



# Bounce Forward

Social Media  
Resource for Schools

# Thank you for downloading

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This pack has been designed for **Safer Internet Day** which takes places on 6th February 2024.

The theme this year is '**Inspiring Change? Making a difference, managing influence and navigating change online**'.

The ideas to **inspire change** online include:

- Young people's perspective on new and emerging technology
- Using the internet to make change for the better
- The changes young people want to see online
- The things that can influence and change the way young people think, feel and act online and offline

This pack provides activities to explore the positives of social media, to consider and create personal guidelines, to stay safe on-line and to discuss how media can be used to build a positive community, find support and decrease isolation.

Inside you will find teacher notes and activities for students aged 13+.



# Teacher notes

# Teacher notes

## Activity: Communication and social media benefits

Use the questions below to get the class sharing their perspectives and talking to each other.

### Why is communication important?

*We are social beings and communication is essential. We need to feel connected to others, able to help or be supported by others. There is a fun side to communication, finding out what people are up to, laughing, sharing interests. When we feel isolated or lonely then knowing you have someone to talk to is a way of looking after mental wellbeing. Connecting and reaching out is a key element of resilience.*

### What is your favourite way to communicate? In-person, phone call, social media, video chat, or message?

**Why?**

### How do the social media platforms you use improve your ability to communicate?

*Social media platforms allows us to communicate with more people in short periods of time. They provide tools so we can communicate in different ways photography, writing, video. We can choose to limit who we communicate with and even stay anonymous which can give us the confidence to say things we would not in person. We can reach people who are far away and stay connected to family and friends who are not close by.*

### What advantages does social media have over traditional media such as TV, radio or printed media?

*Social media allows more people to participate (as long as they have internet access and understand how to use them). Social media is faster. You can send messages easily to lots of people without having to produce an entire radio or TV programme or wait for the paper to be printed. It's easier to create, and quicker to get to much larger groups of people. Social media platforms allow people to instantly react to the world around them and allows more opinions and messages to be expressed.*

### Do you have a favourite social media platform right now? If so, which one and why?

# Teacher notes

## Activity: Social media guidelines

Split into small groups.

Each group should come up with at least ten guidelines for ways to use social media platforms in a positive way.

**The guidelines should consider things like**

- Online kindness and fun.
- As a helpful 'tool' - with boundaries about when to put it down.
- Personal privacy and the privacy of others.
- Preventing cyber-bullying.
- Avoiding trolls - people who are intentionally unkind and bait trouble.
- Be genuine and true to the person you are offline.
- Care about what is important personally.
- Care about things that matter to human beings, the environment, the wider community.

**Social media guideline examples**

- Connecting with others to share and learn.
- Only engage with people online who won't cause negative drama in your life or the life of someone you care about.
- To be kind always.
- Share only what you are comfortable sharing, and that be happy sharing with your parents/grandparents.
- Be anonymous for the right reasons (e.g., when seeking advice about a personal issue that you want to keep private).
- Do not deceive or bully someone.
- Be supportive to your friends, family members, and on-line friends.
- Think before you share - if you think something might hurt others, don't share it.
- If you are feeling angry or upset, talk to someone in person rather than on-line.
- Be open and respectful to different opinions. It's how we learn about each other.
- Have fun, enjoy yourself. If it's not fun don't take part.

# Teacher notes

## Activity: Interviews

Give students 10-minutes to interview each other using the below questions (also included in the student activities section) and share answers at the end.

What social media platforms do you use?

What do you think others would say about you solely based on what you share online? What would they say about the kind of person you are and what your interests are?

How did you communicate with friends before technology? What was your favourite game to play with your friends when you were young?

# Teacher notes

## Activity: Online identity map

### This activity will help students to:

- Describe their online identity and how they want to be thought of by others online.
- Create a map connecting their current identity to future goals.
- Describe their map to other people.

Explain to the class that they will be sharing the map they create with a partner or with the whole class. This is a great way for your students to practice presenting/communicating/speaking in public.

### What to include on the map

- Where you live now and any places you have lived in the past.
- Your family.
- Your hobbies and interests.
- Your favourite thing to do off-line.
- The things you care about and that are important to you.
- Your future goals regarding education, lifestyle and career.
- The ways you communicate on-line now.
- The types of media you will use in the future to help meet your goals in life.
- The way you would like others to see you on-line.

Optional things to include are: family traditions, things of cultural importance, significant events that have impacted the student's life, friends.



# Teacher notes

## Activity: Old School Pastimes

### This activity will help students to:

- Explore fun things to do that are off line.
- Share what they found out in the interviews they did.
- Try one of the old school pastimes to see if they like it.

Split into small groups so student's can share what they found out when they did their interviews. This will hopefully create a lot of energy as they share ideas from how children played and connected in times gone by.

- **What was your favourite game to play with your friends when you were young?**

### Discuss

- If it's similar to a game or something they play now.
- What would be fun and enjoyable about it.
- Would they be able to play it now, and if so what would they need.
- Agree one example that they want to share with the rest of the class.

### Sharing ideas

Ask each group give their example. Discuss whether or not it is possible for them to try it now, or try at least one of them now. The hope is the idea might be something active, outside, and that is new to them.



# Student activity sheets

# Student activity

## Social media guidelines

### Activity

In your group you must come up with at least ten guidelines for ways to use social media platforms in a positive way.

The guidelines should consider things like:

- Online kindness and fun.
- As a helpful 'tool' - with boundaries about when to put it down.
- Personal privacy and the privacy of others.
- Preventing cyber-bullying.
- Avoiding trolls - people who are intentionally unkind and bait trouble.
- Be genuine and true to the person you are offline.
- Care about what is important personally.
- Care about things that matter to human beings, the environment, the wider community.



# Student activity

## Interviews

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Interview someone that you know and who uses social media. Let them know their responses (but not their name) will be shared with your class.

What social media platforms do you use?

What do you think others would say about you solely based on what you share online? What would they say about the kind of person you are and what your interests are?

How did you communicate with friends before technology? What was your favourite game to play with your friends when you were young?

# Student activity

## Creating identity maps

### Activity

Describe my online identity and how I want to be thought of by others online.

Create a map connecting my current identity to future goals.

Describe my map to other people.

### Ideas of what to include

Where you live now and any places you have lived in the past.

Your family/carers.

Your hobbies and interests.

Your favourite thing to do off-line.

The things you care about, that are important to you.

Your future goals regarding education, lifestyle and career.

The ways you communicate online now.

The types of media you will use in the future to help meet your goals in life.

The way you would like others to see you online.

### Presenting your identity map

This is your opportunity to communicate to the others how social media forms part of my identity now and in the future.

See that other students may have different ideas and identities and use social media indifferent ways.

Explain how my online identity now, may influence me in future.



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