

TEACHER SLIDE

This lesson uses two short pieces of video but also a three-minute audio clip, which is embedded in the presentation.

Please ensure that your speakers work! If necessary, the text of the audio file ('Dev's digital Day') is attached in the lesson resources

Please remember to have to hand, not only the contact details for **Isle listen** but how students can access support for mental health in your school.

Please give the students a '**trigger warning**' before these mental health lessons: *If anybody is feeling at all worried or upset, they can go to...*

The final slide also provides a signpost to the learning for next week, if you follow the lessons in sequence.

Activity	Description	Timing
1. Introduction	Use 'Do it Now Task, Introduce objectives, revisit ground rules, and review prior learning.	5 MINS
2. Baseline assessment	Students identify positives and negatives of being online in relation to mental health and emotional wellbeing	5 MINS
3. Video questions and discussions	What is social media really doing to teenagers? (1:40) Self-image and social media (2:33)	10 mins
3. Diamond 9	Students rank the reasons why people post selfies	10 MINS
4. Digital day in the life	Students explore the effects of social media on mental wellbeing through following a day in the life of a character.	15 MINS
5. Advice to social media companies	Students discuss advice they would give to social media companies for improving mental health and emotional well-being	5 MINS
6. Optional extra	Students consider how social media companies could improve young peoples' experience of social media and how social media can be used to celebrate individuality and self-expression.	10 MINS

DIGITAL RESILIENCE

YEAR 8



Isle of Man
Government

Reiltys Ellan Vannin

DO IT NOW



What is meant by the term
'digital resilience'?

LEARNING OBJECTIVES

Today we are learning:

- about the impact of social media on mental health and emotional well-being,
- analyse the reasons people post and look at online images
- strategies to develop digital resilience.

CLASS AGREEMENTS

- 
- No personal comments
 - Kindness and respect
 - Right to pass
 - No such thing as a silly question

any others?

THINK, PAIR, SHARE...

Let's **ASK** ourselves, from the previous lesson(s)

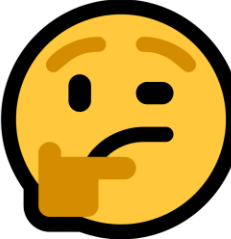
What are some of the **a**tttributes that you learnt or used?

What were some of the **s**kills you practised?

What was one piece of **k**nowledge you learned?

BENEFITS, CHALLENGES & FACTS

Please work in small groups to:

-  List as many benefits to young people's emotional well-being from being online and using social media.
-  List any challenges to young people's emotional well-being from being online and using social media.
-  Do you know any interesting facts about using social media and its impact on emotional well-being?

VIDEO QUESTIONS:

- There are a lot of influencers on social media that make kids think you have to be a certain way.
- I've seen posts judging people about how they look and their appearance.
- If you don't have social media, you can't keep up with what's happening.
- Online, I don't post anything that might affect my safety.
- Social media is good because it helps you connect with people further away.
- Social media is good because you might find something relatable and share it with your friends.
- There are always going to be people in life who knock you down and make you feel you're not worth as much as others.
- When I post things online, I don't care what people think because they can scroll past.

<https://www.youtube.com/watch?v=KOvoinH-fPw>

What is social media really doing to teenagers?

VIDEO QUESTIONS. TRUE, FALSE AND IMPACT?

- There are a lot of influencers on social media that make kids think you have to be a certain way.
- I've seen posts judging people about how they look and their appearance.
- If you don't have social media, you can't keep up with what's happening.
- Online, I don't post anything that might affect my safety.
- Social media is good because it helps you connect with people further away.
- Social media is good because you might find something relatable and share it with your friends.
- There are always going to be people in life who knock you down and make you feel you're not worth as much as others.
- When I post things online, I don't care what people think because they can scroll past.

VIDEO QUESTIONS:

Before we watch the next short video, please be ready to discuss the following statements:

- Every time I check my feed, I feel so blah about myself.
- I quit social media.
- I've been living in a lie.
- Social media can be fun, but if you start comparing yourself to everything you see, your head can explode!

<https://www.youtube.com/watch?v=C9N6k3nfwao>

VIDEO QUESTIONS DISCUSSION:

- *Every time I check my feed, I feel so blah about myself.*

Why might somebody feel like this? What can they do about it?

