Mental Health and Social Media

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The screen challenge

How much time you spend daily looking at a screen?

Now,

estimate how much time your teenager spends looking at a screen.

The average teen spends nearly 41 days of the year glued to their mobile – or two hours and 40 minutes a day.
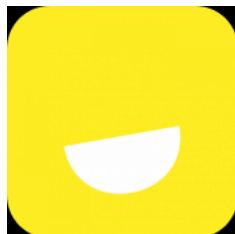
Do you know your apps?

Do you know your apps?

Snapchat

Facebook

Whatsapp

IMO

Twitter

Pinterest

Youtube

Musically

10 apps considered dangerous

Instagram

Kik

Ask.fm

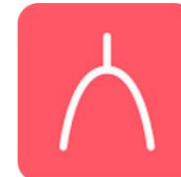Omegle

Yubo

Calculator App lock
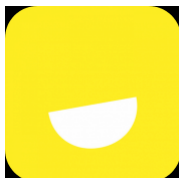
Hot or not

Wishbone

Whisper

Burnbook

Social medias site or apps used by children in the UK

Social media sites or apps used by children in the Unite

Platform	Share
Facebook	74%
SnapChat	58%
Instagram	57%
YouTube	32%
WhatsApp	32%
Twitter	19%
Musical.ly	10%
Pinterest	7%
Google+	7%

Share of respondents
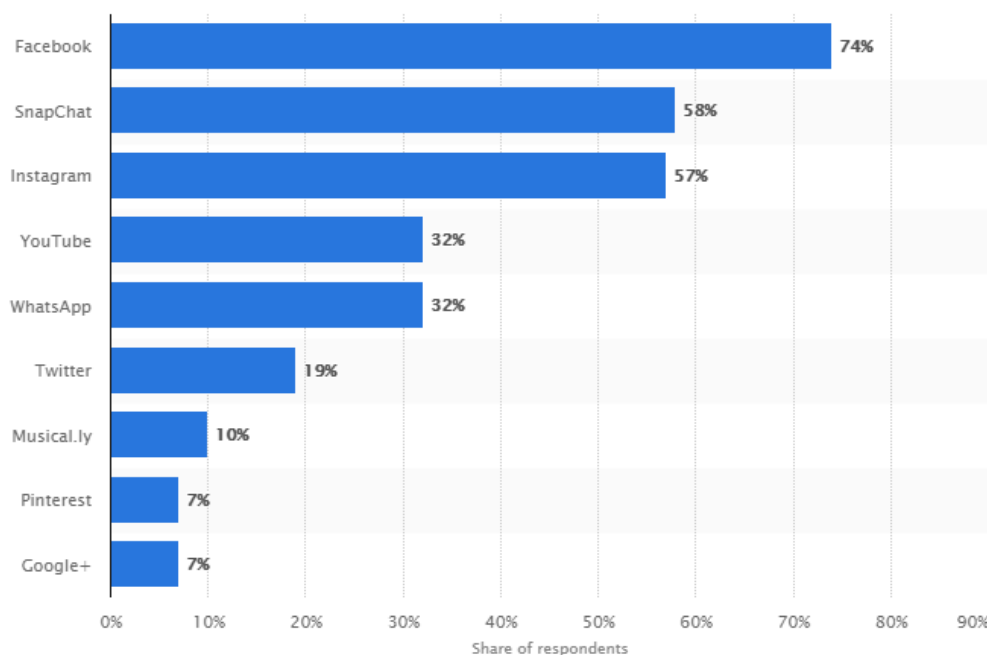
<u>Snapchat</u>

Photo and video messaging platform with expiring content. Users can share events of the day with friends. Users can access in-app media content from outlets.

Pros: Easy to use. Fun features like photo doodling, captions, and filters.

Cons: Content doesn't completely "disappear," but can live on in screenshots and data recovery. Teens who believe that snaps disappear may engage in risky or **<u>inappropriate behavior</u>**.

Instagram

Platform to share photos and videos with followers. Add and edit photos and short videos to share with friends and followers. Users try to gain followers and get content "liked."

