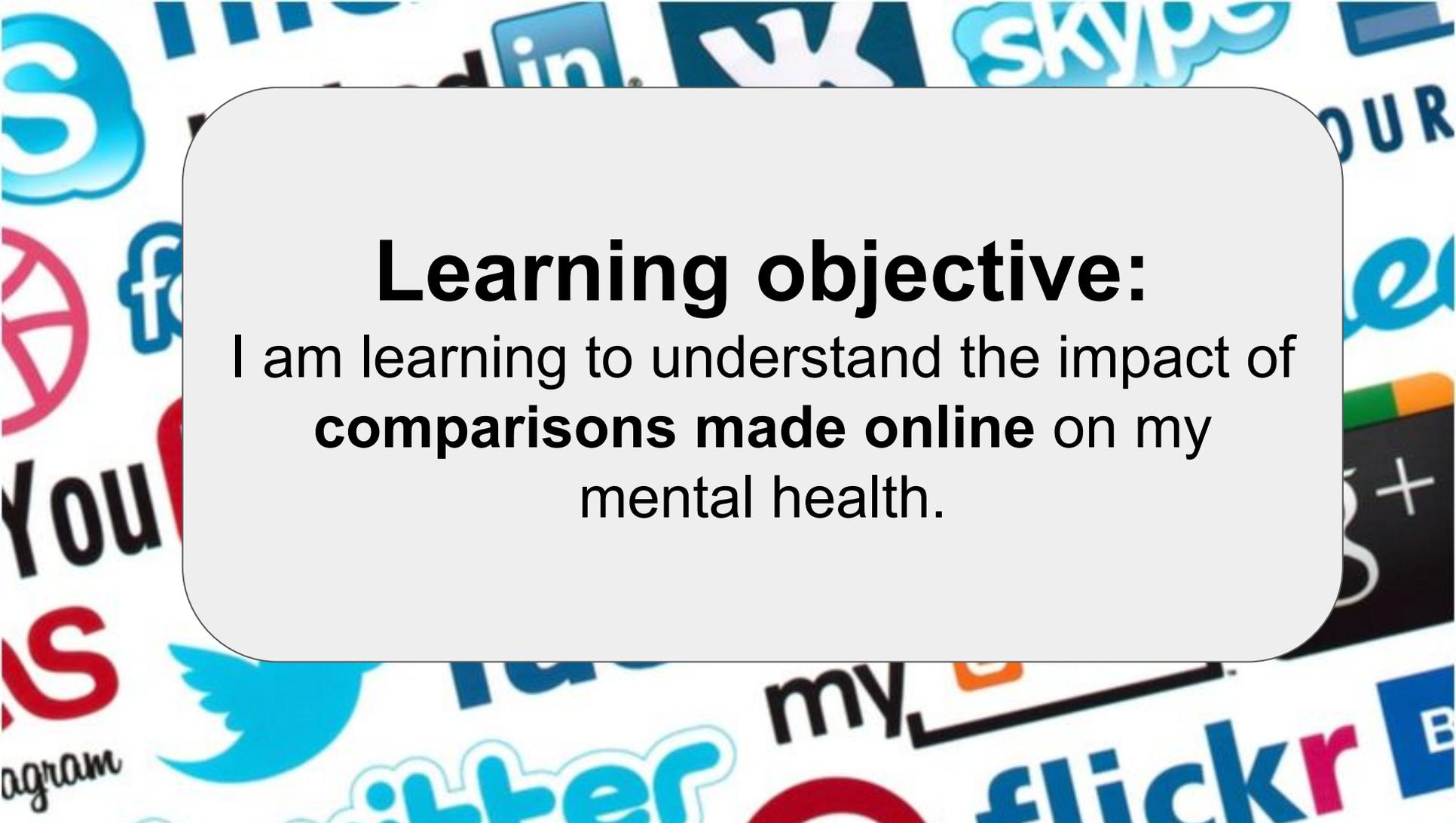




Welcome to  
Safer Internet Day  
2021



## **Learning objective:**

I am learning to understand the impact of **comparisons made online** on my mental health.

