

Open Minds (CAMHS)

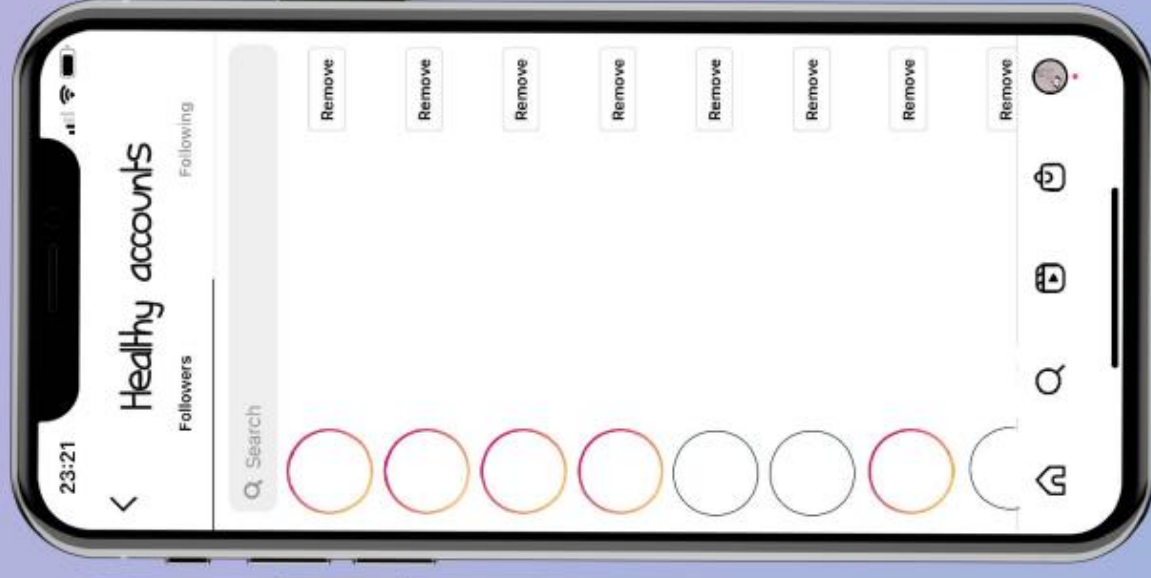
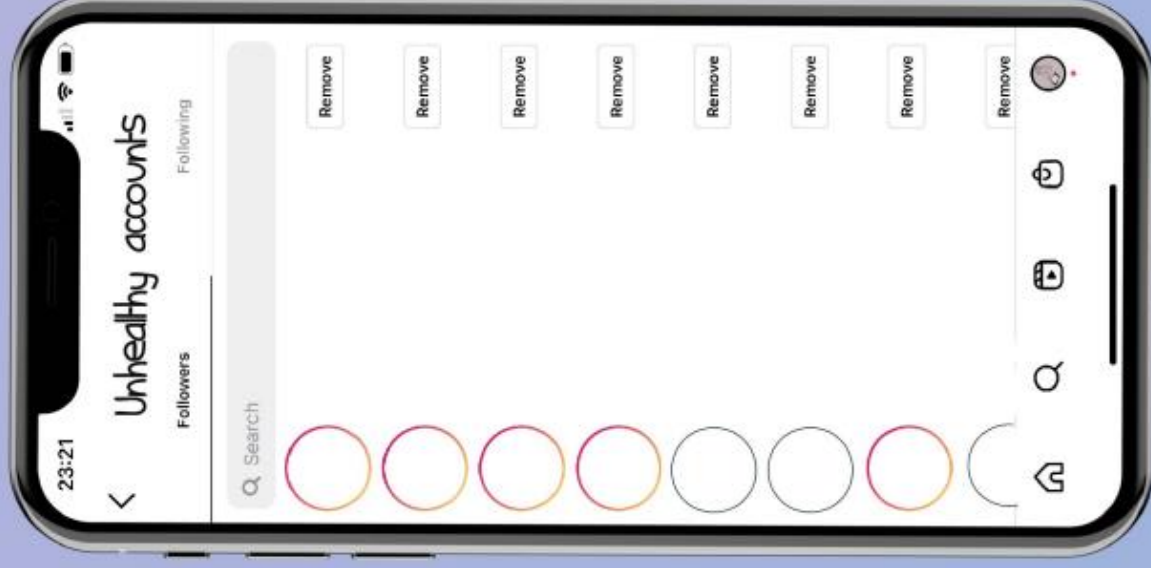
Parent/carer Social Media and Wellbeing workshop –
Resource pack

