



**78% of
10-12
year olds
have social
media
accounts**

Social media has opened up new ways for young people to interact – to make and strengthen friendships. It offers opportunities for positive interactions and creativity. However, children are often ill-equipped to navigate the online world. They need to be taught the skills which will enable them to use social media in a beneficial way.

Recent extensive research has identified **3 ways** social media use negatively affects children's wellbeing:

- **Social comparisons:** feeling negative about their real life, in comparison to others' "edited highlights"
- **Finite resources:** spending less time engaged in beneficial activities (sports, creative activities, school work, sleep) because their attention is captured so effectively by social media
- **Cyber-bullying:** the apparent anonymity and editable nature of social media can cause children to behave in ways they may not in "real life".

A reactive approach, discouraging children from accessing social media isn't sufficient; children are using social media, and will continue to. The Children's Commissioner Life in 'Likes' Report, 2018, acknowledges that "Parents and schools had successfully ingrained messages in children about online safety from known risks such as predators and strangers. Yet children were less aware of how to protect themselves from other online situations that could affect their mood and emotions" and recommends that schools "broaden digital literacy education beyond safety messages, to develop children's critical awareness and resilience".



Introducing Digital Citizenship

Digital citizenship is designed to empower students to think critically, behave safely, and participate responsibly in the digital world. It is a comprehensive curriculum, created by Common Sense Media, a respected American non-profit organisation, whose mission is to help children and young people thrive in a digital world.

 **Online** uses these resources to cover:

- **Self-image and identity**
- **Internet Safety**
- **Relationships and Communication**
- **Cyberbullying and digital drama**

These topics are covered in 8 x 45 minute sessions, or can be delivered in 2 morning (3 hour) sessions. Cost £450.00 for either package.



Just for girls?

Boys and girls do tend to access social media differently, with girls' well being affected from an earlier age, and to a greater extent:

- 78% of girls make friends through social media, compared with 52% of boys
- Social media use has been linked to depression in young people; 3 times as many girls aged 12-17 have suffered a major depressive episode than boys

Materials can be delivered to mixed or single gender groups, as appropriate to schools.

For more details contact us Tel: 01322 520820 info@cribsonline.org

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