![Think for the Future logo - TFTF]

# Think for the Future

# WOW Pack
## Social Media

This pack has been put together in response to the current situation to support students and staff during school closures. We will be producing packs multiple times per week on a variety of topics. These will also be released on our social media, see our accounts below!

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# Think about it: Social Media

How many different types of Social Media are you using throughout your day?

How many new apps have you downloaded since school closed?

How many hours a day are you spending on Social Media?

# Social Media

Social Media can be a controversial subject. Many people would argue that young people spend too much time on their phones! I too am guilty of scrolling aimlessly through Apps and getting lost in random parts of YouTube. However when Social Media is used correctly, it can be massively beneficial and during this time when we can't get out and about, I am massively thankful for it! I have elderly grandparents and calling them on FaceTime really makes their day.

That being said, Social Media can have a bit of a darker side. Bullying, trolling, fake news... Everyone's entitled to their opinions, but posting information about a subject without any factual information can be really damaging.

Stay safe people and try to stay positive. Remember, **'Isolation doesn't have to mean isolated.'**

Teens spent an average of 7hrs 22mins a day looking at social media in 2019

Most used social media app:
1. YouTube
2. Instagram
3. Snapchat

45% of teens say they're overwhelmed with the drama on social media

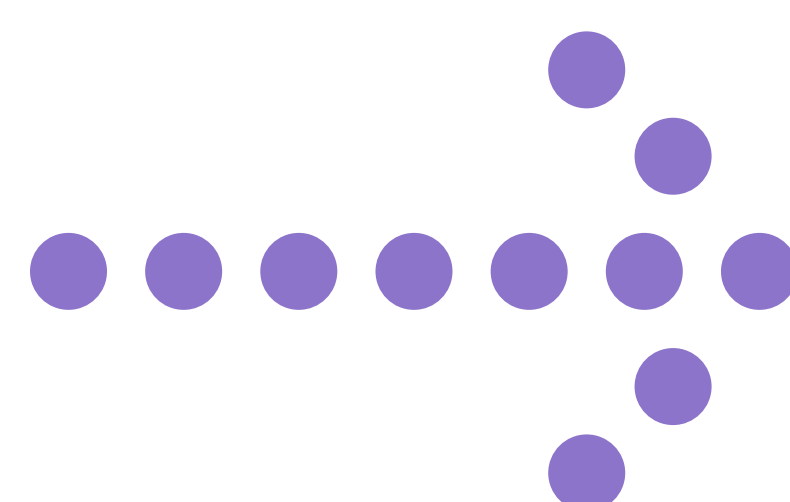YouTube is the world's second most popular website

Every second, more than 500 hours of video is added to YouTube

Over 95 million photos are uploaded to Instagram each day

**Did you know that Social Media is actually changing our brains?**

# Watch this

https://www.youtube.com/watch?v=HffWFd_6bJ0t

5 WAYS SOCIAL MEDIA IS CHANGING YOUR BRAIN RIGHT NOW

# 5 ways to keep safe on Social Media

**1**

**Keep your friends close... and your enemies far far away!**

Be selective with friend requests. Don't know them IRL? Wouldn't say hi if you saw them in the street? Don't add them!
Make sure you have checked your privacy settings and keep your photos, information and posts for friends only.

**2**

**Think before you post**

If you post personal comments, photos or videos, you might get unwanted attention or negative comments. People can screenshot or download the comments and photos and share and post them anywhere. Once it's out there, it's out there for life. Future employers may check out your social media when you start applying for jobs, so keep this in mind when sharing that next selfie!

**3**

**Fake news!**

We're constantly absorbing information we're seeing on our phones, tablets and computers, and everyone is keen to keep up with the news at the moment! Reading the news ensures we are aware of our world, however there is also a lot of 'Fake News' around. The 'Don't spread the virus' campaign, recommends social media users do not share or reply to misinformation, that they block users spreading it and report them to social media platforms and group admins.

