

POST-PRIMARY LINKS

SOCIAL MEDIA



Parents/Carers may find these useful

Note: You should review these resources and links before use to check if they are appropriate for your pupils and in line with your school's ethos and RSE policy.

BACKGROUND INFORMATION

[BBC News - Dua Lipa: 'Social media a breeding ground for hate'](#)

This news article from November 2019 can help pupils understand the potential impact of negative social media comments and the importance of being kind online.



[Common Sense Education - 11 Social Media Red Flags Parents Should Know About](#)

Aimed at parents, this article covers the most common social media red flags, the apps they're found in and tips for dealing with them.

[Common Sense Media - Social Media, Social Life: Teens Reveal Their Experiences](#)

This American report is based on a survey of 13-17 year olds and includes information on how social media affects their social and emotional well-being.



[Dove - How does social media affect teens?](#)

Including advice for limiting social media's influence, this article explores what teenage girls love and hate about social media.

[Sundance Canyon Academy - Social Media's Impact on Self-Esteem and its Effects on Teens Today](#)

The pupil-friendly graphics on this page outline the problems that social media has created for young people.

[The Spark - Relationships and Social Media](#)

Including tips like think before you post, this article looks at how to enjoy the benefits of social media without harming relationships.

[University of Birmingham - The Impact of Social Media on Young People's Health and Wellbeing: Evidence, Guidelines and Actions](#)

This report includes video case studies and information on how young people engage with health-related content on social media and the impacts on their understandings and behaviours.



[Verywell Family - Signs Social Media is Ruining Teen Friendships](#)

This article includes advice for parents and carers on talking to their children about the ways social media can damage their friendships.

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KEY STAGE 3 TEACHING RESOURCES

[Common Sense Education – Chatting Safely Online: How do you chat safely with people you meet online?](#)

These American resources can help pupils analyse how well they know the people they interact with online and reflect on what information is safe to share with online friends.

[MediaSmarts – Promoting Ethical Behaviour Online: My Virtual Life](#)

Covering topics like moral dilemmas about posting and sharing personal material, this lesson plan can help pupils to manage their privacy and reputation online.

[Tes – Effects of Social Media on Relationships](#)

This resource for Year 8 pupils focuses on the benefits and drawbacks of social media and how it can affect relationships and self-esteem.

KEY STAGES 3 AND 4 TEACHING RESOURCES

[Dove – Self-esteem school resources: Confident Me](#)

Aimed at pupils aged 8–16, these teaching materials include videos and worksheets that cover topics like the impact of social media, celebrity culture and advertising.

[Media Smart – Social Media Resources](#)

This resource can encourage pupils to think more deeply about topics like their relationship with social media sites, their sponsors and advertisers.

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