



PSHE and Citizenship

Health and Wellbeing | Social Media and Digital Wellbeing

My Digital Wellbeing



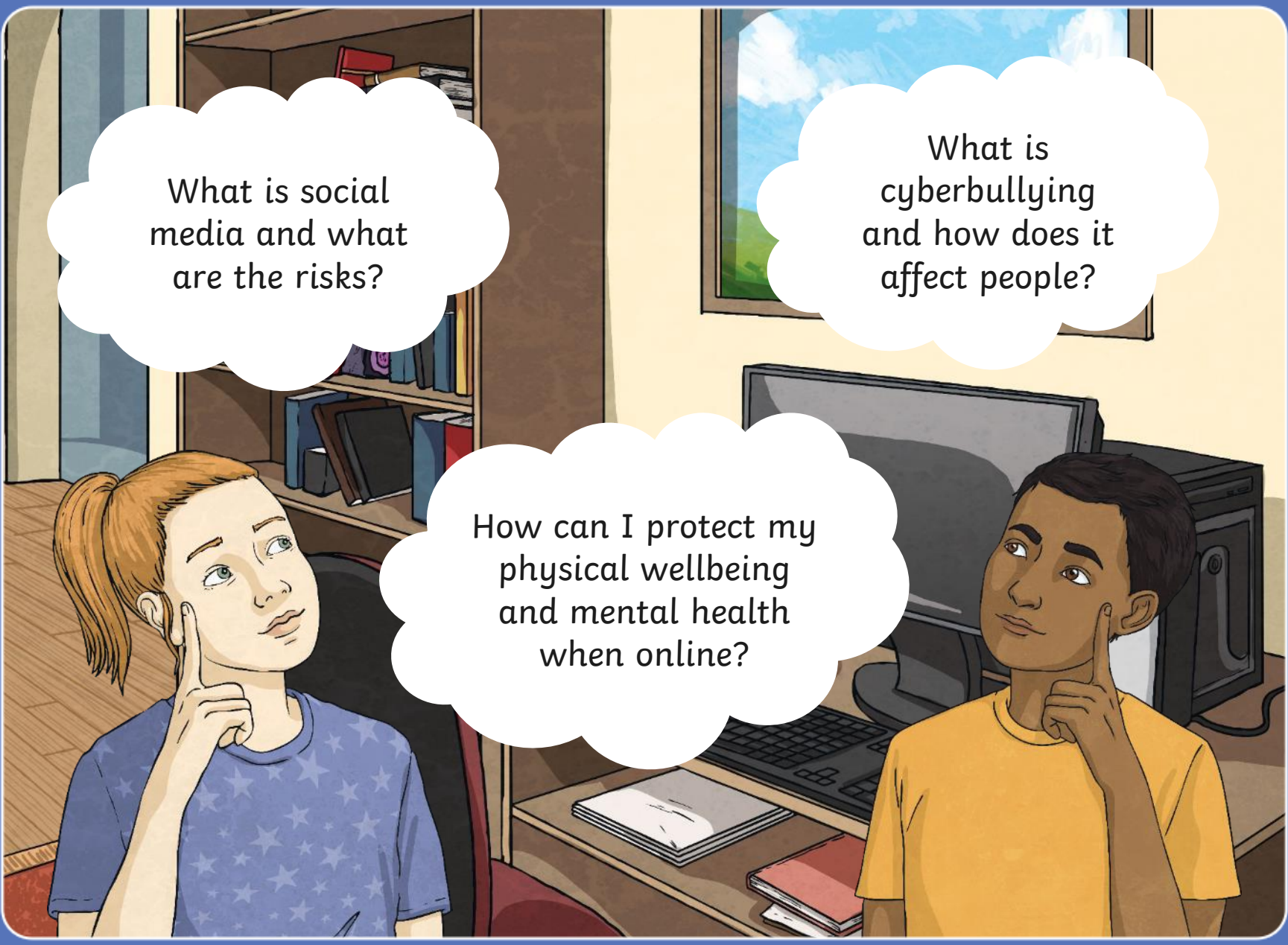
Aim

- I know how to look after my physical wellbeing and mental health when using the Internet.