Pros: Users can send private messages or make accounts private to opt out of Instagram's typically public posts. Teens with unique interests may find community with like-minded users.

Cons: Content is public unless the user changes privacy settings. Location information can be displayed, depending on phone and Instagram settings. Teens may feel pressure to present themselves in a way that leads to accumulating "likes."

Whatsapp

Platform for text, image, video, and audio messaging as well as voice and video calls.

Users can easily connect with people from around the world.

Pros: Unlimited messages. No international calling plan needed to connect with relatives or friends abroad.

Cons: Pushes users to add "friends," and your teen (and their phone number) can easily be added to group chats with friends-of-friends without consent. Users can have more than one account

KIK

kik·

Messaging platform to send text, images, and video. Offers a wide range of activities, including surfing the web from within the app, sketching, chatting with strangers, making in-app purchases, and sending virtual greeting cards.

Pros: Unlimited texts are free, besides normal data usage charges.

Cons: Strangers can start conversations. Kik has allegedly been used in predatory crimes. Users often post their Kik usernames on other social media, which may give strangers access to a teen's profile. Kik does not monitor or censor user content.

4 Ways Social Media Affects Mental Health

https://www.youtube.com/watch?v=mQaA-dhsDGE

Positive Aspects of Social Media

- Connectivity with friends and family

- Meeting others with similar interests

- Awareness / Source of information – news/support/advice/guidance

- Learn new things

- Entertaining

- Allows self-expression

- Important part of life especially teenage life

Negative Aspects of Social Media

- Unrealistic view of others lives
- Peer pressure
- Lack of human connection
- Harmful to relationships
- Distraction from studies/work
- Misinformation
- Increased risk of cyber bullying
- Users more vulnerable to crime

- Self-esteem
- Mental Health (anxiety or depression when used too much or without caution)
- Lack of privacy
- Memory
- Sleep disruption
- Attention Span
- Reduced happiness

Dangers of social media

What we know about teens:

They are constantly trying to define themselves.

They crave positive feedback to help them see how their identity fits into their world.

They use social media for this feedback.

Young people risk delays in their emotional and social development because they spend so much time in the virtual world.

How is this harmful:

The danger exists in the possibility of a very public rejection because negative feedback is there for anyone and everyone to see.

Another danger is that teens ask for feedback without learning first that not everyone will respond in a supportive way.

Teenage girls and social media

- Girls are far more likely than boys to spend excessive amounts of time on social sites.

- Social media puts pressure on girls:
  - to live their lives in the public domain
  - to present a personal 'brand' from a young age
  - to seek reassurance in the form of likes and shares.

- Girls are more interested in what their peers are doing, and who seem to be leading a more successful life than them than boys.

UHS Social Media Policy

URSULINE HIGH SCHOOL
Wimbledon

Online Safety Policy
November 2018

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New guidance from the Royal College of Paediatrics and Child Health (RCPCH) has stopped short of recommending specific limits on screen time.

We believe we should still set boundaries as we need to safeguard young people and too much of anything is not good for us.

Mental Health links to overuse of social media

Research by England's chief medical officers had pointed to an association between screen-based activities and negative effects such as an increased risk of anxiety and depression, however it was still inconclusive. (Feb 19)

We need a precautionary approach as we know that some of the content that young people are viewing online, such as pro-anorexia, suicide and self-harming content, can be incredibly harmful.

Is your family's screen time out of control?

- Does screen use interfere with what your family want to do?

- Does screen use interfere with sleep?

- Are you able to control snacking during screen time?

Digital 5 A day

Based on the NHS's evidence-based '[Five steps to better mental wellbeing](#)',

Connect

- This is how young people keep in touch but think privacy settings.
- Have discussions around using time and internet safety

Be active

Find something they enjoy and make it a regular activity.

Families should spend time together engaging in activities that are of interest to young people.