**The lesson will be split into 3 parts**

1. Understanding what mental health is.
  2. I am learning to understand the impact of making comparisons online on my mental health.
  3. Create a vlog to explain to other children how they can look after their mental health.

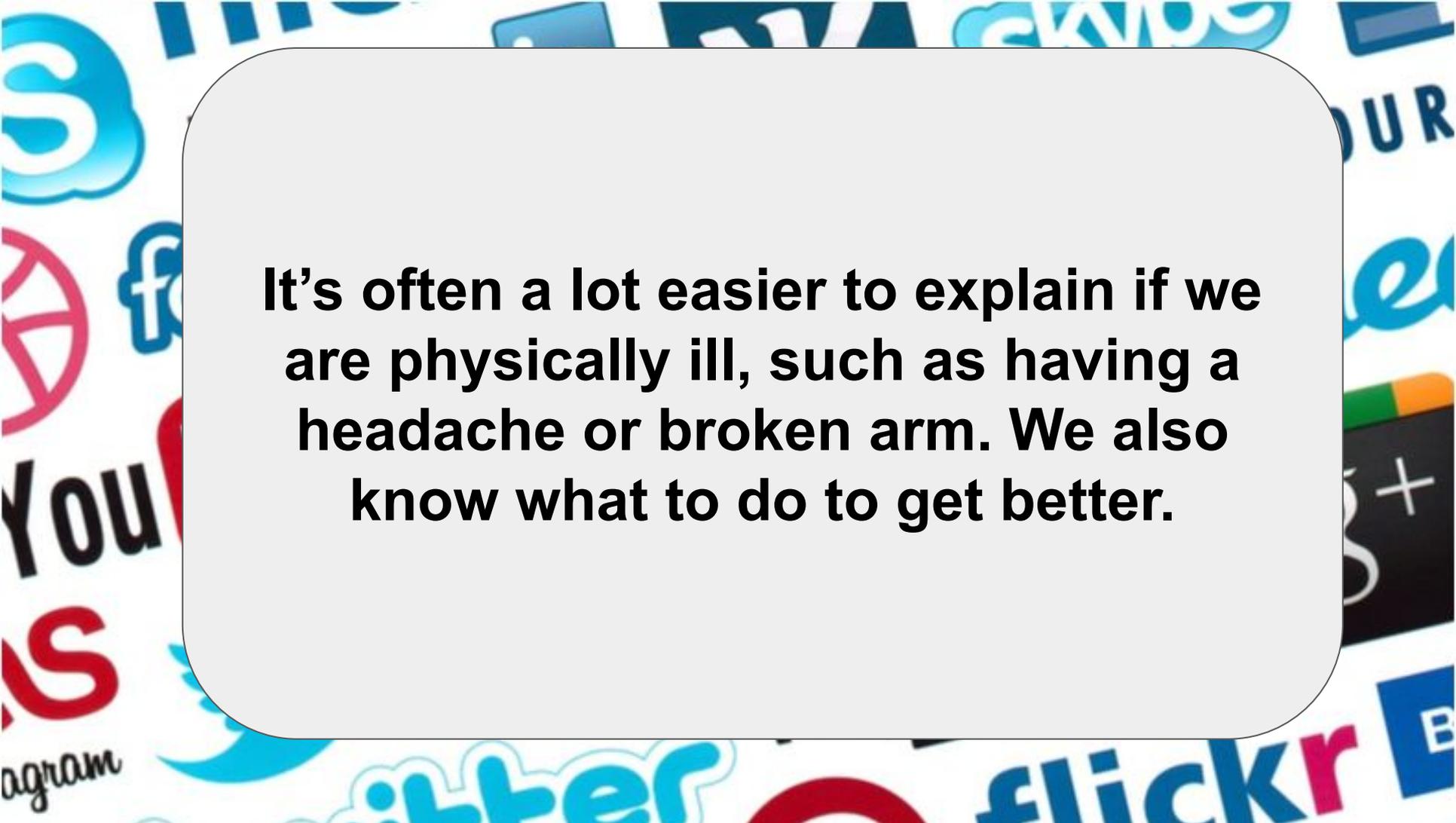
1.