Success Criteria

- I know how to protect my physical wellbeing when online.
- I know how to protect my mental health when online.
- I can identify online risks, including social media risks.
- I know what to do about cyberbullying.

The Big Questions

An illustration of two students, a girl with red hair in a ponytail and a boy with dark hair, sitting at a desk in a room with a bookshelf and a window. Both are in a thinking pose, with their index fingers pointing up. Three thought bubbles are shown above them, each containing a question related to social media and online safety. The background includes a bookshelf filled with books, a computer monitor and keyboard on the desk, and a window showing a blue sky with clouds.

What is social media and what are the risks?

What is cyberbullying and how does it affect people?

How can I protect my physical wellbeing and mental health when online?

Reconnecting

What Does It Mean?

Today, we are going to see and use lots of specific vocabulary. Do you think you know what these words or phrases mean?



Tablet

A small, mobile computer with a touchscreen.

Exploring

How We Use Social Media

Using social media sites and apps can be a great way to keep in contact with friends and family.

Which social media sites or apps have you heard of?



Have you communicated with other people over the Internet?

Many people have accounts on social media sites that allow them to chat with others, share photos, send videos and comment on other people's posts.

How We Use Social Media

Did you know...

- **18%** of eight to eleven year olds have a social media profile?
- **35%** of children aged eight to eleven have a smartphone?
- **47%** of children aged between eight and eleven own a tablet?
- **93%** of eight to eleven year olds go online for over 13 hours a week?



Did any of these surprise you? Do you think you fall into any of these groups?



How We Use Social Media

Let's see how we fit in with this data.

Social Media Survey

Ask someone else these questions and tick their answers.

• How often do you use the Internet?

- ☐ never ☐ once or twice a week ☐ a few times a week
☐ every day

• Which device(s) do you use at home?

- ☐ smartphone ☐ tablet ☐ laptop ☐ computer ☐ TV

• What do you like to do online? (tick as many as you wish)

- ☐ play games ☐ watch videos, films or programmes
☐ chat to other people ☐ research or learn things
☐ look at photos ☐ send emails

• How long do you spend looking at a screen when you go online?

- ☐ less than 20 mins ☐ between 20 mins and one hour
☐ more than one hour



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association Programme of Study



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See if you can answer the questions
on the **Social Media Survey**.

How We Use Social Media

We are all different and like doing different things.

- Other families might have different rules about using the Internet.
- Other people might have different devices at home.
- Some people may not have a television, computer, tablet or phone.
- Some people might use social media a lot, while others never use it.



Social Media and Digital Wellbeing

Just like in real life, we need to think about our **physical and mental wellbeing** when we are online.

- Spending too much time using screens.
- Copying things we see online.
- Chatting to strangers.
- Giving away personal information.
- Seeing things that upset us.
- Online bullying.
- Worrying too much about what others think about us.
- Sharing photos or videos of ourselves or others.
- Feeling like we might be missing out on group chats or other activities.

Social Media and Digital Wellbeing

Whenever, or however, we use social media, we all need to make sure we are safe and happy online.

There are things we can all do to protect our physical wellbeing, such as limiting screen time and not using devices just before bedtime.



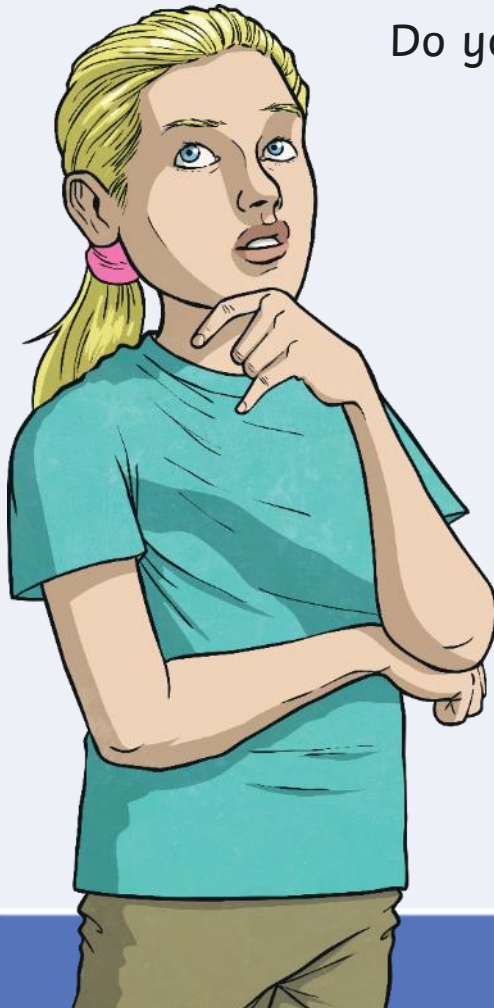
Let's take a look at some great advice when it comes to staying safe and happy online using various types of social media.



