

Positive Minds; Online Week 6

Online Wellbeing

Social media is a name given to a website or application that enables people to create or share content and have discussions online.

In 2019, the average time spent on social media was 2 hours and 24 minutes per day, which equals over 6 years and 8 months in an average person's lifetime. This year due to lockdown, these statistics are expected to rise.

TOP TIPS for being online

- Make sure you only post what you would want people to see
- Try and limit the amount of time you spend on social media
- Share appropriate content
- Keeping your account private

Time Spent on Social Media in a Lifetime



- Talking to your parents or a trusted adult about the platform you are using
- Send positive messages

The **Do Not's** online 🙅

- Sharing explicit photos of yourselves and others online
- Making threats on social media
- Publicly shaming people
- Posting about or on someone else's social media without their consent
- Keeping it a secret if you are on social media
- Sending inappropriate messages

The **Must Do's** Online 👍

- You must know who you are talking too online! (This includes PlayStation, Xbox, PC, Facebook, Snapchat, Instagram etc.)
- Remember whatever you post on any social media platform is no longer legally yours, so only post appropriate things.
- Never give out private information
- Whatever you post online, future schools and employers will find it!
- Only post things you'd be happy to share with your family, don't be embarrassed in the future by your digital footprint.

Body Image

Body image is an individual's thought, feeling or behaviour towards their body.

When we talk about body image, it is usually the thought of someone not being happy with their physical appearance such as their body or face, Men and Women of all ages can experience from a negative body image, however can also embrace and experience good .

There is a strong and evident link between a poor body image and mental health issues, and those effected often blame social media for their unrealistic photos. Studies have shown that individuals who have a negative body image are more likely to experience depression, anxiety and it can lead to a range of eating disorders.

Body Image Top Tips

- Try not to compare yourself to other people
- Treat your body well
- Appreciate the things that your body can do
- Remember that pictures on social media or

advertisements are often highly edited

- Remember there is no ideal way to look, everyone is unique and is meant to look different
- Remember you're the perfect representation of you, our genetics determine how we look and so we should embrace how we look.

Photoshop

Something else important to remember is that when using social media or the internet a lot of photos are edited.

The chances are if you have seen 5 photos on adverts or social media today, at least 1 will have been edited.

This can be by a little or by a lot



Also on food products to look better

1/5
of photos
are edited