- *I quit social media.*

Why might someone choose to do this? How easy would it be to do?

- *I've been living in a lie.*

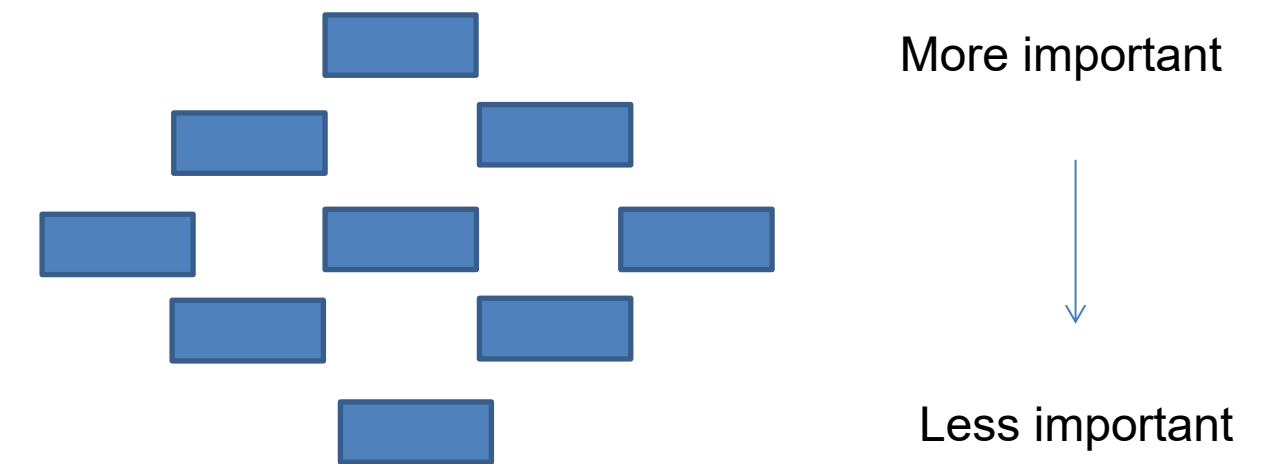
Why might someone feel like this? What would you recommend to a friend?

- *Social media can be fun, but if you start comparing yourself to everything you see, your head can explode!*
- Ok, so not literally, but what would you recommend to a friend who felt like this?

DIAMOND 9 ACTIVITY:

Here are nine statements. Please think about each statement and prioritise in the format of a 'diamond 9':

- 1) Because they're bored.
- 2) Because it's fun and creative.
- 3) To make other people jealous.
- 4) Because everybody else does it.
- 5) To help them make new friends.
- 6) To show they are doing fun things.
- 7) So everyone thinks they look good.
- 8) To get attention, likes and comments.
- 9) To express their personality and identity.



NB There are no right answers!

DEV'S DIGITAL DAY:

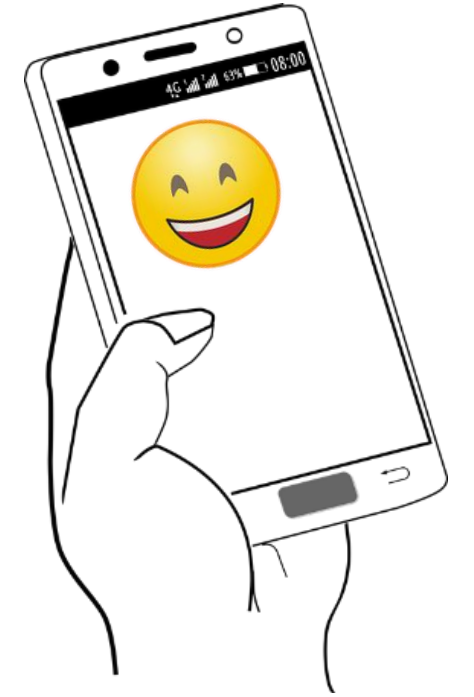
Please consider the questions below, and then click on the sound recording here to listen to Dev's day (2:m53s)



- 1) Thinking back to your 'Diamond 9', what reasons might Dev have given for posting on social media?
- 2) Overall, is Dev enjoying using social media or not? Why do you think this?
- 3) What evidence is there that Dev's behaviour is being impacted upon by social media?
- 4) What gender do you think Dev is? What makes you think this?
- 5) To what extent do young people of different genders experience different pressures on social media?
- 6) What could Dev, or Dev's friends, have done differently to make the experience of using social media more positive?

