


# **The Big Questions**



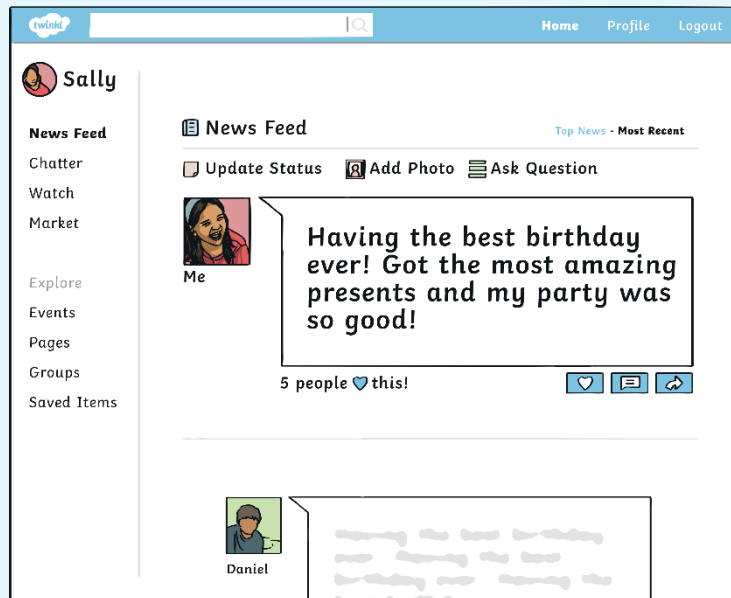
What problems  
might we experience  
when using social  
media?

How can we address  
these problems to  
protect our wellbeing?

# Social Media Problems

What is **social media**?

Spend a moment thinking about what is meant by the term **social media**.

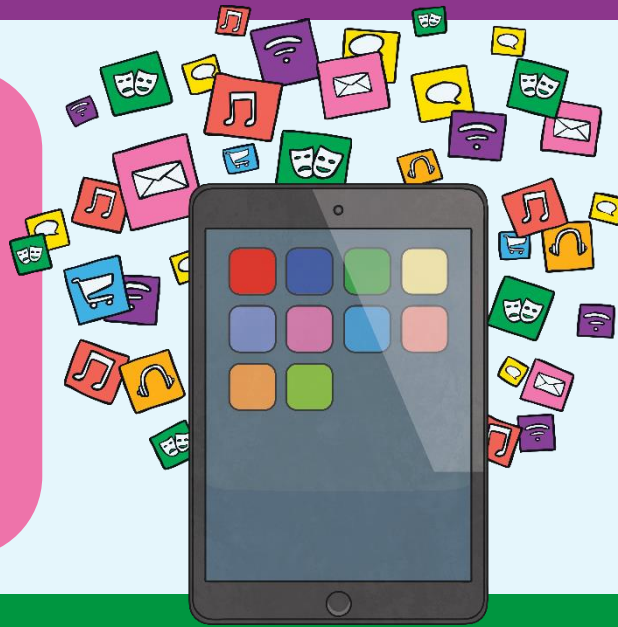


Social media refers to websites and apps that let people chat and share information, opinions, photos and videos.

# Social Media Problems

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

A lot of social media sites have age restrictions so you shouldn't have an account until you reach a certain age.



Which social media sites or apps have you heard of?

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.

# Social Media Problems

It's time for a challenge...

Can you think of 10 problems that are associated with social media, that could be caused by social media or that could occur while using social media?

What problems did you think of?



# Issues and Solutions

Using social media might take up time that could be spent exercising and getting fresh air, and might prevent us from getting a good night's sleep.

It can also make us miss out on spending time with family and friends or doing other things we enjoy.

Have a think – how much time do you think you spend on the Internet each day?

Screen time might not seem like a problem, until we think about what else we might be missing out on and how it might be affecting our physical wellbeing.



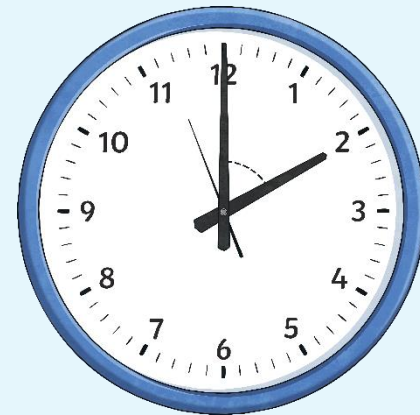
# Issues and Solutions

Some people set a timer so they know when they have reached a sensible limit for that day.

Try not to use any devices just before bed. Many studies show that the light prevents us from feeling sleepy and can stop us from dropping off.

Monitoring and measuring the time we spend online and on social media is the best way to make sure we are not spending too long on these sites and apps.

You might not realise how much time you are spending online, looking at other people's posts, comments, photos and videos.



# Issues and Solutions

It is easy to believe that everything you see or read on social media sites is real.

However, from photoshopped images and cleverly edited videos, to made-up stories and fake news, we have to remember that the things other people post on social media may not be real or accurate.

Another problem that many people might not be aware of is the reliability of what we see on social media.

There may be inaccurate information, an unfair version of events or something completely untrue.



# Issues and Solutions

When viewing a photo, video, post or article online, remember that whoever created it, wrote it or posted it may or may not be trustworthy.

If you see something that upsets or worries you, tell a trusted adult about it.

Don't forward things to others unless you are absolutely sure that it isn't going to upset someone, mislead them or cause any problems.

# Issues and Solutions

There are some people who want to find out information about others – information they do not and should not need to know.

This is why keeping your password safe is really important.

Just like anything we do online, such as gaming, we need to be extra careful about privacy when using social media sites and apps.

# Issues and Solutions

Think carefully before posting **photos** and **videos** of yourself too. Are these pictures that you are happy for people to see? Remember, once uploaded, you might not be able to fully delete them as they can be copied or sent on to other people.

Set your privacy settings so that only people you know can see your information. If you are unsure how to do this, check with a trusted adult.

Never give personal information to someone on social media. That includes your **name**, **address** and the **school** you attend.

# Issues and Solutions

Some people post photos or videos of others that they have not had permission to post.

They might not realise how harmful it can be to share things about others but this is very disrespectful.

Respecting other people's privacy is just as important as keeping your own personal information private.

Unfortunately, some people share information (that may or may not be true) about others.

# Issues and Solutions

It is never OK to take a photo of someone else and post it on a social media site without their permission. The same goes for information you might know about someone.

Consider whether you would be OK if someone shared a photo of you that you didn't want online or if they posted information about you that was private.

# Issues and Solutions

But people aren't always who they say they are online.

It could be someone playing a trick on you.

It could be a stranger trying to find out more about you.

Social media, just like gaming sites, allows us to chat with people we have never met, who may seem really nice.

They might have lots in common with us and we might think we have found a new, special friend.



# Issues and Solutions

Sadly, many young people forget about being respectful or kind and use social media sites, as well as text messages or emails, to send unpleasant, mean or even threatening messages to or about others.

Lastly, a really serious issue with social media is that it can serve as a platform for online bullying, or **cyberbullying**.



# Issues and Solutions

Before you post, think about how your words might make someone feel.

If you or someone that you know are experiencing online bullying, it is crucial that you report it to a trusted adult.

Try to always remember to **be kind online**.

Any type of bullying, including cyberbullying, has a big impact on people's lives. It can make them withdrawn, anxious and frightened.



# Social Media Top Tips

What have you learnt today?

Use information from today's lesson to come up with a list of five **Social Media Top Tips**.

You could make them into a poster.

## Social Media Top Tips

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