

Medway Secondary PSHE Home Learning

(KS3/KS4) ages 11-16

Social Media



**A BETTER
MEDWAY**
Easier ways to be healthy





We are learning about: Social Media



I can define the terms wellbeing and social media



I can outline a range of strategies to improve wellbeing (including how to use social media responsibly)



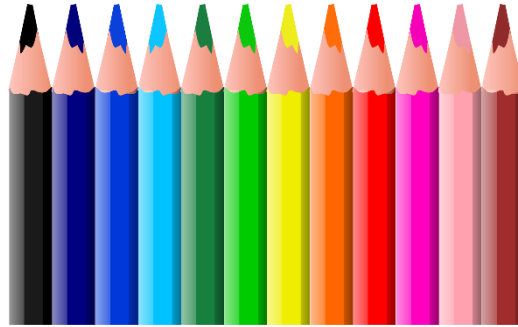
I can explain the importance of balance in online and offline activities



You will need:



**A pen or pencil
and some paper**



**A few colour pens
or pencils**



**What are the biggest influences
on a young person's wellbeing?**





Social Media: What's our starting point?

For each of the following questions, how confident are you in:

A

defining the terms wellbeing and social media?

B

outlining a range of strategies to improve wellbeing (including how to use social media responsibly)?

C

explaining the importance of balance in online and offline activities?



Not confident

Extremely confident

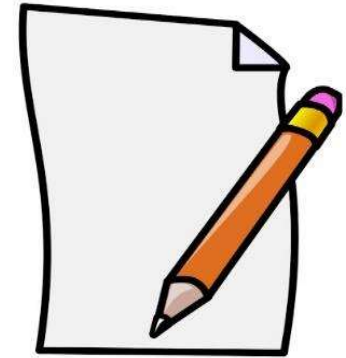


Activity 1: You said it!

You have been asked to join a Youth Panel. As part of your new role will need to advise other young people on using social media in a safe way that could support their wellbeing.

First you need to produce two definitions that are relevant to young people – one definition for the term **'wellbeing'** and one definition for the term **'social media'**.

Feel free to use symbols/emoji's/numbers/text language



Definitions...

Wellbeing:

When someone is safe, content, can manage challenges, reach their potential, develop strong relationships with others and make a positive contribution to their community



Social media:

Technology that allows us to communicate and share ideas with others

Draw a table with the following three headings:

Potential benefits of social media	Potential challenges of social media	Solutions to promote wellbeing

Watch the first part of the video and complete the first two columns in the table as you watch. (up to 02:07)



[Click Here](#)

Discussion questions



- What were some of the opinions that the young people in the video have of social media use?
- What are some of the potential benefits and challenges you think are most applicable to teenagers your age, and why?
- What strategies can a young person use to promote their wellbeing?

Activity 2: Podcast It!

Watch the second part of the video
(02:07 onwards)



[Click
Here](#)

Then complete the third column of the table.

Potential benefits of social media	Potential challenges of social media	Solutions to promote wellbeing



Look at the actions. Can you add anything else to your table?

Actions:

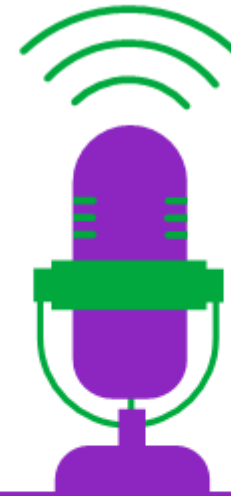
- Exercise, sport and physical activity
- Eating healthily
- Getting enough sleep
- Relaxation techniques
- Helping others
- Doing things you enjoy
- Exploring nature
- Learning new things
- Creative expression
- Spending real time with friends
- Staying in touch with friends online
- Doing family activities
- Doing homework or school projects
- Seeking support



Now you are going to be creating a short podcast/radio show to share the practical advice you have learned in this lesson, this could be shared with other young people. You could write a script, design a storyboard, or (if possible) record your podcast.

The podcast must include the following information:

- Which types of social media young people may use most often
- Practical advice on how social media might be used to support wellbeing
- Some potential benefits and potential challenges a young person may face when using social media to support their wellbeing
- An explanation of the importance of balance in online and offline activities



It could also include:

Specific advice for a special guest such as a young person who has recently moved to a new area



Discussion questions:

- **What are the main factors that promote wellbeing?** These will vary for different people, but factors that have been shown to have an impact on a person's wellbeing in research include connecting with others, being physically active, learning new skills, helping others and being mindful. Note that this list only refers to factors an individual can take action on.
- **Is there such a thing as too much social media? If so, what would that look like?** Students can share their thinking. If time on social media is taking a person away from offline activities that improve their wellbeing, such as physical activity spending time with friends and family or good quality sleep, this may be considered too much. Note that research has found a link between significant time spent on social media and screens and a lower sense of wellbeing. However, it is not known if significant screen time and social media use *causes* a lower sense of wellbeing.



Plenary: Complete the sentence

Lets re-visit the question from the start of the lesson.



Do you still agree with your original answer or do you now have different views based on the lesson?



Social Media: Where are we now?

For each of the following questions, how confident are you in:

A

defining the terms wellbeing and social media?

B

outlining a range of strategies to improve wellbeing (including how to use social media responsibly)?

C

explaining the importance of balance in online and offline activities?



Not confident

Extremely confident



Remember...

It can be very common to struggle with wellbeing, but if you are worried about it or if a lack of positive wellbeing is making things difficult, you can make an appointment with a GP or speak to a trusted adult about what you can do. You can also contact Childline...



Childline: www.childline.org.uk
Contact number: 0800 1111



<https://www.childnet.com/>



<https://www.thinkuknow.co.uk/>

Both have useful advice for young people on this topic.

