hackers, and criminals could exploit.

Others being able to see personal information

Did you know?...

Snapchat has your location visible to others by default. You can easily turn this off by switching on "ghost mode" in settings.



Risk! Social Media leaves a "footprint" of ourselves on the internet, which scammers, hackers, and criminals could exploit.

Following pages about your hobbies/interests



Following pages about your hobbies/interests



Benefit! We can use Social Media to learn more about a new skill, such as painting, a language, or making music!

Lots of Likes/Follows



Lots of Likes/Follows



Both! Receiving a lot of likes and follows can make us feel good, but also not so good, as it could also set unrealistic expectations for future posts.

Being exposed to toxic content



Being exposed to toxic content



Risk! Because Social Media has so many users, it can be difficult to regulate, so we need to be careful to filter our feed, and unfollow toxic accounts or pages.

What dangers are there when using Social Media?

Cyberbullying



Catfishing



Hackers



What dangers are there when using Social Media?

Difficulties
Sleeping



Exposure to
unwanted content




Addiction






How can parents help?

- Parents must be on the lookout for signs that their child's social media usage is negatively impacting their mental health.
 - The highest levels of happiness are reported among moderate internet users. (One to two hours per day). Establish rules regarding when, where, and how long social media can be used in your household.
 - Children who are monitored learn that whatever information they share online is a permanent marker of their identity.
 - It is possible to prevent your children from years of mental health issues if you speak honestly with them about what they do with apps and what they see.
- 



Encouraging positive social media use

- Establish a Family Media Plan for rules about social media use. Make sure that you are also following rules and role modelling healthy use for the family.
 - If you as a parent use social media, be sure to role model positive actions. For example, you can put away your phone at important family times such as during dinner, or during family time.
 - Be cautious about children under 13 years old using social media. Most platforms set 13 as the minimum age to sign up.
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Top Tips to Stay Safe on Social Media:

Make accounts private, and don't post information such as home address or phone number publicly.

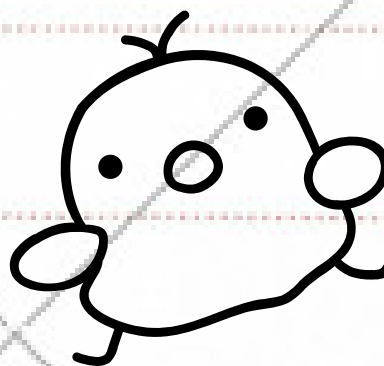
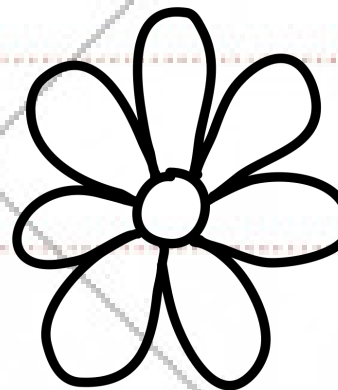
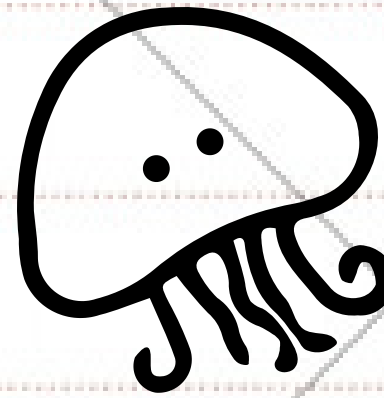
Only follow pages that encourage happiness and are good for mental health.

Turn off phones at a reasonable time, so your child can get plenty of sleep!

Ignore suspicious messages such as: 'OMG look at this picture of you...' or 'Have you seen what they are saying about you!'

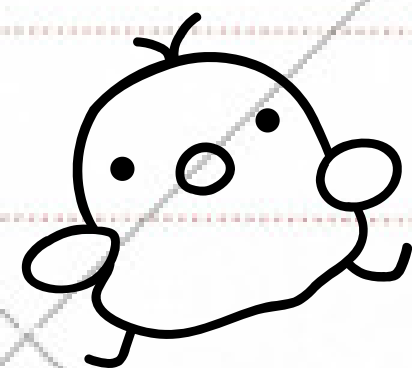
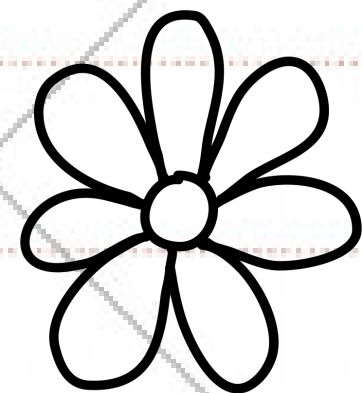
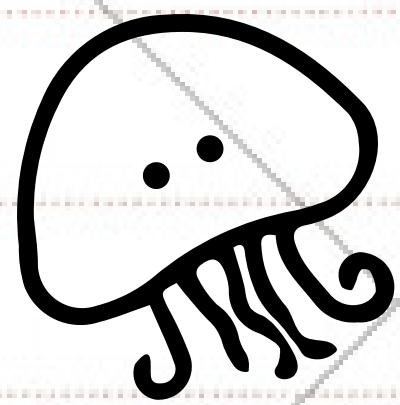
Encourage your child to report any cyberbullying to a teacher or parent.

Be selective with friend requests; don't accept a request unless you know that person.



Top Tips to Stay Safe on Social Media:

Do you have any
Top Tips to add?



What we have learned today:

- ✓ The definition of Social Media.
- ✓ What Social Media apps are out there.
- ✓ How Social Media can make our child feel.
- ✓ The dangers of using Social Media.
- ✓ Top tips to help us navigate through these dangers and help our child.



Any Questions?

