

Welcome to Social Media Week...

Social Media:
Are we always as kind
as we should be?



So where does this fit in to The Gainsborough Way?

THE Gainsborough Way

WE ARE EQUIPPED TO LEARN

WE SAY PLEASE
AND THANK YOU

We are prepared
to make mistakes

WE ARE NICE TO PEOPLE | WE LISTEN
TO OTHERS

WE
TAKE
RISKS

WE BELIEVE IN OURSELVES

WE WORK HARD



We dream big



WE ARE PROUD OF OUR ACHIEVEMENTS

WE TAKE PRIDE IN OUR APPEARANCE

We take responsibility for our actions





What is your estimate for the average amount of time per day we spend on social media?

We spend a lot of time on Social Media. A lot. On average people spent 135 minutes per day on social media.

That is 49,275 minutes per year!





The amount of time we spend
on social media means we
can run into problems.

Ask yourself these questions...

How often do you comment
on other people's posts on
social media?

Have you ever been unkind
to someone on social
media? (be honest!)

Has anyone ever said
anything mean to you on
social media?

When was the last time you
paid someone a compliment
on social media?

Think about how using social media makes you and others feel...

You shouldn't change who you are to fit in with Social Media, and certainly shouldn't feel pressured to do anything you don't want to do just because others do it.



It is important not to get too obsessed with your online persona. Putting too much effort into your social media presence can affect your mental wellbeing.



What would you do?

Imagine....

Your friend has posted a picture on Instagram of her on holiday with her family. Another student who you don't really know, but who is in your year at school, writes some very unkind comments and other people start to join in. What would you do to help your friend?

**What
would
YOU?
DO**

Be thoughtful about what you post
might be taken by others, not just
now, but later in life.

Entertainment & Arts

**Oscars 2019: Kevin Hart quits as host
amid tweets row**

🕒 7 December 2018



**YouTuber Zoella apologises for old
offensive tweets**

**Labour MP quits equality committee
over homophobic posts**

Jared O'Mara made derogatory online comments about celebrities
including Jamie Cullum and Morrissey in 2002 and 2004

Pressure on mental wellbeing

The sheer amount of contact we have with the world can put pressure on our mental wellbeing.

Remember, a comment you make can have a big impact and may stay with that person for a long time.

"Everyone you meet is fighting a battle you know nothing about. Be kind. Always."

What to remember...

- Try not to spend too much of your time on social media, as this can cause issues.
- Look for opportunities to be kind to others on social media, rather than being unkind.
 - Be thoughtful about how your comments may affect others.
 - Think carefully when others are being unkind, and speak to an adult rather than trying to sort it on your own.

