



Wellbeing online

- Self-image and identity
- Online reputation
- Online bullying
- Health, wellbeing and lifestyle

Potential harm or risk online	Description	What pupils are taught
Impact on confidence (including body confidence)	Knowing about the impact of comparisons to 'unrealistic' online images.	<ul style="list-style-type: none"> • Exploring the use of image filters and digital enhancement • Exploring the role of social media influencers, including that they are paid to influence the behaviour (particularly shopping habits) of their followers • Looking at photo manipulation including discussions about why people do it and how to look out for it
Impact on quality of life, physical and mental health and relationships.	Knowing how to identify when online behaviours stop being fun and begin to create anxiety, including that there needs to be a balance between time spent on and offline.	<ul style="list-style-type: none"> • Helping pupils to evaluate critically what they are doing online, why they are doing it, and for how long (screen time). This could include reference to technologies that help them to manage their time online, monitoring usage of different apps etc • Helping pupils to consider quality vs quantity of online activity • Explaining that pupils need to consider if they are actually enjoying being online or just doing it out of habit, due to peer pressure or the fear of missing out • Helping pupils to understand that time spent online gives users less time to do other activities. This can lead to some users becoming physically inactive • Exploring the impact that excessive social media usage can have on levels of anxiety, depression and other mental health issues • Explaining that isolation and loneliness can affect pupils and that it is very important for pupils to discuss their feeling with an adult and seek support • Where to get help.
Online vs. offline behaviours	People can often behave differently online to how they would act face to face	<ul style="list-style-type: none"> • How and why people can often portray an exaggerated picture of their lives (especially online) and how that can lead to perfect/curated lives pressures • Discussing how and why people are unkind or hurtful online, when they would not necessarily be unkind to someone face to face.
Reputational damage	What users post can affect future career opportunities and relationships – both positively and negatively	<ul style="list-style-type: none"> • Looking at strategies for positive use • How to build a professional online profile