**4**

**Time to log off**

A lot of our work and socialising is currently happening on the internet, it's a great way to keep in touch with school and friends! However we also need to learn when it's time to log off. Using screen time and social media excessively can have a negative effect on our mental well-being, sleep, self-image and our relationship with the people we're living with. Know when it's time to log off from our devices and be present in the moment.

**5**

**It's not the full story**

It's important to keep our mental health safe, as well as keeping ourselves physically safe. We live in a world of perfect Instagrams and luxury YouTuber lives, but it's important to remember that these small clips of peoples lives are only a small part of the story. Did you know that over half of young people said their social media feeds made them feel unattractive? Unless it makes you feel good about yourself, don't follow it!

# Social Media Top Tips

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### Keep in touch

Social Media is a great way to keep in touch with friends and family. Especially now we can't leave the house! Use social media to catch up with friends and family, send them a funny video to cheer them up, or perhaps you've read something you think they'd enjoy? Video call your grandparents and let them know you're thinking of them, you'll make their day!

### Learn something new

How many of you watch make up tutorials or gaming videos? You're using social media to learn how to do something! How about using it to learn how to bake a cake, or some new football skills? You might also find there's that perfect video that explains how to solve your maths problems in a way that just makes it click!
It might take a few goes, but that's okay - you'll feel proud of yourself once you've done it.

### Power of positivity

With so much negativity around, it is important we share the good things too! Make sure your social media feed is something you can look back on and be proud of. Share those things that you're proud of, or the things that make you smile. You might be able to cheer up or encourage someone else just by them seeing it.

### Be kind

It is easy to forget that we're communicating with actual people on social media and we say things that we wouldn't say to a person's face. When you comment, or send a DM, are you being kind and respectful? Humiliating or publicly shaming others over the internet is called CyberBullying, and is taken very seriously. Always think about what you're saying, and if it could upset someone, don't say it.
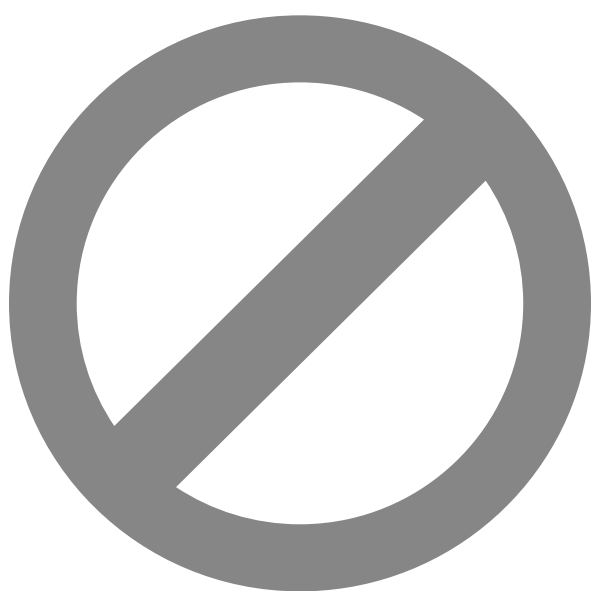
### Stick to the age limit

