



Social Media and Online Stress



LEARNING OUTCOMES

Knowledge, Skills & Actions

To explore the link between mental health and social media usage

To identify coping strategies to manage online stress

Recognise that social media sometimes does not reflect real life



New Vocabulary

online, social media, post, followers, social currency, online harassment, settings, privacy, cyber bullying



How is social media made to be addictive?



3 Minutes



3 Minutes



Tasks

STARTER ACTIVITY

What causes you to get stressed?
What do you do to de-stress?

Can social media usage cause you stress?



Social media and online stress



ASSESSMENT FOR LEARNING

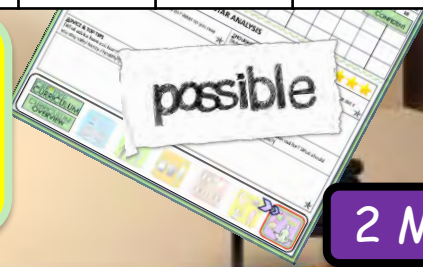
BASELINE CONFIDENCE CHECKER



BEFORE THE LEARNING	1	2	3	4	5	6	7	8	9	10
	NOT CONFIDENT					CONFIDENT			VERY CONFIDENT	
I can explain what online stress is										
I understand the link between mental health and social media usage										
I know how to keep my online data safe										



Complete a baseline assessment of where you think you are at for this lesson
(Discussion or complete sheet)



2 Minutes



I'm not confident at all

I'm getting more confidence

Confident

Very confident

Super confident



QUIZ!



ROUND 1

NAME THAT SOCIAL MEDIA PLATFORM

A

...is the

social network and the rd most famous. ...

A: Instagram

and usually impressive.

B

and the most famous. described by fans as: ddictive, lways

B: Facebook

C

... is very popular amongst young people but not the older generation ...

C: Snapchat

D

..... nformative, lways check it, elps me

D: Twitter

E

.... is interesting, asy to use, . favourite, ser friendly

E: Pinterest

F

elps me keep in touch, ouldn't do without

F: LinkedIn

PINTEREST

INSTAGRAM

SNAPCHAT

TWITTER

FACEBOOK

LINKEDIN



QUIZ!



ROUND 2

MULTIPLE CHOICE – GUESS CORRECT

A

Which is the most popular online

YouTube

Instagram

Snapchat

Twitter

B

What % of American teenagers reportedly own or have

10%

20%

30%

40%

C

What % of teenagers say that social media

10%

20%

30%

40%

D

What % of 13-year old girls in the US are on social media

10%

20%

30%

40%

WHAT IS ONLINE STRESS?



How can you deal with online stress?



We all use social media and it can be great, but sometimes it can also be quite stressful and we can get that feeling of FOMO

2 Minutes

Play video

Did you know?

Social media is more addictive than cigarettes and alcohol for young people – FOMO (Fear of missing out)



Discussion topics



What makes somebody a good friend in real life?

What do you value most about online friends and followers?

How does social media make its users feel?

What are the benefits and risks of using social media?

Is social media addictive?
Why?

Make up a discussion topic

How would you judge yourself to feel about each of the following issues.

Cyber Bullying & Trolls

Addiction to Social Media

How many likes your pics get

Worrying about nasty comments

Not feeling 'good enough'

How many online friends and Followers you have



Not at all concerned

Very concerned

TASK: If you were Prime Minister what would you do to make people less concerned about some of these issues? Come up with a plan of action



“The age limits for using social media sites should increase from 13 to 16”

Talking points

- I think that ...
- I don't think... is right because...
- My opinion is...
- I would argue the same because...
- I disagree with... because
- Building on what
- An alternate way of looking at this is...
- I sort of agree, however....
- In my view...
- I would challenge what... said because ...