There are also things we can all do to protect our mental wellbeing, such as making sure we still spend time connecting with others in the real world and telling a trusted adult if we see something online that upsets us.

Social Media: Staying Safe and Happy

Do you agree or disagree with the following statements?



Sitting in front of a screen for a long time might mean we are missing out on other activities that are good for our wellbeing, such as spending time in the fresh air, playing with friends, spending time with our family and pets or getting creative.

Social Media: Staying Safe and Happy

Did you know...?

Some videos challenge us to try things (a bit like a dare) but this is never a good idea as you could get hurt.

Some videos on the Internet of people doing stunts, risky or dangerous things. You should never copy these.

Social Media: Staying Safe and Happy



Many people can become hooked on social media, wanting to spend more and more time using it.

This isn't good for our mental or emotional wellbeing.

They can start to place a lot of importance on what others say about their photos, videos,

It's impossible to measure how popular or well-liked we are by others' online behaviour and comments can be misinterpreted online.

Some people worry a lot about what others think of them and they become desperate to be liked online.

Social Media: Staying Safe and Happy

Have you ever considered...?

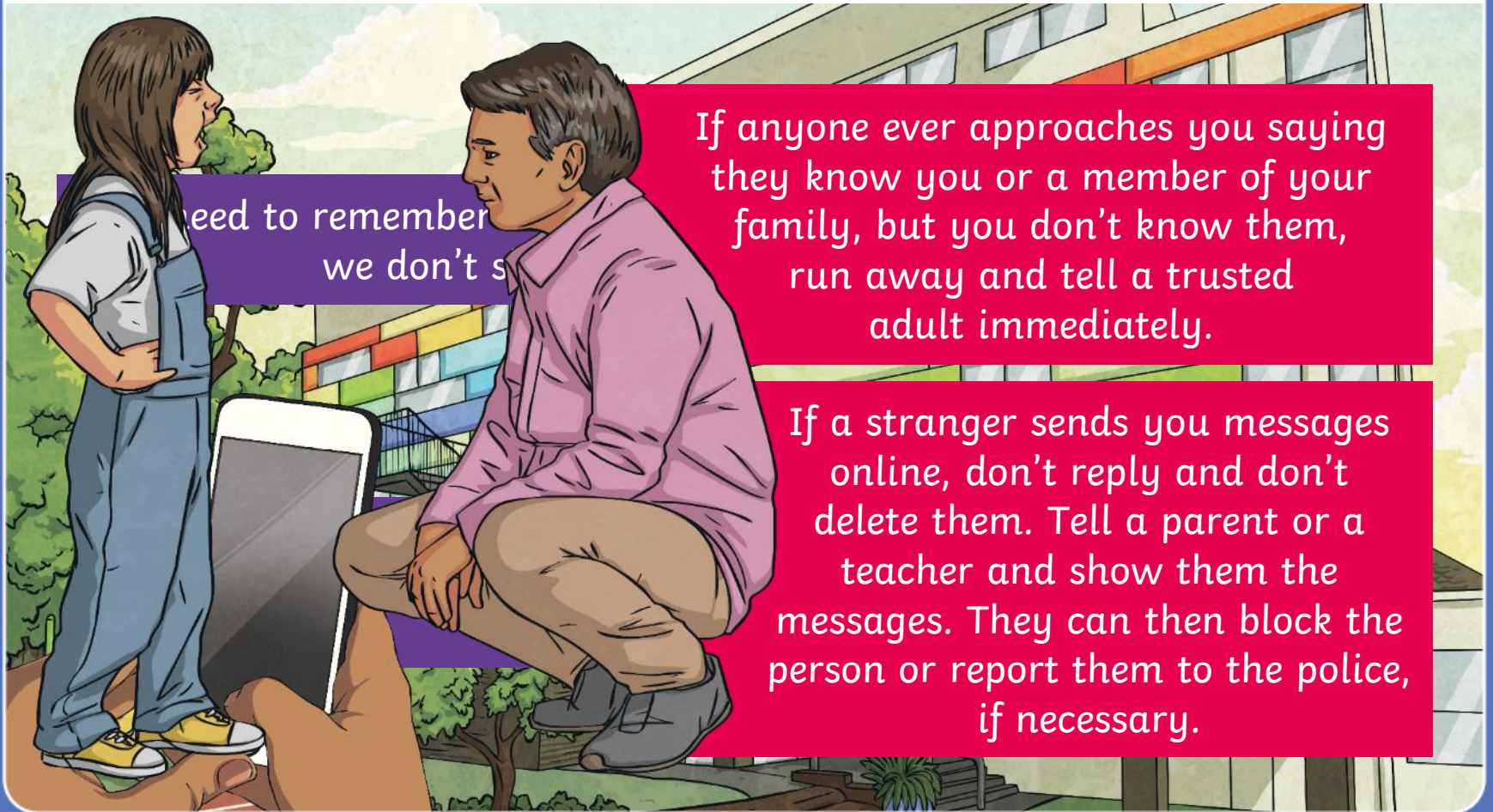
For example, you might
be playing a game