Get creative

Time spent online can be used to learn a new skill not just consume content

Give to others

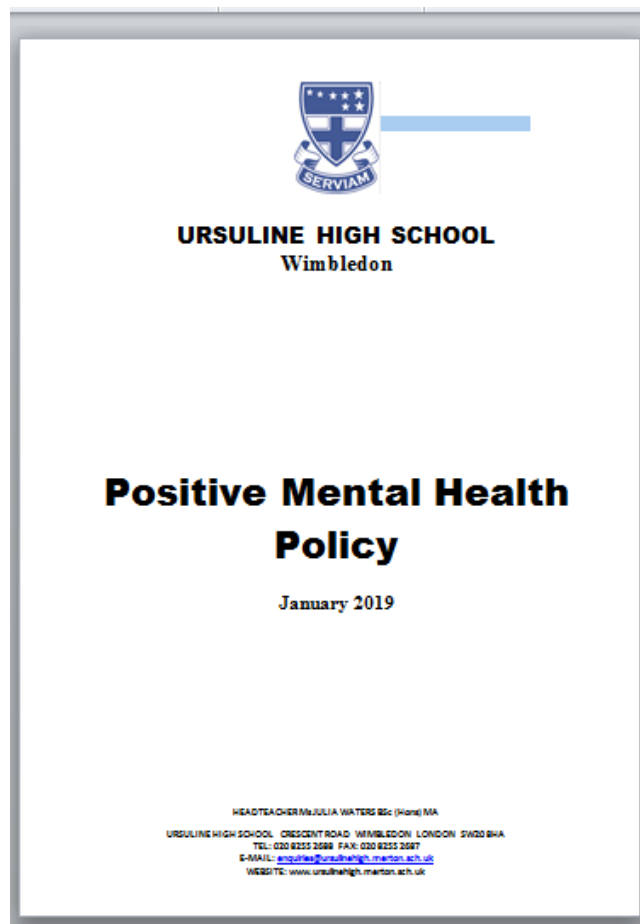- Use the internet to give positive feedback

Be mindful

- Be mindful about the amount of time your child is spending online and help them manage this

The wider picture in school
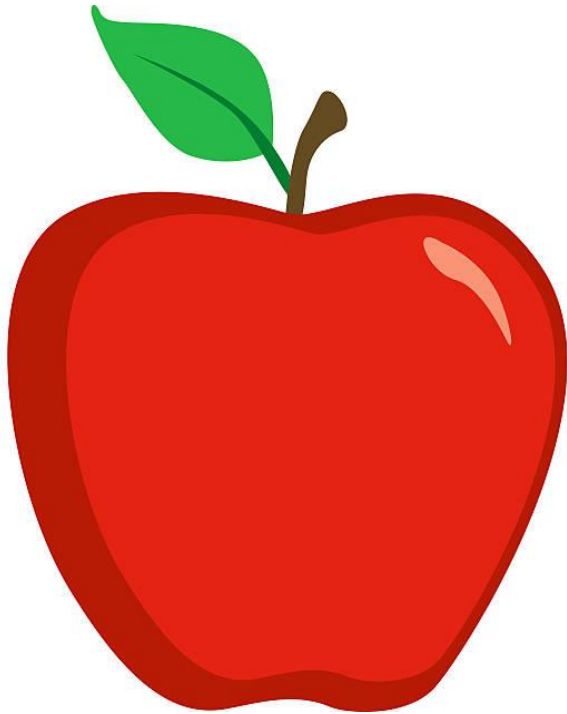
Promoting positive mental health at UHS

- Students encouraged to engage with the concept of 5 a day for mental wellbeing

- Positive wellbeing targets set in conjunction with student and parent/carer at Academic Review Day

- Assemblies, PSHE lessons, Learning Conferences

- Positive Mental Health Champions

- Form group activities – mindfulness

- Peer Mentors

- Extracurricular activities that support creativity, physical activity and studying

- Student voice is gauged to shape the work we do with students.