Understanding what mental health is.

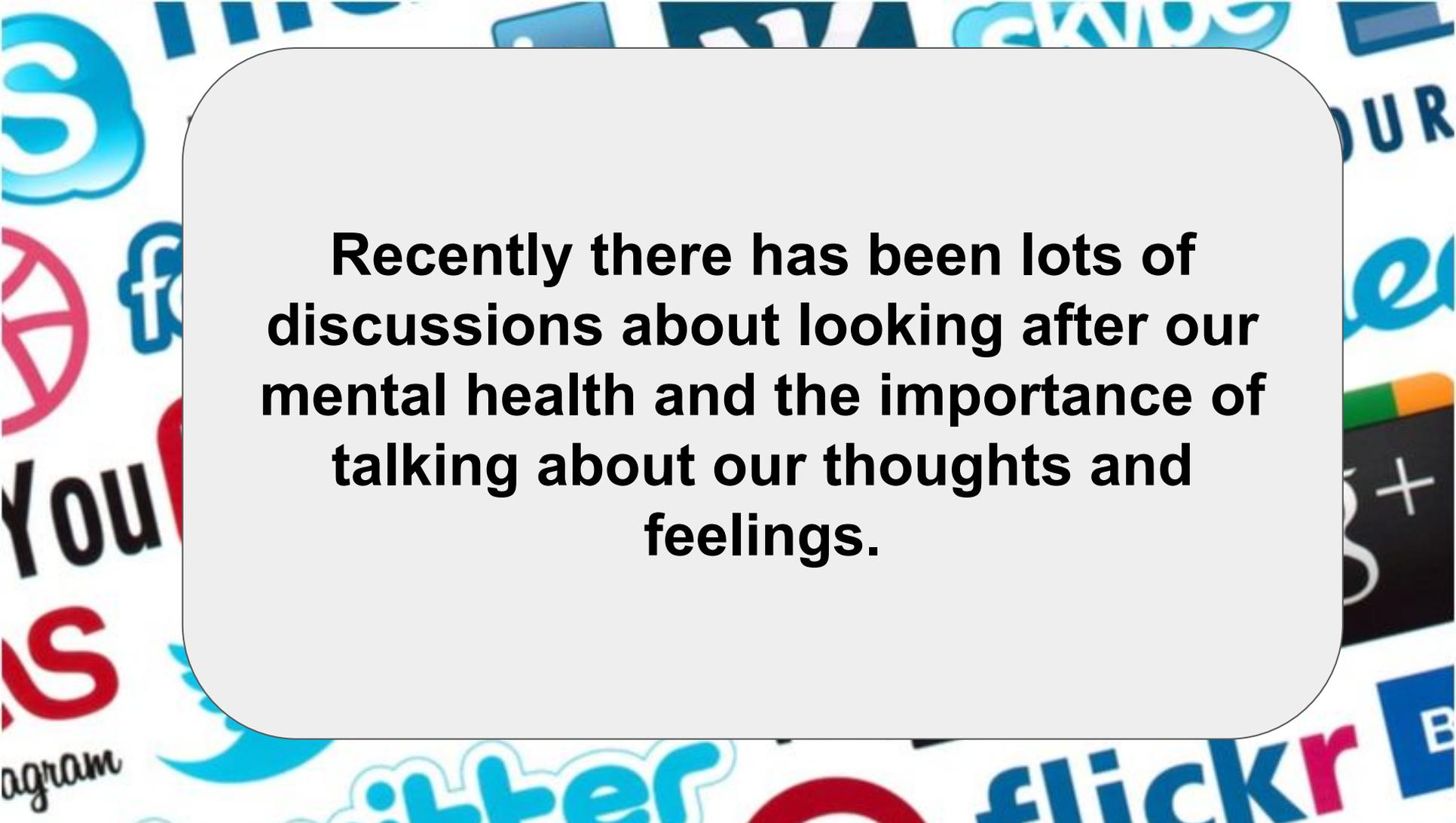
**What's physical health and how do you know when you are ill?**

