

Year 7	Lesson 5 Social Media and Positive Mental Health
Ground Rules	Slide of ground rules
Warm-up	<p>Introduction slide outlining that the internet and social media are key ways we communicate and it is increasing. It also says how brilliant it is so we must use them safely</p> <p>Healthy or Unhealthy use of Social Media Quiz? – This is a quiz of 12 questions for each individual to answer yes or no using the Social Media Quiz template.</p> <p>Once students have completed the quiz, there is a further slide that outlines the scoring. It is not a scientific quiz; it is a way of getting them to focus on how much time they spend on social media.</p>
Lesson Aims	<p>Today we are going to - taken from the PSHE Association Curriculum Framework 2014 (updated 2017)</p> <ul style="list-style-type: none"> • Explore the responsible use of social media
Use of Social Media and Issues Faced	<p>In Groups of 4:</p> <ul style="list-style-type: none"> • What social media sites do you like and use? • What does it allow you to do and why is it fun? • What are the top 5 benefits of social media to your mental health? • What are the dangers of social media? • Have you posted something you regret and why? • Has someone posted something about you which made you angry, sad, and scared or have any other feelings? • What are the top 5 downsides of social media to your mental health? <p>Let's feedback to the rest of the class and discuss</p> <ul style="list-style-type: none"> • Would you change your lists based on the other group's examples? • How do social media impact on our mental health in a positive and negative way? <p>Class Discussion – Use the examples of positives and negatives for comparison</p> <ul style="list-style-type: none"> • Teacher can record as appropriate
Virtual and Real Worlds	<p>Explaining the differences between the virtual and real worlds and how this can make us behave differently and less safely</p>
Limit Social Media Usage	<p><u>Limit Social Media Usage</u></p> <p>A short video and song encouraging people to spend less time on social media and more in face-to-face situations</p> <p>Class discussion</p> <ul style="list-style-type: none"> • Teacher can record as appropriate

Impact of Social Media on Family Time	<p>Some examples and images of the negative impact on family life through overuse of social media</p> <p>Class discussion</p> <ul style="list-style-type: none"> • Teacher can record as appropriate
Exercising Control	<p>Examples of action young people have taken to reduce social media usage</p> <p>Class discussion</p> <ul style="list-style-type: none"> • Teacher can record as appropriate
Two interesting Articles	<p>Article from Facebook founders on how they misjudged the impact of Facebook</p> <p>Article and statistics from The First News saying that many young people wish social media had never been invented</p>
Reducing Your Use of Social Media	<p>Class Discussion:</p> <ul style="list-style-type: none"> • Identify ways to reduce your use of Social Media <p>Class Discussion – Use the examples of ways to reduce your use of Social for comparison</p> <ul style="list-style-type: none"> • Teacher can record as appropriate
My Changes to Social Media Use	<p>Personal Exercise:</p> <ul style="list-style-type: none"> • Make a personal list of what you will change in your approach to using social media in the future • Share one of these with the class if you're happy to do so <p>Feedback and Class discussion slide</p> <ul style="list-style-type: none"> • Teacher can record as appropriate
Help and Support	<p>Where to go for any help and support and a handout listing organisations they can approach confidentially</p> <p>As School Nurses visit schools at different times and days, teachers need to ensure they cover their schools dates and accessibility rules in this section</p> <p>Teachers need to cover the 'Your guide to children and young people's emotional health services</p>
Evaluation	<p>Your reflection and feedback is important!</p> <ul style="list-style-type: none"> • Use 'What I Learned Today' evaluation form – students to complete these anonymously and hand them in for teacher to review and assess.