A lot of social media platforms have a minimum age of 18. This is because you may be exposed to inappropriate or upsetting content. Even with the tightest security settings you might see something you shouldn't. If you're having to lie about your age to create an account, think twice about signing up.
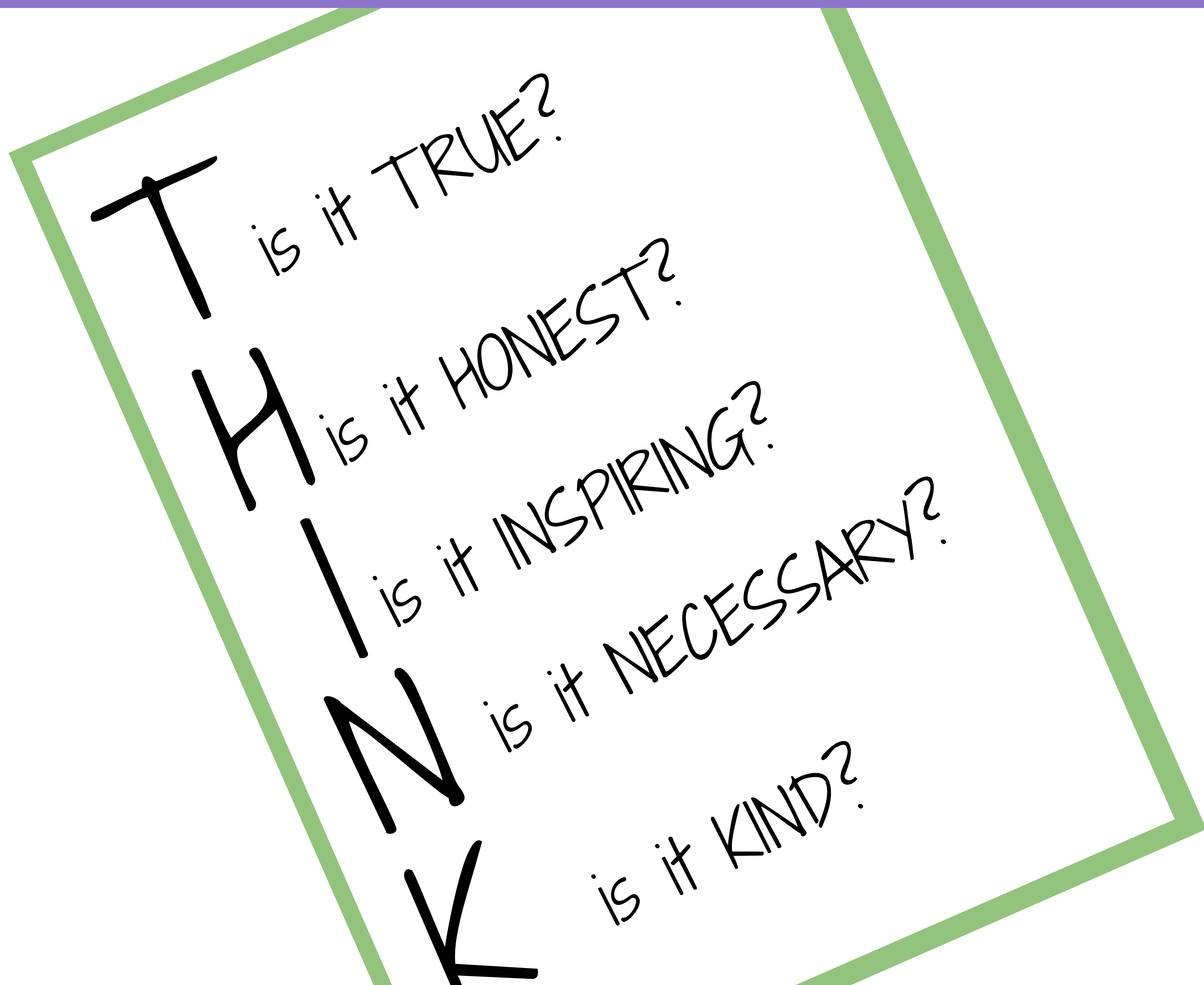
### Don't compare

We're constantly bombarded with images of what other people want you to think their lives are like. We compare our looks, our clothes and our lifestyles. Comparing yourself to the version of themselves that people want you to see is unrealistic and causes discontentment in your own life.  If it's making you feel bad about yourself, unfollow!

# Take on the challenge!

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**Create a poster on how to use Social Media safely and kindly**

T is it TRUE?

H is it HONEST?

I is it INSPIRING?

N is it NECESSARY?

K is it KIND?

## Share it with us and we'll pick our favourite!

# @TFTFuture

# Where else to look...

**Click on the icons below!**

**YOUNGMiNDS**

**internet matters.org**   learn about it
                           talk about it
                           deal with it

**kooth**

**ChildLine**
**0800 1111**

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