**How do you get better?**

**Discuss this with someone at home or school.**



**It's often a lot easier to explain if we are physically ill, such as having a headache or broken arm. We also know what to do to get better.**



**Recently there has been lots of discussions about looking after our mental health and the importance of talking about our thoughts and feelings.**

**What's mental health and how do you know when you are ill?**

**How do you get better?**

**Discuss this with someone at home or school.**

**Watch this video**



**As you watch the video, think about...**

**1 thing you already knew**

**1 thing you learnt**

**1 thing that surprised you**

**How can we make sure that we have a good mental health?**

**Use this list and put them in order.**

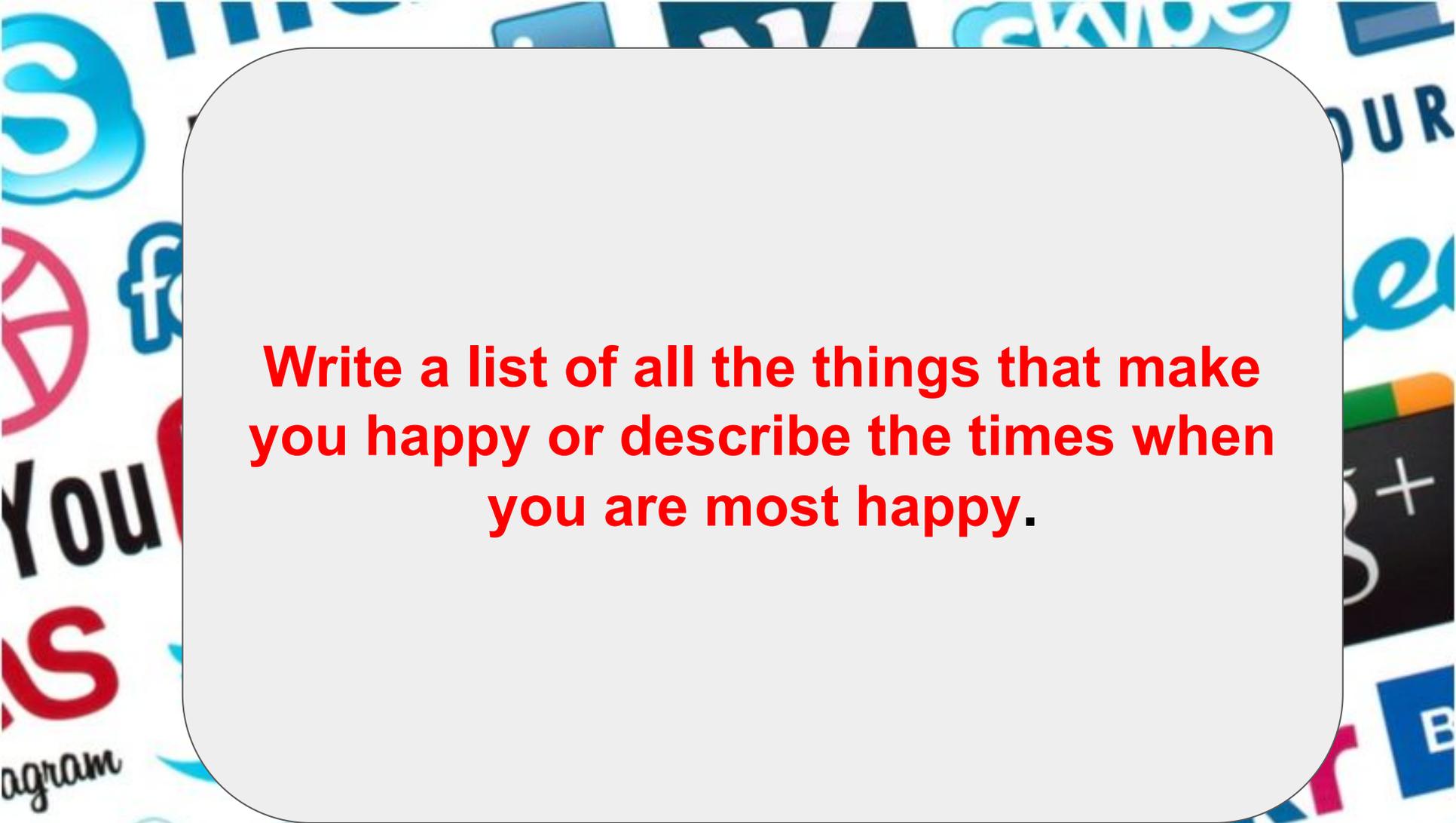
**What do you think really helps us to have a good mental health?  
What else would you include?**