But that person could
be lying.

They say they like the same
things that you like.



Social Media: Staying Safe and Happy

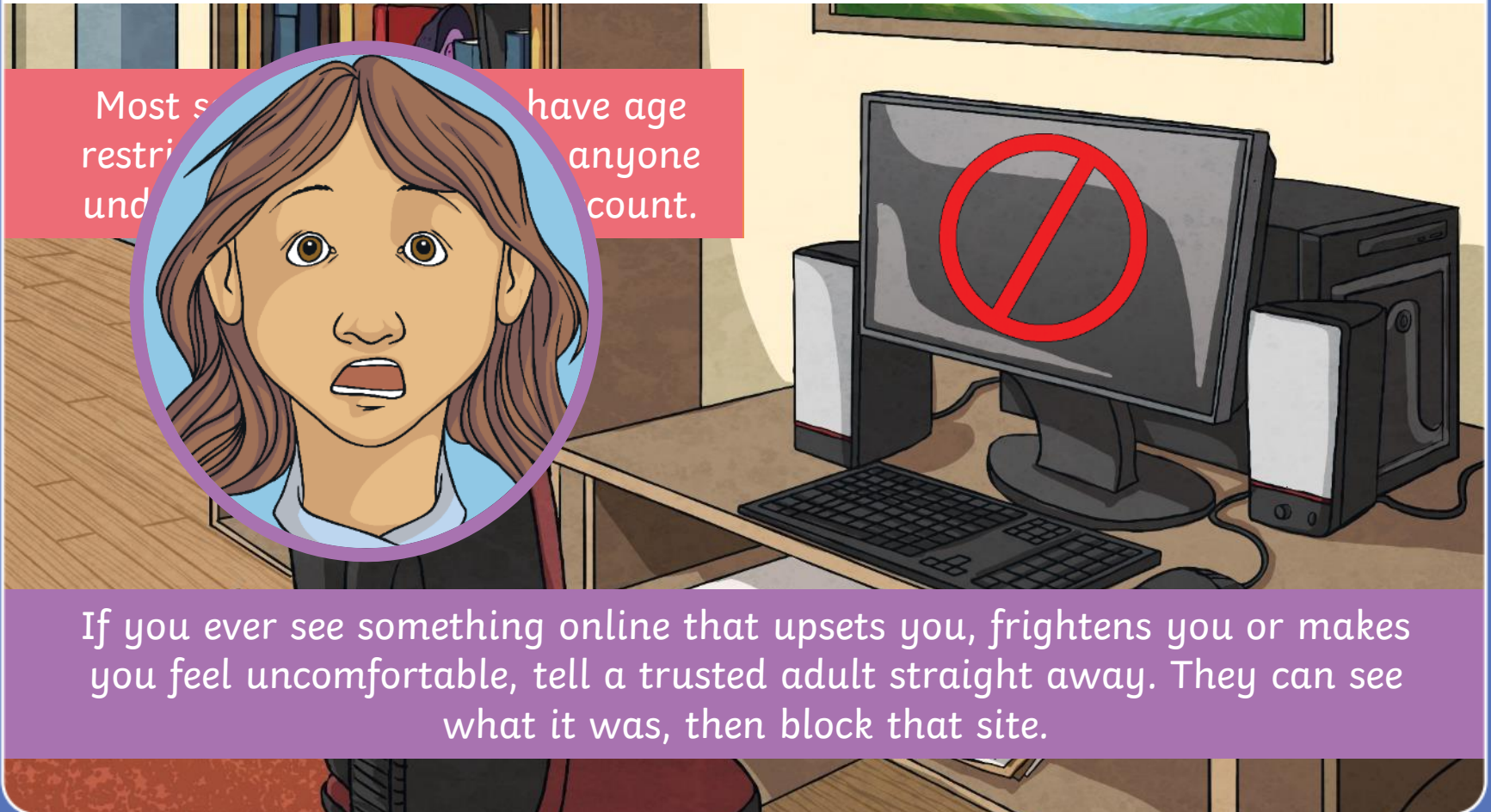


need to remember
we don't s

If anyone ever approaches you saying they know you or a member of your family, but you don't know them, run away and tell a trusted adult immediately.

If a stranger sends you messages online, don't reply and don't delete them. Tell a parent or a teacher and show them the messages. They can then block the person or report them to the police, if necessary.

Social Media: Staying Safe and Happy



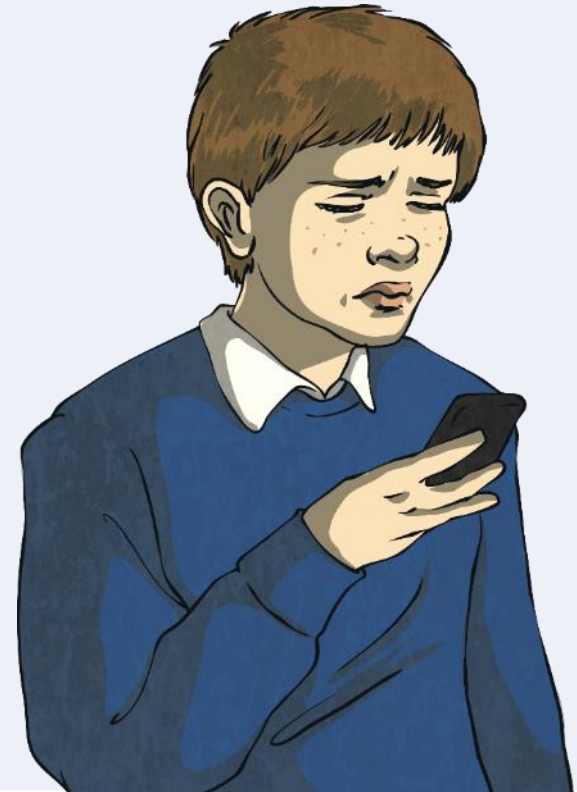
Most social media sites have age restrictions for anyone under 13 years old.

If you ever see something online that upsets you, frightens you or makes you feel uncomfortable, tell a trusted adult straight away. They can see what it was, then block that site.

Social Media: Staying Safe and Happy

Cyberbullying is a serious issue and it affects many people's well-being, online gaming or social media sites.

- If you ever receive messages that upset you, threaten you or scare you, you must report it.
- Don't reply but don't delete the messages. Tell a trusted adult so that they can read the messages and sort out the problem before it gets worse.
- It takes courage to report a bully but it's the only way they will be stopped.

