

Year 10	Lesson 4 I like You Better on Social Media
Ground Rules	Slide of ground rules
Warm-up	<p>Introduction outlining how technology has changed relationships and that what you see may not be accurate</p> <p>Personal Exercise:</p> <ul style="list-style-type: none"> • Of your online ‘friends’ what percentage are: <ul style="list-style-type: none"> – Family? – Close friends? – Cyber friends? • How do you distinguish between close friends and cyber friends? • Be prepared to share these with the class <p>Class feedback and discussion</p> <ul style="list-style-type: none"> • Teacher to record feedback
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"> • Understand that social media relationships may not reflect real life and the possible impact of this on people’s expectations of relationships
Advantages And Disadvantages Of Social Media Communication	<p>True Identity, identity is only true if recognised by others</p> <p>Class Discussion:</p> <ul style="list-style-type: none"> • What are some advantages and disadvantages of being on and using social media to communicate? <p>Class feedback and discussion – use examples for comparison</p> <ul style="list-style-type: none"> • Teacher to record feedback
Decoding Profiles	<p>Decoding Profiles, no verbal or social clues to help us, what message are we sending out</p> <p>People are not going to include things in their profile, understanding that people can hide their real self</p> <p>In Groups of 4:</p> <ul style="list-style-type: none"> • Discuss and make a list of some of the reasons why people’s online profile may not accurately reflect themselves • Share them with the class <p>Feedback and Class discussion – use examples for comparison</p>

	<ul style="list-style-type: none"> • Teacher can record as appropriate
Dealing With Reality	<p>Class Exercise - Dealing With The Truth:</p> <ul style="list-style-type: none"> • How would you react to these situations? • Someone you befriended had admitted they had lied because they were painfully shy and lonely in real life • Someone you befriended turned out to be aggressive and hit women • Someone you befriended had admitted they had lied because they are poor and embarrassed about this • Lets share our thoughts with the class <p>Feedback and Class discussion</p> <ul style="list-style-type: none"> • Teacher can record as appropriate
Self Portrayal And Lying	<p>How we portray ourselves online can have a positive impact on our self-esteem however inaccurate portrayal can have the opposite effect</p> <p>Are you Living an Insta Lie?</p> <p>A short video showing how people can use social media to distort reality</p> <p>Feedback and Class discussion</p> <ul style="list-style-type: none"> • Teacher can record as appropriate <p>Class Exercise:</p> <ul style="list-style-type: none"> • How can we spot if someone is lying on social media? <p>Feedback and Class discussion – use examples for comparison</p> <ul style="list-style-type: none"> • Teacher can record as appropriate
Social Media And My Life	<p>In Groups of 4:</p> <ul style="list-style-type: none"> • Social media forces you to examine the reality of your life against the ‘best bits’ of other peoples • Review the photos and friend request in the Facebook Images <ul style="list-style-type: none"> – What are you first impressions of the people when you look at each of them? – How do they make you feel about your life? – What questions would you ask if they want to become your friend and you were checking to see if they were real? – What would you do if you found out they were lying? <p>Feedback and Class discussion – use examples for comparison</p> <ul style="list-style-type: none"> • Teacher can record as appropriate

<p>Help and Support</p>	<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>
<p>Evaluation</p>	<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.