











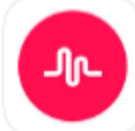



# Can you....

NAME THAT APP			
			
			
			
			
			
			
			

	<p><b>Pinterest</b> Image collecting and sharing, popular with celebrities</p>		<p><b>Periscope</b> Live video streaming</p>
	<p><b>Snapchat</b> Image and video sharing and stories</p>		<p><b>Omegle</b> Anonymous online chats - can use with</p>
	<p><b>Twitter</b> Microblogging and live streaming</p>		<p><b>YouNow</b> Live video streaming with chat window</p>
	<p><b>Crush Zone</b> Teen online dating site for 13 - 21 year olds</p>		<p><b>Private Photos (Calculator%)</b> One of many 'secret' apps to hide photos, videos, text</p>
	<p><b>Facebook</b> Social chats and videos, includes live streaming  Facebook Messenger</p>		<p><b>Tumblr</b> Scrapbook of text, photos, videos and audio clips</p>
	<p><b>Instagram</b> Video and photo sharing publicly or privately</p>		<p><b>WhatsApp</b> Instant message app for individuals and groups</p>
	<p><b>Musical.ly</b> Make and share music videos</p>		<p><b>Kik Messenger</b> Instant messaging app</p>

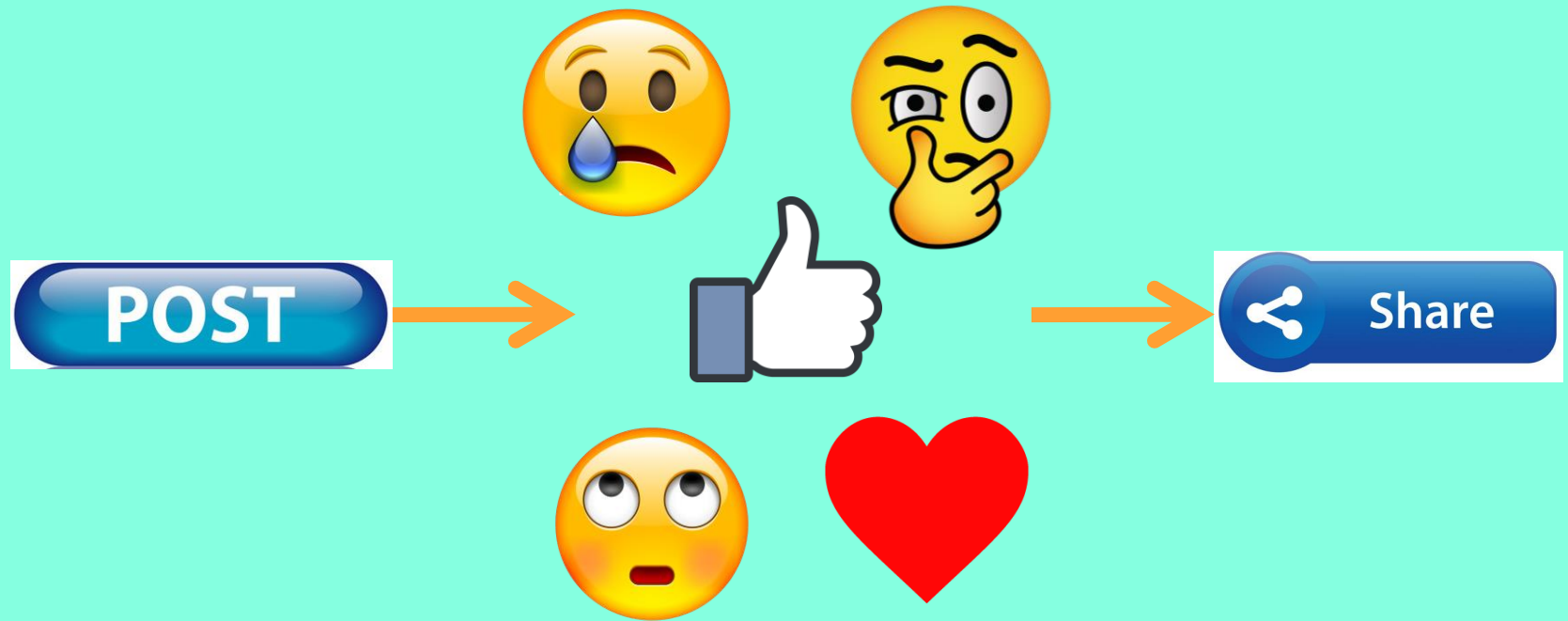
# It's always worth checking....

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

How do you use the internet to connect with others?