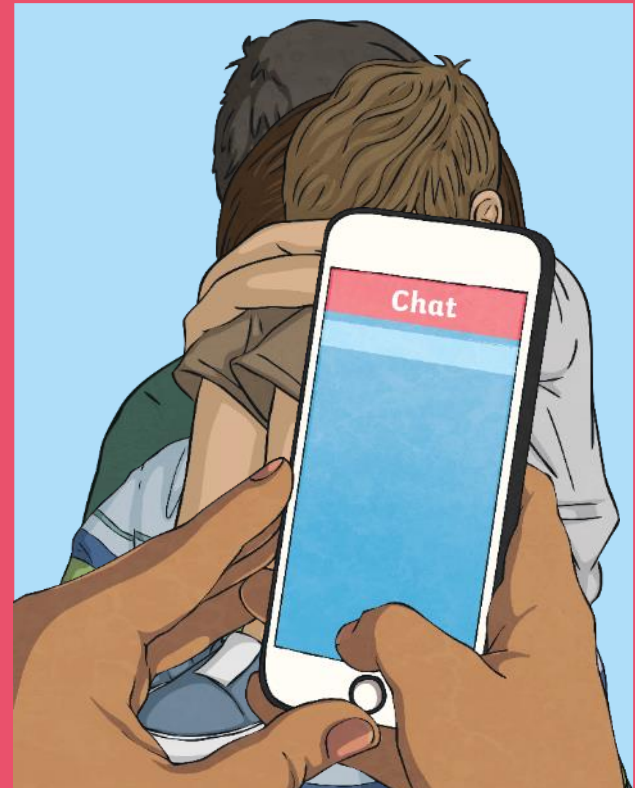


Be Kind Online

Some people don't realise how upsetting it can be to be bullied online.

Children who have experienced **cyberbullying** say it makes them feel lonely, sad and frightened.

- Some children receiving nasty messages might want to stop coming to school.
- They might believe what the bullies are saying and think the problem is with them but it isn't – it's the bullies who have the problem.
- Others might start retaliating – that means doing the same thing back to the bullies. This doesn't address the problem, it makes things worse.



Be Kind Online

Take a look at the **Be Kind Online Cards** and sort them into those that are kind and those that are not.

Be Kind Online


Sorting Cards



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association Programme of Study.

Be Kind Online

A boy posts a video online of his friend falling over. He tells everyone in their class about it.



Be Kind Online

A child has been off school. Another child texts to ask how they are feeling and says, 'Get well soon!'.



Be Kind Online

Some children keep sending the same message to a child in their class. It says, 'No one likes you.'.



Be Kind Online

How did you do with sorting the cards?



We can all be kind online.

Show respect to others.

Think to yourself before you send a message or post something online, 'Would I like this if it happened to me?'.

If you, or someone you know, is being bullied online, report it to someone and get help.



Consolidating

My Digital Wellbeing Pledge

My Digital Wellbeing Pledge

This is my pledge to take responsibility for the protection of my digital wellbeing.

To stay safe online, I will:


To protect my physical health when online, I will:

To protect my mental wellbeing when online, I will:

To protect my happiness online, I will:

To protect others' happiness online, I will:

Signed _____ Dated _____



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of others online but we can control our behaviour.

online, how we respond to others online as something that upsets us

Fill in the **My Digital Wellbeing Pledge** by stating the things that you are going to make sure you do to stay safe and happy online.

Reflecting

Today, I Learnt...


We have learnt a lot today about social media and the risks we need to be aware of when we go online using our phones, tablets, laptops, computers, games consoles and televisions.

Can you complete this statement?

To stay safe and happy when using social media, I am going to...



The Big Questions

An illustration of two students, a girl with red hair in a ponytail and a boy with dark hair, sitting at a desk in a room with a bookshelf and a window. Both students have their index fingers to their chins, indicating they are thinking. Three thought bubbles are present, each containing a question. The background includes a bookshelf filled with books, a window showing a blue sky with clouds, and a computer monitor and keyboard on the desk.

What is social media and what are the risks?

What is cyberbullying and how does it affect people?

How can I protect my physical wellbeing and mental health when online?

What have you learnt today that will help you in everyday life?

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