

This term we will be exploring...



*How can the media
influence people?*



LO: to explain how the media, including online experiences, can affect people's wellbeing.



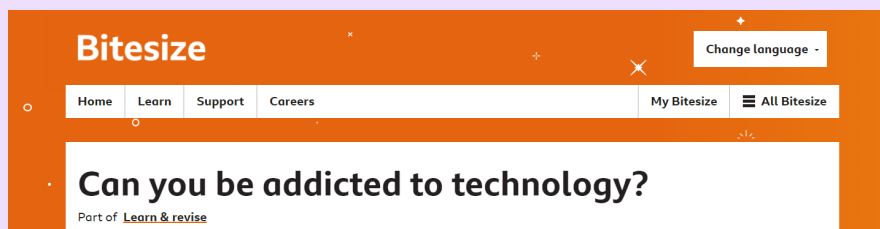
Thinking Together:

What media do you have access to?

Why and how do you use them?



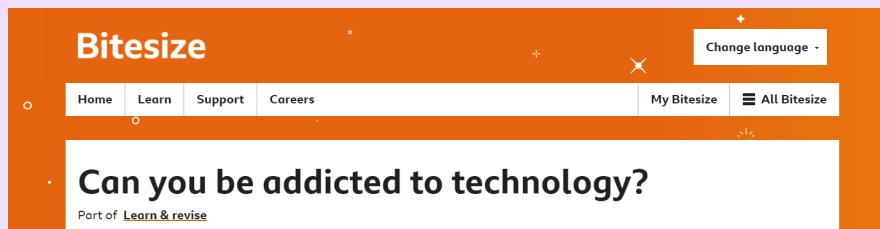
LO: to explain how the media, including online experiences, can affect people's wellbeing.



Read the article with your partner.

1. Circle any unknown words.
2. Highlight the main points.

LO: to explain how the media, including online experiences, can affect people's wellbeing.



Let's go through the article together. What did you find out? Which words did you not know?

Lets focus on social media.

I
do

*Watch the video and note down
positive and negatives.*

<https://bcove.video/310m96F>



Play up to 1:23

Let's discuss what we saw:

**we
do**

Why is it important to balance online and offline activities?

Why do you think there are age restrictions for social media?

What advice might be given to a person who is upset about something they have experienced online?



Continue watching the video and
note down actions to improve
well-being.

I
do

 <https://bcove.video/310m96F>

Play from 1:23

Ideas banks**Offline ideas bank:**

- Exercise
- Listen to music
- Sleep
- Singing or making music
- Writing
- Drawing
- Breathing techniques
- Spending time with friends or family
- Spending time outdoors

Online ideas bank:

Using the online world to:

- Do sport/physical activity
- Discover new music
- Play games
- Eat good food or cook new recipes
- Learn a new skill
- Connect with friends and family
- Make or create
- Slow down and relax
- Help with homework or projects

**I
do**

we
do

you
do

Ask a friend

A year 7 pupil has been given a mobile phone for their birthday.

What advice would you give them to support their wellbeing?



Ask a friend

A year 6 pupil is worried about impressing people on social media.

What advice would you give them to support their wellbeing?