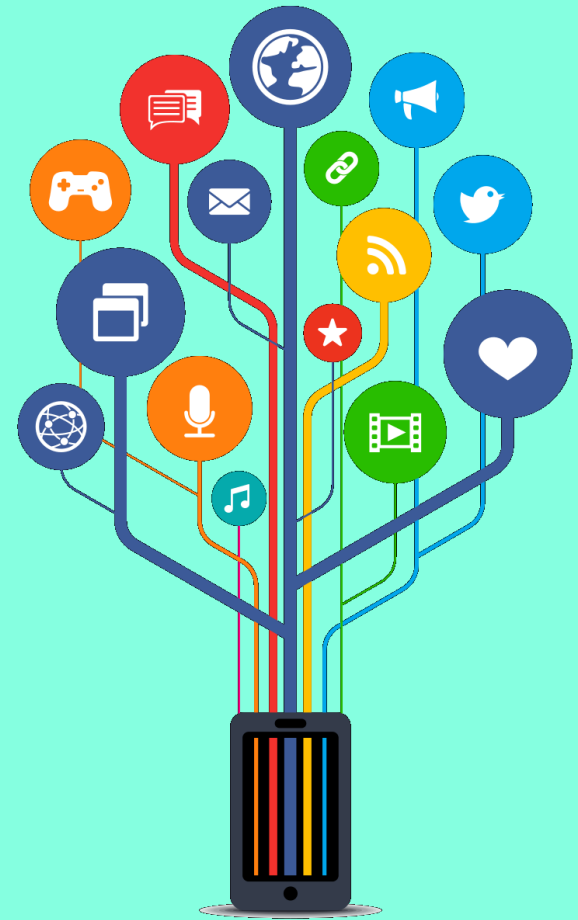
Is every online connection always positive?



It's important to look after ourselves and our wellbeing and we often see lots of campaigns encouraging us to do this!



What is  
digital wellbeing?



How many of you have.....

Posted a picture of someone  
without asking?

Had an online  
argument that other  
people can view?

Commented on  
something and upset  
someone?

Sent a message that has been  
miscommunicated?



**& Share  
Respect**



# How does it make you feel?



But is being online actually causing us harm?  
Should we believe the headlines?

Have smartphones **destroyed a generation?**

Smartphones are making today's **teens unhappy**

British teenagers among **world's most extreme internet users**, report says

Social media is **harming the mental health** of teenagers

**Social media-obsessed teenagers** are so **frightened of real life** some won't even answer the door

What do you think?

Social media is **harming the mental health** of teenagers

**A** – I completely agree, it's a real problem we should address.

**B** – What's the big deal, social media is just a bit of fun!

**C** – There are lots of things affecting teenagers, not just social media.

**D** – Something else...

What can you do?

**Everyone deserves to experience  
positive digital wellbeing!**






But is social media the enemy or the answer?



The answer?

# Social media is...







-  It gives us a platform to spread positivity and kindness
-  It helps us reach out to people anytime or anywhere
-  We can express ourselves and share our individualities
-  We can find inspiration and ideas
-  We can share knowledge, opinions and stories with a huge global audience

The enemy?

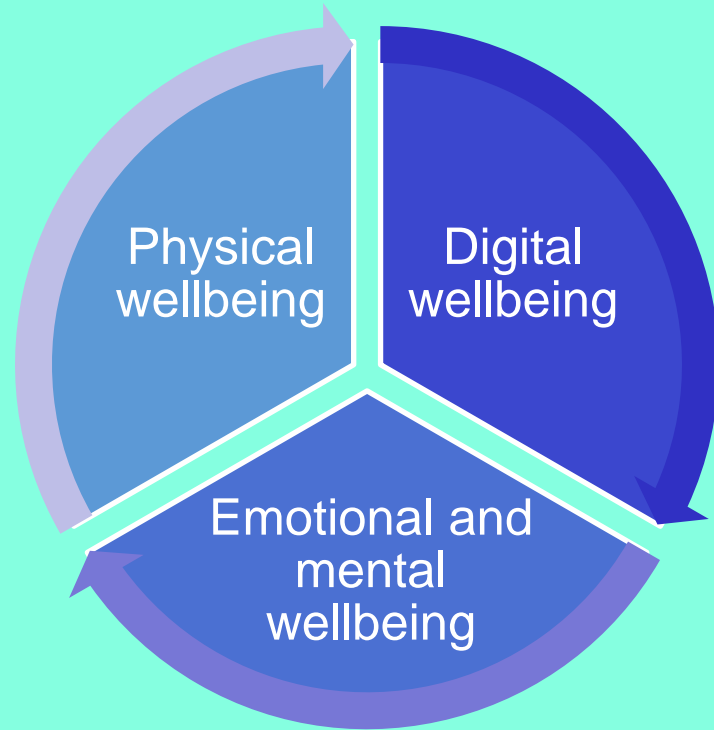
# Social media is...

**Sometimes we see things which we don't like, but there are things that you can do!**

-  Block people who are being deliberately unkind
-  Report content which worries or offends you
-  Reach out to people who might be feeling sad or worried
-  Talk to someone you trust and ask for help



# Your wellbeing is important!



- ✓ Take care of yourself
- ✓ Ask for help
- ✓ Support others
- ✓ Be kind and respectful
- ✓ Take breaks
- ✓ Healthy balance