



Social Media

Stay in Control!

Social media damages teenagers' mental health, report says

🕒 27 January 2021 · 💬 [Comments](#)

What do we have control over?

Control

Which groups we use

Which apps we have

How long we spend on social media

How we respond

What we post, say, comment

Whether we upstand

What feelings we allow ourselves

No Control

What others say, comment, post

Other groups that we have not been put in

How others respond to us

What apps are popular or trending

How our parents choose to parent

School rules for our safety (safeguarding – this is for everyone!)

Instagram is rated as the worst social media platform when it comes to its impact on young people's mental health, a UK snapshot survey suggests.

The poll asked 1,479 people aged 14-24 to score popular apps on issues such as anxiety, depression, loneliness, bullying and body image.

Instagram said keeping the platform a safe and supportive place for young people was a top priority.

Mental health charities urged companies to act to increase users' safety.

'Inadequacy and anxiety'

The Royal Society for Public Health study says social platforms should flag up heavy social media use and identify users with mental health issues.

Instagram says it provides tools and information on how to cope with bullying and warns users before they view certain content.

[The RSPH report](#) says that "social media may be fuelling a mental health crisis" in young people.

However, it can also be used as a tool for good, the report said. Instagram, for example, was found to have a positive effect on self-expression and self-identity.

About 90% of young people use social media - more than any other age group - so they are particularly vulnerable to its effects, although it is not clear what these are on current evidence.



Instagram

How does Snapchat work?

The platform mainly operates as a messaging app where users can communicate with each other using videos and images. However, there are also other features available including private chat, games, and voice notes. You can also create short videos that can be posted to a public feed.



Snap Chat

Location sharing

Snapchat Map shares your location with other users on the app.

Unwanted contact

Your child could receive unwanted contact from adults or other young people using the app.

Pressure to share

Snapchat messages normally disappear after a short period of time once opened. This could put a child more at risk of sharing something that makes them feel uncomfortable or could harm or upset someone else. It's important to remember that images, videos, and messages can always be screen shot by the recipient.

Pressure to chat



New Report Shows That Young Users are Increasingly Turning to TikTok for News Content

Now, younger audiences are more reliant on their favorite influencers to act as a filter, of sorts, to help highlight the news of most relevance - which could be good, in that it facilitates a new angle on the big stories each day. But it could be bad, in that the news they present and discuss is then based on the personal bias of each influencer, which is arguably a less transparent process than mainstream news outlets.

Is the material on Tik Tok a reliable source for facts?



Radicalisation

interested in

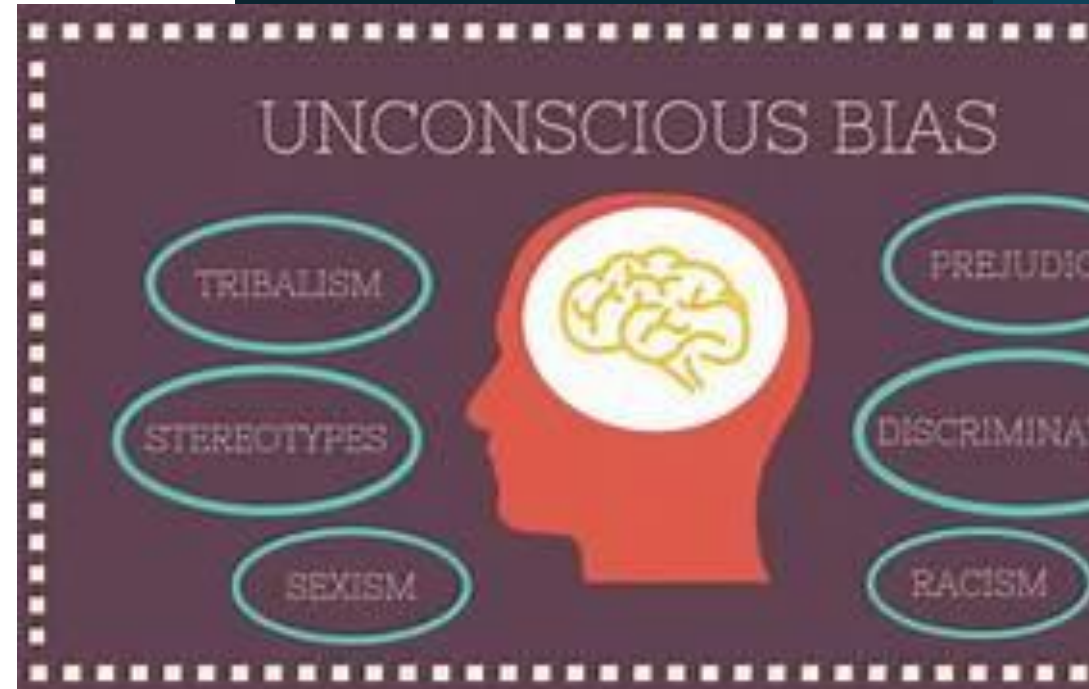
- How could this algorithm be dangerous
- What do we call extreme views that don't take account of balanced view and could be hurtful to others (groups, individuals or minorities)?