IMPROVING DEV'S DAY

Let's rethink any 'low' parts of Dev's day and show how their day might have been improved.



Please consider:

- Is it social media that needs to change, or Dev's attitude towards it?
- How have others influenced Dev throughout the day?
- Was this mostly positive or negative?
- What could everyone do to make their experience of social media more positive?

THINK, PAIR SHARE...

What advice would you give?

What is one great idea for managing mental health, emotional well-being and self-esteem when somebody is online?



FURTHER SUPPORT



There are lots of places to get advice about emotional wellbeing, social media or to discuss feelings.

ChildLine:

www.childline.org.uk Phone: 0800 1111

Young Minds:

www.youngminds.org.uk

Samaritans:

www.samaritans.org Phone: 116 123

Isle Listen

www.islelisten.im Phone: 01624 679 118

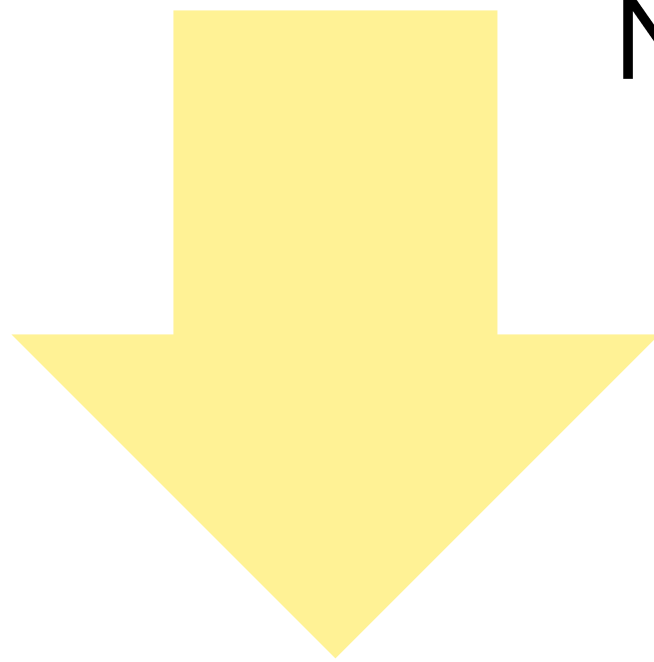
ADVICE TO SOCIAL MEDIA COMPANIES



If you could give advice to a social media company to help them promote young people's emotional well-being, what would you recommend they do?

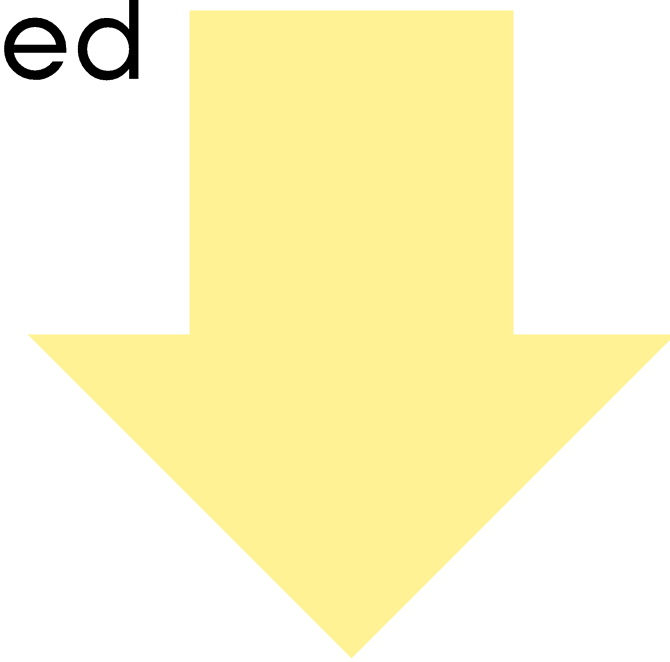
- What could be done to improve young people's experience of social media in general?
- How can social media be used to celebrate people's individuality and self-expression and still boost their mental health and emotional well-being?

NEXT WEEK...



Next week's topic is entitled

‘Group Chat’



Learning objectives:

To explore the positives and negatives of group chats