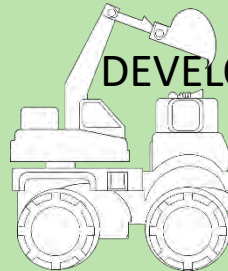
AGREE



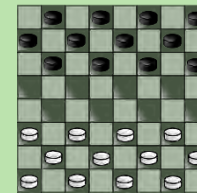
DISAGREE



DEVELOP



CHALLENGE



ALTERNATE IDEA



Source: A Report Published in May by the Royal Society who Published a report on Social media and Young Peoples Health

- ✓ **Social media is more addictive than cigarettes and alcohol – FOMO (Fear of missing out)**
- ✓ **With females in particular an increase in social media use increases and heightens concerns about their own body image**
- ✓ **Increased social media use has a significant link with poor sleep quality and this links with mental health issues**
- ✓ **80% of Social media users feel more anxious after using Social media (2+ Hours a day)**
- ✓ **70% of users have experienced some form of cyber bullying of which 36% experienced it on a high-frequency basis**
- ✓ **57% of 16 to 25 year-olds say that social media creates an “overwhelming pressure to succeed”**
- ✓ **46% think that comparing their lives to others on social media makes them feel “inadequate”**
- ✓ **48% say they feel “more anxious about their future when seeing the lives of their friends online”**



Does anything concern you about this reports findings?

Do you believe all of the findings?

What should be done to tackle some of the issues found in this report?

Problem solving

Optional Activity – Social Media & Mental Health

The four stressors on social media

Highlight Reel

(Only seeing the best parts of peoples lives & comparing ourselves)

Social Currency

(Likes & Followers & Friends)

Fear Of Missing Out - F.O.M.O

(You will not be apart of something everyone else is)

Online Harassment

(Nasty comments, trolling and threats)



Is Social Media hurting your mental health – TEDX Talk

How would each of the above impact your mental health?

Which of the above four stressors is the worst?

How can we tackle these?

Social Media & Mental Health

Highlight Reel

(Only seeing the best parts of peoples lives & comparing ourselves)

Social Currency

(Likes & Followers & Friends)

Fear Of Missing Out - F.O.M.O

(You will not be apart of something everyone else is)

Online Harassment

(Nasty comments, trolling and threats)

Post one more time / Lurk one more time
Check likes one more time
Get anxious when we don't have access

SOCIAL MEDIA USAGE INCREASES – WE NEED IT FOR VALIDATION

Lowens our self esteem

Higher levels of anxiety

Higher levels of depression and suicidal thoughts

Addiction



QUIZ!



ANAGRAMS – UNSCRAMBLE THE WORDS

Clue: All the words link to online safety

A

.....

B

.....

C

.....

D

.....

LEARNING OUTCOMES



STOP!



Let us review our learning outcomes for this lesson
Knowledge, Skills & Actions

PAIR & SHARE

ASSESSMENT FOR LEARNING

Confidence Checker



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Complete the confidence checker of where you think you are at for this lesson (Discussion or complete sheet)



3 Minutes

←

	I'm not confident at all		I'm getting more confidence		Confident		Very confident		Super confident
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IMPORTANT INFORMATION

SEEKING SUPPORT

Enjoy the lesson, Challenge your perceptions and understand how to seek further advice and support

IMPORTANT INFORMATION



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS OR HEAD OF YEAR, TRUSTED ADULT OR FRIEND IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW - IT IS ALWAYS IMPORTANT TO TELL SOMEONE!

SUBMIT ANNONYMOUS QUESTION TO <https://riseabove.org.uk/wall/>

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- UK Safer Internet Centre: www.saferinternet.org.uk
Professionals Online Safety Helpline: www.saferinternet.org.uk/helpline
- Internet Watch Foundation: www.iwf.org.uk
Childline: www.childline.org.uk | Phone: 0800 1111
- Report abuse or grooming to CEOP: www.ceop.police.uk/ceop-report



LIFE BEYOND SCHOOL

CORE THEME 6

2 Minutes



SIGNPOSTING SUPPORT

HELP & SUPPORT SERVICES

FURTHER INFORMATION

REFLECTION PLENARY

I know if I need further support or help I could speak to.... or contact...