Interested and sharing
same content.

What is subconscious bias?

How can you stop this happening?

- Find a balanced view (seek other opinions)
- Look for facts sources that are verified
- Take yourself away from content when it is making you feel unhappy, anxious, or scared
- Speak to an adult, teacher, parent who can reassure you or share another viewpoint
- Discuss and debate to get a bigger picture (being open to active listening and reasoning)
- Question what you read (this is healthy)



What's App – Why do we like it?

- Keeps us in touch with friends
- Good for planning parties or events with all the right people in them
- Keep in touch with people around the world
- Texting, phoning and video call
- Can upload pictures to share with a group or a person
- You can use on any device, anywhere in the world
- It's free and has no adverts




'Poisonous': how WhatsApp is exposing UK school children to bullying and harmful content

Managing the fallout from social media is now a massive issue for her members. "When it goes wrong, social media intensifies the angst of being an adolescent," Bousted said.




After this incident the school wrote a letter urging parents to be more aware of what their children were doing online and telling them WhatsApp has a minimum age in the UK of 16 so their kids should not be on it.

She is not alone. Schools across the country are grappling with the issue of how to deal with inappropriate messages, image sharing, adult content and bullying on social media. But Tully says in her case the correspondence had little impact.



Many schools now ban phones, either in lessons or all day, but Bousted says some find this difficult to enforce and they all know the problem is “far wider” than this.

Tully says her school works hard to educate pupils about the risks of social media and issues such as bullying online. But mediating between pupils who have posted hurtful comments, or pointedly removed one person from a chat group, still takes up far too much staff time. “It’s not our job to stop horrible messages outside school, especially when they are sent at 3am and the parents let them have their phones in bed,” she said. “But when you’ve got a crying 11- or 12-year-old in front of you, of course you have to get involved.”



What is the difference between what is said on What's app or in person?

Reactions

Gossip

Influence

Self
esteem

Perception

Privacy

Out of context
sharing

Are there other ways in which What's App can make someone feel isolated?

Not included in events or friendship groups

Others haven't heard all sides of the conflict

Not living up to the expectations of others.

Uncomfortable about others in the group (strangers)

Restrictions from parents

How does this affect real life friendships and dynamics?

Loss or lack of trust

Fake relationships

Gangs/negative groups start to form

Questioning what is friendship



The Fizzy Bottle Analogy



The Window of Stress Tolerance;

- A small amount of stress is a positive thing; helps with motivation, adrenaline
- If you are carrying large amounts of toxic stress then the slightest trigger or upset, confusion, flashback and you have no room to hold it before overwhelm
- The healthy body has lots of space to hold small amounts of stress throughout the day

The Class What's App Group!

- Can be useful for reminders, notices and kind words

Remember;

- Lots of people all in the same room
- Anything you say or post is public
- This can be shared by 30 people to an infinite number of people and so on (it is not just between the group)
- Strangers and friends of friends can wander into groups (Do you check who is in the groups you are in?)
- Words can be taken the wrong way when texting without facial expression and reading each others' faces
- You can't hide behind everything you say being 'It was a joke!'
- We don't see reactions and often won't know we have hurt someone. Equally we won't know when to make it right. (This could result in unresolved trauma)

Why does everyone need to know?

The Messengers

- Messengers (or witnesses) - may be involved against their will, feel in the middle, love the drama as they aren't the ones affected
- These messengers are as bad as the perpetrators – they feed off the drama, when conflict could dissipate and wear off, they fuel it up again.
- They are the reason the conflict keeps occurring and stays relevant.
- What's App group is making this worse and then coming to a head at school. Without the large group, this wouldn't happen.
- A messenger is a bystander – they are part of the problem, openly assisting the conflict or bullying.
- The large What's App group forms a 'Gang mentality'.



The Perpetrator (Bully)

Nobody thinks they are one but...