1. *make sure you get enough sleep*
2. *spend time with friends and family*
3. *talk about your feelings*
4. *have a variety of interests and hobbies*
5. *exercise each day*
6. *learn new things*
7. *help others*
8. *have fun and laugh*
9. *eat healthy food*

There isn't a right or wrong answer, it's just what you think.

Speak with with someone at home or school to discuss your choices.

**Why have you chosen YOUR top choice?**

The background features a collage of various logos and symbols. At the top, there are blue logos for 'Skype' and 'OUR'. Below these, there are logos for 'Facebook' (the 'f' icon) and 'Instagram' (the camera icon). On the right side, there is a black calculator icon with a white plus sign. At the bottom right, there is a blue logo with the letter 'E'. The text in the center is written in a bold, red, sans-serif font.

**Write a list of all the things that make you happy or describe the times when you are most happy.**

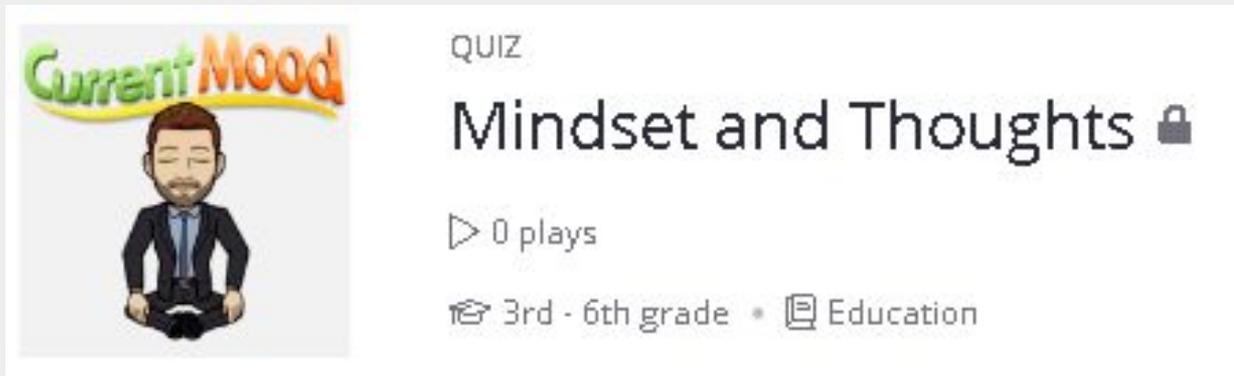
**Now, use this time for a 1 minute meditation**

**Click on the video and spend 1 minute thinking about all the things that makes you happy.**



**Now, use this time for a 1 minute reflection.**

**Click on the Quiz and complete the question provided.**



The image shows a quiz card from Quizizz. On the left is a square thumbnail with the text 'Current Mood' in a colorful, bubbly font above a cartoon illustration of a man with a beard and glasses, wearing a dark suit and tie, sitting in a meditative pose with his eyes closed. To the right of the thumbnail, the word 'QUIZ' is written in a light grey font. Below that, the title 'Mindset and Thoughts' is displayed in a large, black, sans-serif font, followed by a small grey padlock icon. Underneath the title, there is a play button icon followed by the text '0 plays'. At the bottom of the card, there is a school building icon followed by the text '3rd - 6th grade' and a book icon followed by the text 'Education'.