YOUR relationship with social media

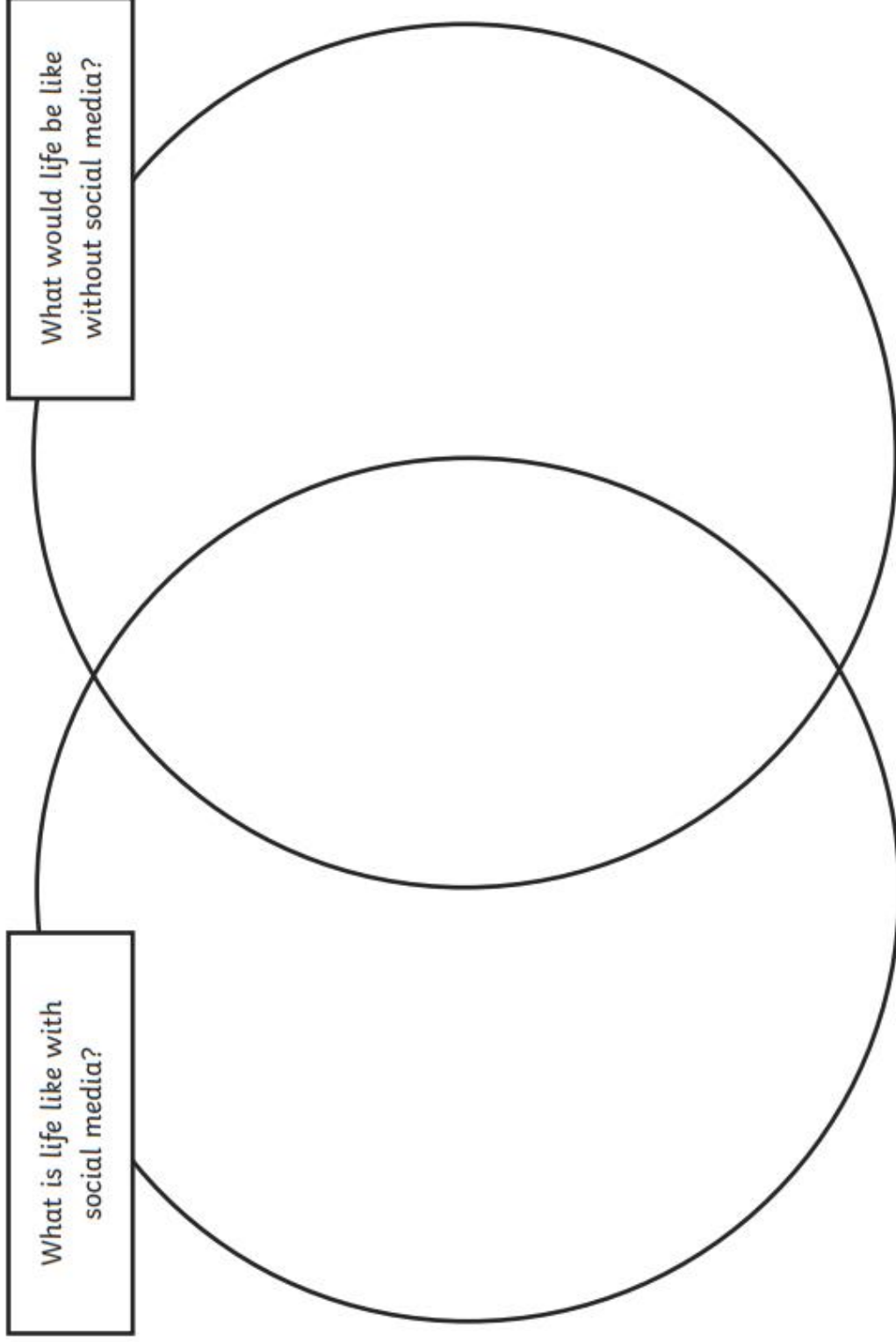
BY @MyTbrain

Social media can keep us socially connected to each other, it can prevent loneliness, ease anxiety and stress, boost self worth and provide joy. With most things in life, we should consider a balance, how much social media is bad to you? Have you spent time reflecting on the content you access and how it makes you feel? Use the phones to explore healthy accounts vs unhealthy accounts on your social media's! - explore well-being pages.

Consider the following possible impacts:
Feelings of INADEQUACY- poor self esteem
FEAR OF MISSING OUT - envy, low mood, can lead to overuse of social networks
ISOLATION - halving your use can improve feelings of loneliness!
ANXIETY - cycle of avoidance, not feeling good enough, rating worth on number of likes. Can lead to low mood
ADDICTION - Reflect on how often you tap your phone or check for notifications



Social Media



APPENDIX 1: HOW DOES GOING ONLINE MAKE PEOPLE FEEL?

Task: Colour code the online experiences to show the **different emotions** that can come from going online. Remember that one post or experience could cause more than one emotion.

- You can use more than one colour per scenario.
- You can add emotions (and a colour) if you think they would feel an emotion not covered already

Red	Angry		
Orange	Worried		
Yellow	Happy		
Blue	Sad		
Green	Not affected		

Receiving positive comments on some pictures from a friend	Someone writing a joke under their picture	Receiving negative comments
A friend liking one of their jokes online	Watching a funny video	Receiving no likes on their picture after 20 minutes
Seeing inspirational quotes being posted online	Seeing someone else being cyberbullied online	Posting something different to what they would normally
Seeing that they have fewer followers than their friends	Seeing someone share online that they are feeling sad	Seeing a joke that is about someone in school
Beating their friend on a game for the first time	Changing their profile picture to a funny photo of themselves	Not being allowed to play a game but their friends are
Having someone unfriend or block them	Receiving a new friend request	Having to leave a group chat to have dinner
A friend texting to say 'why haven't you liked my photo yet?'	Something they liked being described as boring	Completely believing something online but it was actually fake

think

before you speak

t

is it true?

h

is it helpful?

i

is it inspiring?

n

is it necessary?

k

is it kind?