Social Media Bitesize Information Sheet

Social media and mental health: The benefits

- Gives children and young people a voice

- Allows for self-expression

- Connects us

- Helps individuals to build an identity

- Sense of belonging

- Motivational and inspiring

- Offer opportunities

- Online support networks e.g

  kooth

Social media and mental health: The negatives

- Cyberbullying

- Risks of exploitation

- Hate groups

- Fear of missing out (FOMO)

- Comparing self to others (impacting self-esteem)

- Peer pressure

- Increasing anxiety and low mood (vicious cycle)

- Young people can be the victim or perpetrator

- Body image

- Fake news

- Sleep deprivation

- Social deprivation

Popular social media apps and what are they?

TikTok

Free app that lets you watch, create, and share videos- lip syncing, singing, dancing etc…

Instagram

People can upload photos or videos on Instagram and share them with their followers or with a select group of friends. They can also view, comment and like posts shared by their friends on Instagram.

Snapchat

Allows you to film videos and send pictures and messages to the people on your friends list. Snapchat has a range of funny and beauty filters on and there is a section where you can save the pictures you send into a snapchat memory. Snapchat stories allows for the user to post photos for all their friends to see which will stay active for 24 hours before becoming unavailable.

How do we talk to our young people about social media?

Tips for conversations:

- Find a time for the conversation

- Think about how you're going to introduce topic

- Explain why you are worried!

- Let them talk

- Listen more than you talk

- Be loving and supportive

How to open that conversation?

Contact- Who do you talk to when you are online? Have you ever met someone face to face that you met online? What sites do you use?

Content- What kind of apps, websites, games, social media, blogs, forums, platforms do you use?

Conduct- Has anything upsetting ever happened to you online? Have you every said anything to upset anyone?

Commerce- Have you ever bought anything online? Seen spam/ clicked on it? Gambling etc

Gaming

- Addictive nature

- Setting boundaries collaboratively with the child but remembering you are the adult

- Warning kids that the things they are saying while they are playing can have real life consequences

- Don't shout instructions up the stairs, go and say them face to face and ideally whilst they are not playing

- Explain calmly to children and young people why these boundaries are in place, so that they understand and ''buy'' into them.

- Explore the platform together

- Roblox- look at the community standards

- Build a list of age-appropriate games

Safety Tips for Parents:

- Be their friend or follower

- Turn on Privacy Controls

- Talk about strangers

- Encourage child/ young person to behave online as they would offline.