

Health and fitness

The impact of social media

Name:

Date:

Certificate of Personal Effectiveness Levels 1 and 2

Challenge: 7A3

Step 1: Think

Think about the impact of social media on young people's mental health and wellbeing. Write down some of your ideas:



Step 2: Pair

Share your ideas with a partner. Did they come up with any different ideas? Write down some of your partner's ideas:



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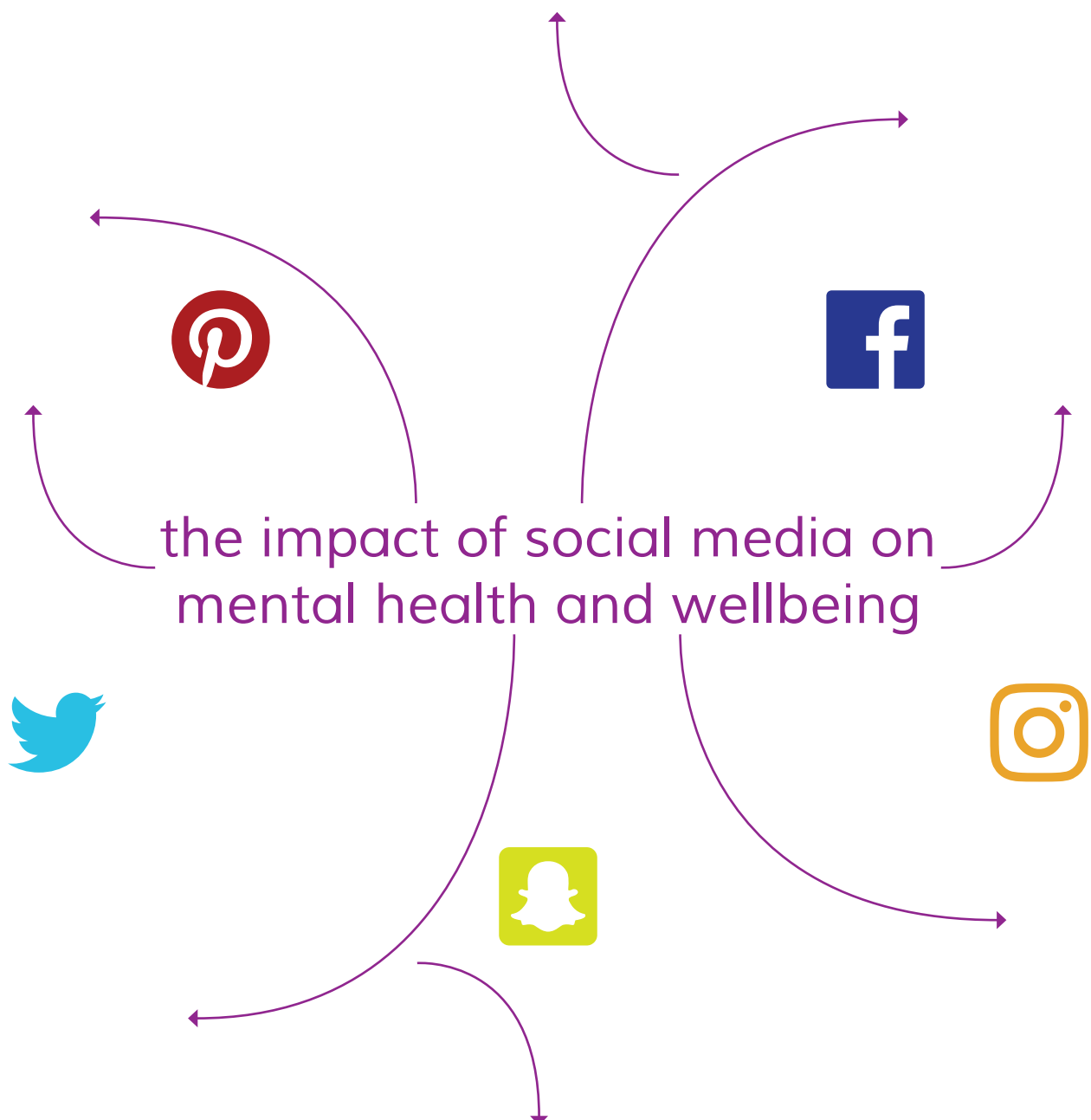
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Step 3: Share

Discuss your ideas with the rest of your group and record your group's ideas using the mind map below.



Highlight the positive impacts in one colour and the negative impacts in a different colour.



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Find statistics to support your conclusions

Use statistics from news articles, research reports and other sources to support your conclusions.

Name of source			
Type of source	<i>(eg news article, research report)</i>		
Statistics and key points			
 Date	Accessed:	Published:	Revised:

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Ways to reduce the negative impacts of social media

List some of the negative effects of social media from your mind map and come up with some ways to combat these. An example is given below.

☹️ Negative effects of social media

😊 Ways to combat these

Seeing images of celebrities 'perfect' bodies on Instagram can make you feel bad about yourself

Follow more body positive accounts and unfollow any accounts that make you feel bad – discuss things with your friends to get a sense of perspective