If you:

- Openly share unkind things to others (even if just repeating or laughing along)
- Say something that will upset someone online that you wouldn't have the guts to say to their face
- Talk about people behind their back (ie spin off What's App groups)
- Target one person or a minority group to get laughs or turn people against them
- Actively ignore or exclude (from groups or for real)

...Then you are one!

The Victim

- You may be a victim of this unkind behaviour.
- It is possible to be a victim and a perpetrator – a cycle of two people being very unkind to each other is a high level of conflict.
- It will take action from both parties to resolve itself.
- Don't sensationalise your victim status. What does this say about you as a person?
- How can you choose not to be a 'Victim'?



What can happen with friendships?



Victim
(could be part
of the problem)



Gossips (messengers) - some are upset or damaged,
some love the drama



Perpetrator
(could also be
suffering)



Gossip dies when
it hits a wise
person's ears.



EMILYSQUOTES.COM

A landscape photograph of a dirt road at sunset. The sun is low on the horizon, casting a warm, golden glow over the scene. The road is flanked by tall, dry grasses on the left and a line of bare trees on the right. The sky is filled with soft, orange and yellow clouds. A dark, semi-transparent rectangular box is overlaid on the center of the image, containing the quote in white text.

Whoever gossips to you
will gossip about you.

Philip Sidney

 quoteFancy

The Danger of Gossip

The most dangerous part about gossip is that it steals another person's reputation. People use gossip to hurt people, in order to feel good about themselves, and to feel like they have power over others. It's time for you to decide you don't want to have any part of it.

The Hope Line

5 Tips to Stop Gossip

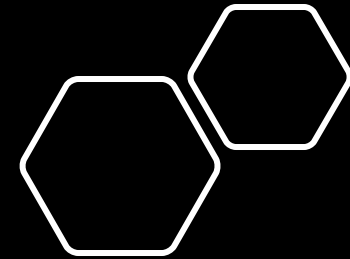
IGNORE IT!
It's up to you to not listen or repeat what you hear.


CORRECT THE RUMOR.
If you know it's false, then provide the correct information.

USE HUMOR!
It can throw them off guard and help you to just walk away.

SPEAK UP!
Just tell the gossiper to stop.

TELL AN ADULT.
Sometimes you need to get help.





IT ALL BEGINS AND ENDS
IN YOUR MIND.
WHAT YOU GIVE POWER
TO, HAS POWER OVER YOU,
IF YOU ALLOW IT.

TRAJECTORY MANIFESTATION

How can I protect myself?

This takes strength and resilience

- Work on your self-belief
- Understand the motivation of others
- Call out bullying and unkind words/actions
- Choose to walk away or choose better friendships – you deserve kind people around you

Aside from the Social Media

You are better than this!

We have worked hard to
instill responsibility for
our Year 6

You have many more
Rights than other
children in the school

You are listened
to...please afford us the
same respect!

Remember, imagine
what it feels like to be a
victim! Don't make
someone else one to
make you feel better!

No-one likes a gossip!
They just serve a
purpose.

Rights and Responsibilities

Rights	Responsibilities
Have own possessions	Look after them
Use a phone or electronics	Be safe online or tell an adult if it goes wrong
Play outside or move around with less supervision	Try to sort out any issues sensibly considering others
More freedom	Be trustworthy and honest



Upstanders



Upstanders are helpers. They help people who are getting bullied. Some of the things you can do as an upstander are: tell an adult, tell them to stop, distract or change the subject, ask the victim to join you and your friends, and other types of things to stop the bullying.

Bystanders



Bystanders are people who see what is happening but do nothing to help stop the bullying. They might pretend to ignore what is happening, walk on by, laugh along with the bullying (encouraging him/her/them) and allow the bullying to continue or even get worse.

Upstanders – the new trend

- Isn't snitching
- You are helping someone to become a better person
- If you don't, eventually they will be isolated and wonder why no-one helped them
- You reap what you sow – but those who forgive will be happier
- You could stop someone from harm or harming themselves
- How can you be an upstander without losing face?
- The more it becomes the norm... the quicker it stamps out hate
- No Outsiders motos and school vision.
- You are the eldest representatives of our school, if you can't uphold and model the vision and ethos then you will not be able to take part in school events.



Activities



1

Make a photo story with a similar scenario where social media has got in the way of a friendship or made a conflict worse.



2

Make two different endings – one where there is a negative conclusion and one where the conflict gets stopped in it's tracks



3

Make a poster to show others how to be an UPSTANDER and how this could help someone else.