

<p>#StatusOfMind report - https://www.rsph.org.uk/our-work/campaigns/status-of-mind.html</p>	<p>KS3 H5 – The characteristics of mental and emotional health and strategies for managing it</p>		<ol style="list-style-type: none"> 1. Would the world be a better place without social media? 2. Is social media good/bad for your health? 3. Should social media be covered on the school curriculum? <p>Tutor explains to learners that there are a number of articles and studies that have indicated that social media use can have a significant impact on the health and wellbeing of young people.</p> <p>This has included the RSPH #StatusOfMind report, which asked 1,500 young people for their views on how social media impacted upon their mental health and wellbeing.</p> <p>This research identified that out of the five major social media platforms (Twitter, Facebook, Instagram, YouTube and Snapchat), only YouTube came out as having a net positive impact. All of the other platforms came out as having a net negative impact, with Instagram having the most significant impact.</p> <p>However, as show on slide 10 of the SFS Powerpoint, all platforms had aspects that had a positive impact on mental health.</p> <p>Tutor explains that the likelihood of a young person having a positive or negative experience on social media depends on a number of factors, including:</p> <ol style="list-style-type: none"> 1. The kind of content they are accessing – is it likely to make them feel good or give them information they didn't have before? 2. When they are accessing the content – is it likely to affect their night's sleep? 3. What is going on around them when they are accessing the content – is it acting as either a positive outlet or a negative distraction? 4. Their relationship with the content on social media platforms – are they actively creating and engaging with it or passively scrolling through it? 5. The support available to them when using the platform – are they supported to understand and manage content that could be harmful? <p>Tutor explains our relationship with social media is like any other relationship. It can be a good one or a bad one and it can either improve or deteriorate over time.</p>	
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<p>SFS Powerpoint – Slides 12-22</p>	<p>KS3 H13 – The benefits of physical exercise and the importance of sleep</p> <p>KS3 H18 – How the media portrays young people; to recognise its possible impact on body image and health issues</p> <p>KS4 H1 – To evaluate the extent to which their self-confidence and self-esteem are affected by the judgement of others and ways of handling this</p> <p>KS4 H5 – The characteristics of emotional and mental health</p> <p>KS4 R30 – To recognise peer pressure and have</p>	<p>P29 – Common types of mental ill health</p> <p>P29 – The similarities and differences between the online world and the physical world, including:</p> <p>a) The impact of unhealthy or obsessive comparisons with others online through setting unrealistic expectations for body image</p> <p>b) How people may curate a specific image of their life online</p> <p>c) Over-reliance on online relationships (including social media)</p> <p>d) How advertising and</p>	<p>3. Following the Crowd</p> <p>Tutor explains to learners that there are a number of articles and studies that have indicated that social media use can negatively impact on the health and wellbeing of young people.</p> <p>Through the Powerpoint presentation, learners are shown a number of statements relating to the relationship between social media use and health and wellbeing.</p> <p>Tutor explains that one of the statements is a fact revealed by research that has taken place in this area. The other statements are all incorrect.</p> <p>As the tutor reads out the statements from the board, learners are asked to put their hand up to indicate what they think the correct answer is.</p> <p>Q1 - True</p> <p>A 2012 University of Chicago study found that using social media was more addictive than either cigarettes or alcohol.</p> <p>Q2 – 136 minutes</p> <p>According to a study by the Global Web Index, the average user spends two hours and sixteen minutes using social media every day. This would translate to five years and four months spent over a lifetime.</p> <p>Q3 – 45%</p> <p>A study from Anxiety UK found that being unable to access social media sparked feelings of FOMO (fear of missing out).</p> <p>Q4 – 20%</p> <p>The 2017 ‘Sleepless in School?’ study found that one in five young people. Poor sleep is shown to have a significant negative impact on our mental health. Teens</p>	<p>15 minutes</p>
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