Year group	Term with PSHEC topics covering Mental Health
Year 7	Spring A – Emotional wellbeing, Eating Disorders, Stress
Year 8	Summer A – Self-Esteem and the Media, Depression, Anxiety, Self-Harm
Year 9	Summer A – Handling Stress
Year 10	Autumn B – Stress, Eating Disorders, Exercise
Year 11	Spring B – Managing Stress and exam pressures, mediation

Year group	Term with Learning Conference covering Wellbeing
Year 7	Spring A – Stress, workload and how manage this
Year 8	Autumn A – Managing your workload for the year
Year 9	Autumn B – Stress and coping with it – management strategies
Year 10	Autumn B – Stress and coping with it – management strategies
Year 11	Autumn A – The challenges of Year 11 and coping with it

Top 10 Tips for positive wellbeing

What are your 5 a day?

1. Engage with the world around you – be involved in clubs, socialise with friends, do things with your family
2. Talk about your feelings and worries with someone you trust
3. Ask for help
4. Do something that you enjoy
5. Keep active
6. Eat well
7. Take a time out and relax
8. Limit your time on social media
9. Remember your good points
10. Get enough sleep

What are you not doing for your wellbeing that you know you should be doing?

Student feedback on what they are not doing enough of...... Is this your daughter?

- Getting enough sleep

- Eating Healthily

- Exercise

- Limiting social media

- Socialising with family and friends

Wellbeing and Mental Health Support

In school

Form Tutors

Pastoral Support Assistants

Safeguarding Team

Counsellor

School Nurse

Chaplain

Out of school

Off the Record

CAMHS

Jigsaw 4 U

Local counselling services

Education Psychologists

South West London Mental Health Cluster

- 8 schools (2 secondary and 6 primary)

- 4 Education Mental Health Practitioners and Lead Psychologist

- Engagement Officer

Guidance

Recommendations for supporting your daughters' well being and managing social media usage in the family

How parents can promote positive mental health

- **Leading by example** – following a good diet, having a positive mindset and staying active will encourage your child to do the same

- Creating **opportunities for interactions** with your children

- **Listening** during both positive and negative times to your child

- **Open communication** between school and home

- **Monitoring** social media access

- Be aware of what's going on in your child's world

- **No issue is too small** – everything pieces together to create a full picture

Managing social media usage in the family

- Validate your teen's reality and their need to be connected
- Set some boundaries - when and where it's okay to be on social media
- Agree limits for time spent online and then times for other activities
- Set curfews for use
- Overnight removal of mobile devices from bedrooms
- Monitor their usage and know their passwords
- Know the minimum age required legally for apps
- Model the behaviour you want to see

Managing social media usage in the family

- Do not allow phones and mobile devices at the dinner table - talking as a family is very important for development

- Talking as a family about keeping safe online and about cyber-bulling and what children should do if they are worried

- Making sure your child takes a break from screens every two hours by getting up and being active

- No screen time 2 hrs before bed

Working with your daughter

- Look at your daughters' technology together
- What apps has she got on there?
- What is she using those apps for?
- Who is she communicating with?

- Privacy settings – are they adequate?
- Parental settings – do you know how to set these?

- Reinforce that the most influential voice should come from within.

Your daughter needs to know

- That you have the right to check their laptop, phone, etc..
- What apps/media are okay and what are not
- That you need to know their passwords
- What their online responsibilities are:
  - Protecting their privacy
  - Not engaging in cyber bullying

Resources for parents

- www.net-aware.org.uk

- A guide to the social networks young people use. 38 websites/games/apps are reviewed for parents.

- For practical support on privacy settings, parental controls and more call our online safety helpline on [0808 800 5002](tel:08088005002)

www.internetmatters.org

- Offers age specific advice (11-13 and 14+ years) for parents on what each age group may be doing online and issues that might affect them.

- Concerned about online grooming or sexual behaviour online? [Contact CEOP]
- Child Exploitation and Online Protection
- [www.ceop.police.uk]

Reading Materials

- Raising Girls – Steve Biddulph

- 10 things girls need most - Steve Biddulph

Social Medial sites and apps are an important part of teenagers life but they are tools and should not become lifestyles.

Social Media should be used in moderation to support positive wellbeing.