<https://quizizz.com/join?gc=3063700>

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2.

I am learning to understand the impact of online comparisons on my mental health.

# Today we will be learning about comparisons made online.

How confident are you in:

- Explaining what online comparisons are?
- Strategies you can use to manage online comparisons?

10

Extremely confident

9

8

7

6

5

4

3

2

1

0

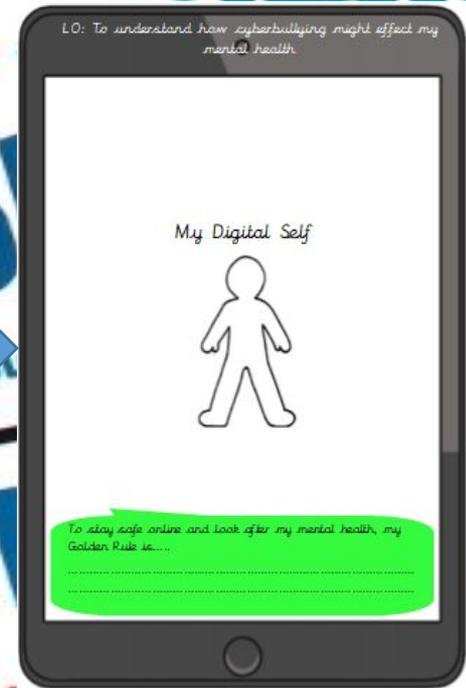
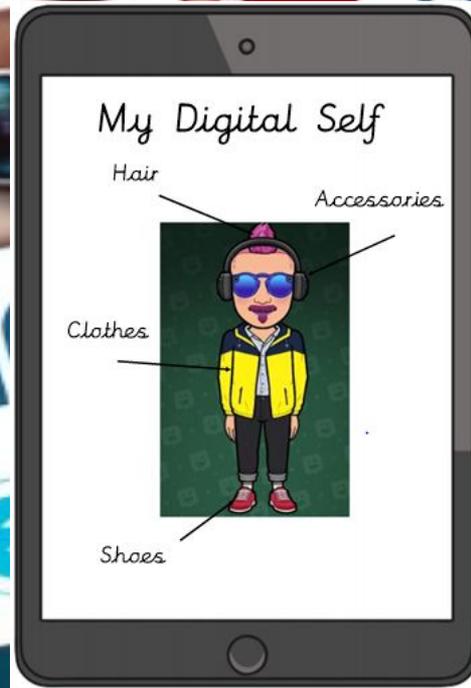
Not confident

# Draw your digital self

When you are online you can create your own avatar which is a picture of yourself.

Creating an avatar means that details about you are safe and private.

However, creating avatars also means other people can remain private too which is why you should only ever become friends with people you know online and NEVER meet anyone you've met online.

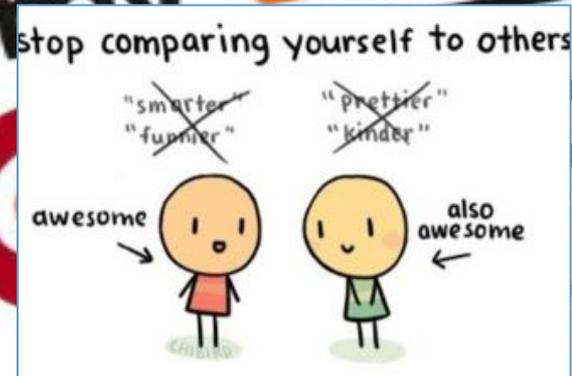


# What are online comparisons

- Write down what you think an Online Comparison is.



According to a survey in 2019 82% of people have compared themselves to friends, celebrities and total strangers on social media.



