



Social Media

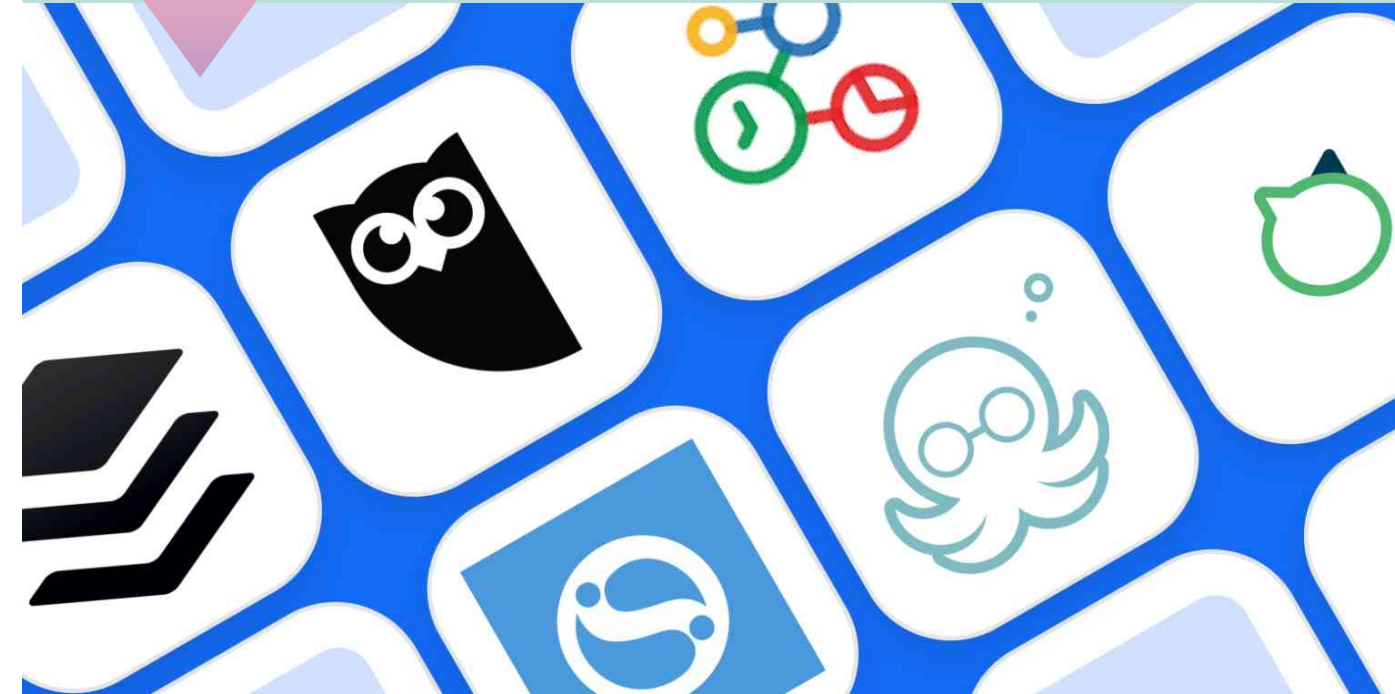
What is social media?

What are the benefits and challenges of social media?

What is.....

Social Medica?

Think and Pair....



“Websites and applications that enable users to create and share content or to participate in social media.”

“Software tools that allow groups to generate content and engage in peer-to-peer conversations and exchange of content.

“A place to hang out and communicate with your own networks of contacts, friends and peers about stuff that interests you.”



Social Media...

- Let's hear some of your ideas.....

What are the 5 main types of social media?



Networking

Allows users to connect and share with people who have similar interests and backgrounds.



Blogging

Allows the user to submit short written or video entries, which can include links to products and service sites, as well as links to other social media sites.



Media Sharing

Allows users to share different types of media, such as pictures and video. Most of these sites also offer social features, including the ability to create profiles and the option of commenting on and liking the uploaded media.



Messaging

Allows users to send short text, picture or video messages to other individuals or groups. Messaging usually takes place in real time, so it feels more like a conversation.