Before I could/would say and do ... but now I feel I am able to say

Before I only knew ... now I also know ...

I supported others by...

One thing I didn't realise was... now I know that...

The key words for this lesson are...

I always knew ... but now I can see how it connects to...

The most important thing I have learnt today is...

I'm really proud of the way I have...

I used to feel ... but I now feel ..

I would like to learn...

A question I would like to ask is...

Before I thought that ... but now I realise..

One assumption of mine that was challenged was...

Today I have tried to...

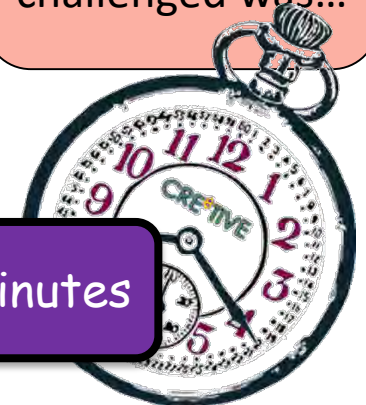
Next lesson I would like to..

Before I would have done... Now I will ...

Before I would have said ... but now I will say...

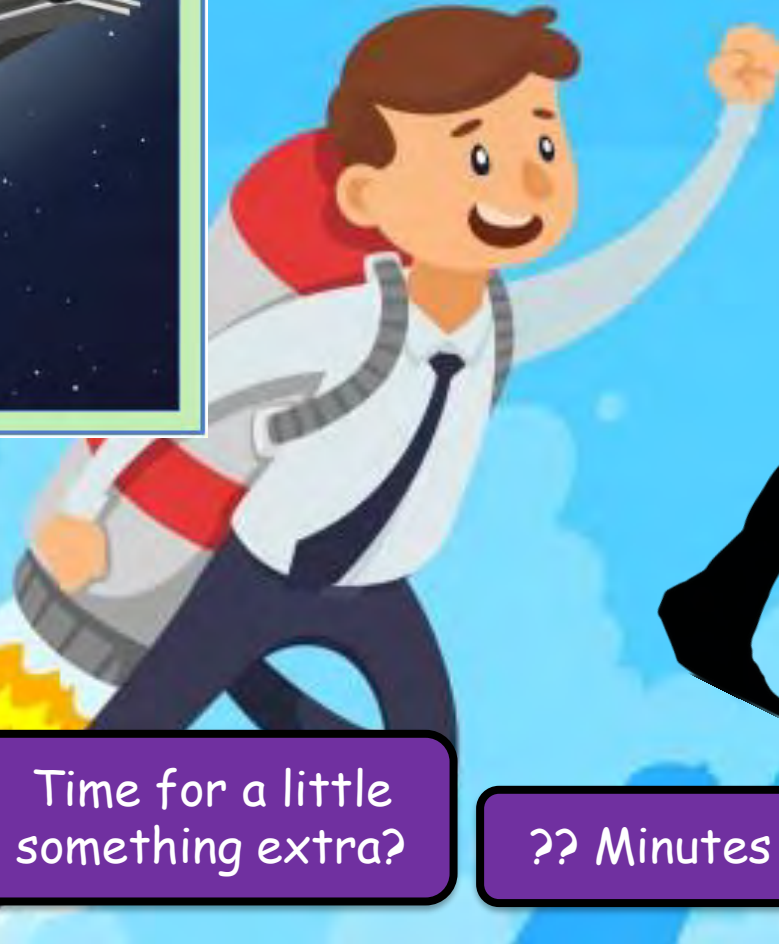
A problem I overcame today was...

2 Minutes



REFER TO MINDFULNESS

➤➤➤ POWERPOINT



Time for a little something extra?

?? Minutes