# How images can be manipulated?



<https://youtu.be/iYhCn0jf46>

What did you find surprising, unreal or unlikeable?



How might you view images differently?  
What are some examples of other media you see that manipulate images of people in similar ways?

# Interesting images

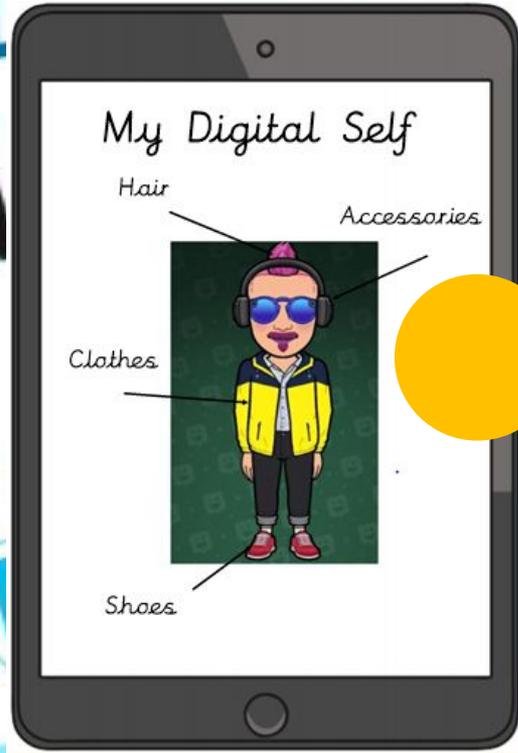
These pictures are fake.  
They have been edited with  
basic software.

How do you feel when you  
believe something and then  
find out it's not true?



How would it feel to have your image manipulated?

Design an emoji of how you would feel if you encountered this.



# What comparisons are you likely to face throughout your day?

*How many times a day do we see the appearance ideal?*

<https://youtu.be/y7gkVF4w2ww>

Everyone wants to look a bit more like someone else.

[https://youtu.be/L6isTxQ\\_j\\_U](https://youtu.be/L6isTxQ_j_U)

Watch these videos to get you thinking of comparisons in your lives.

# How can you improve your body image?

- Focus on your positive qualities, skills and talents. - Say positive things to yourself each day.
- Focus on what your body can do and has done. - Avoid making body comparisons to others.
- Set positive health focused goals. EG, go for a 30 minute walk each day.
- Make a conscious decision about what to read and look at.

# What's the message? All adverts have a message.



What feelings does the advert evoke?

What does the advert promise?



What action do people take after seeing the advert?

The advertisement promotes appearance ideas or ideal lifestyle and connects this with the product.

# Can you decode these media messages?



QUIZ

Online Comparisons 🔒

▶ 0 plays

📖 5th grade • 📁 Computers

<https://quizizz.com/join?gc=3961271>

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What might you do if you do not agree with, or don't like the way advertising and media, including social media, emphasises or reinforces appearance ideals?



Once you have finished watching this can you recommend three things?

1)

2)

3)

# My Digital Self



Design an emoji of how you would feel if you compared yourself to others online and stick it onto the iPad

Write down your own golden rule about staying safe online and looking after your mental health.

*Celebrate your individuality and the diversity of the people you know.  
Aim to be the best you can be – you are one of a kind!*

3.

Create a vlog to explain to other children how they can look after their mental health.

**Your final task is to create a vlog to tell children like you about online comparisons and tell them your advice.**

**A vlog is the same as a blog but rather than text they use video.**

**Watch this video for hints and tips**



<https://www.bbc.com/ownit/the-basics/jim-chapman-vlogging-secrets?collection=vlogging>

## Top Tips!!!

- Write a script and practise saying it in front of a camera. Make sure you're clear about what you want to say.
- Don't speak too quickly.
- Keep the camera steady.
- Try not to say errr or a similar word over and over again. If you do it's a sign that you need to practise more before videoing yourself.
- Mistakes are okay, just continue it
- Frame your shot well, not too close and not too far away.

**When you've finished, please send your vlog to your teacher.**



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