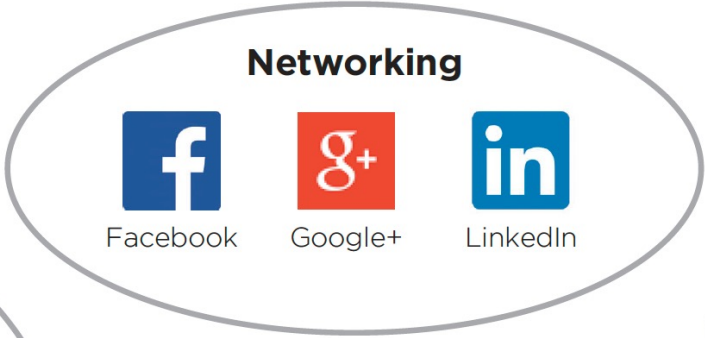
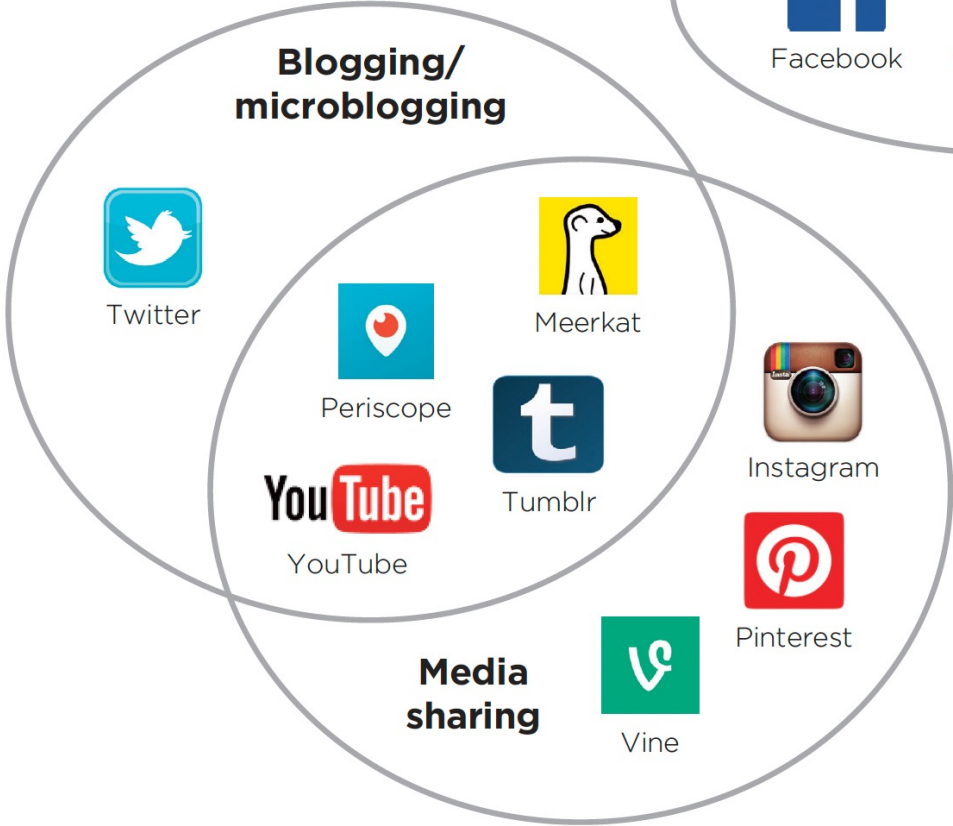
Gaming

Action and adventure games played online via computer, smartphone or games console. Can be played individually or in competition with other players over the internet.



Social Media

Can you name some that fall into the different categories?



Age Restrictions on Social Media

13

Facebook

Twitter

Instagram

Snapchat

TikTok

Kik

Ask.fm

Houseparty

Periscope

Tumblr

Pinterest

Reddit



13+

YouTube

WeChat

Whisper

Yubo



(13+ means with
parental consent)

16

LinkedIn

Whatsapp



18

Tinder

Bumble

Hinge



Group discussion.....



What are the potential benefits of social media?



What are the potential challenges of social media?

Discuss and then Watch this.....



Feedback

What are the potential benefits and challenges of social media?

How can We...

Make social media a kinder and happier place?

DO:

BUILD YOUR OWN BRAND

Your internet presence is your personal brand – so make sure you promote yourself positively online and protect your reputation. Only do things online that you'd be happy for your mum to see.

Did you know? 40% of employers admit to checking the social media profiles of candidates when deciding who to employ. What would they think of yours?



TREAT OTHERS THE WAY YOU'D LIKE TO BE TREATED

Act towards other internet users the way you'd want them to act towards you – be pleasant and polite, and remember to say thanks if someone has helped you.

Why not try... making someone's day! Carry out a few little acts of online kindness. Pay someone a compliment online, make them smile or sponsor a stranger's charity event.



DON'T:

DON'T BE A PR DISASTER!

A person is known by the company they keep. Everything you do online leaves a footprint, so choose carefully who you hang out with online, and don't break the law.

Don't forget – online actions such as swearing, racism, insulting others and posting photos showing drinking, drug-taking or nudity have all cost people real-life job opportunities.

DON'T FORGET THE HUMAN BEHIND THE SCREEN

Remember that all internet users are real human beings with feelings. Don't say anything online that you wouldn't say to someone's face.

Don't be tempted to hide behind the relative anonymity of the internet. These days, even anonymous accounts could be traced back to you relatively easily.

Have any of you seen or heard nasty, unkind, cutting comments on social media? Have you ever posted something you later regret? Why do people do this? How can we help make social media a kinder place?

TASK: compile a "DO... and DON'T..." list for kind and safe use of social media.

DO AND DON'T.....

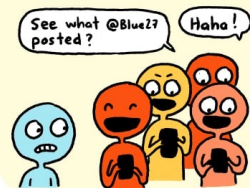
How to make SOCIAL MEDIA SAFER AND KINDER

Social media can be a great way to connect with your friends, but it can also be a cruel and dangerous world. Here's how you can make it a better place for yourself and others.

Don't say anything that you wouldn't say to the other person's face. Insults hurt online too.



Don't post things you'd be embarrassed about if everyone could see them. Secrets are never safe online.



Remember that everything you post online could stay there forever, even if you delete it.



Don't talk behind other people's backs or make fun of them online.



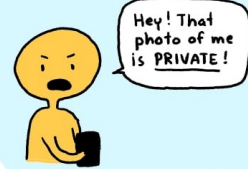
Don't accept friend requests from people you don't know.



Don't share personal information online, and never give anyone your password.



Don't post other people's pics or tag them without their permission.



If a friend is in trouble online, talk to an adult.



Report hateful, violent or inappropriate posts and comments.



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Do.....



Don't....



Think before you.....



1 2 3

Set yourself
THREE rules
for your
own social
media use



BE
KIND
ONLINE

BitsOfPositivity.com

How can we
"be kind
online"?

Talk through all of your ideas and
write a list to share.

TOP TIPS FOR EVERYBODY

#WAKEUPWEDNESDAY

UNDERSTAND WHAT 'EMPATHY' IS

EMPATHY IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TRICKIER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.



FEEL, SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS UNDERSTANDING HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING PERHAPS DEVELOP A MENTAL PICTURE OF THEM, SO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.

DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING EMPATHY FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.

★ OFFER HELP ★

ACCORDING TO DR DAN SEIGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO, WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A LISTENING EAR OR SAYING, 'I CAN UNDERSTAND YOU WOULD FEEL THAT WAY, I'M HERE FOR YOU'.



TRY TO ADD VALUE

CONSIDER, BEFORE YOU COMMENT ON A POST OR IMAGE, HOW CAN I HELP THIS PERSON TO LOWER THEIR SADNESS? HOW CAN I ADD SOMETHING TO IMPROVE THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIKES DOES NOT ADD VALUE.



BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING ON ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE TRUTH? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.



UNDERSTAND THE IMPACT OF YOUR WORDS

COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE EASIER TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.

DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING NEGATIVE COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND, YOUR COURAGE COULD SAVE A LIFE.

#BEKIND

Feedback...

BE
KIND

Reflection...

What are the risks to me and others
if I get this wrong?