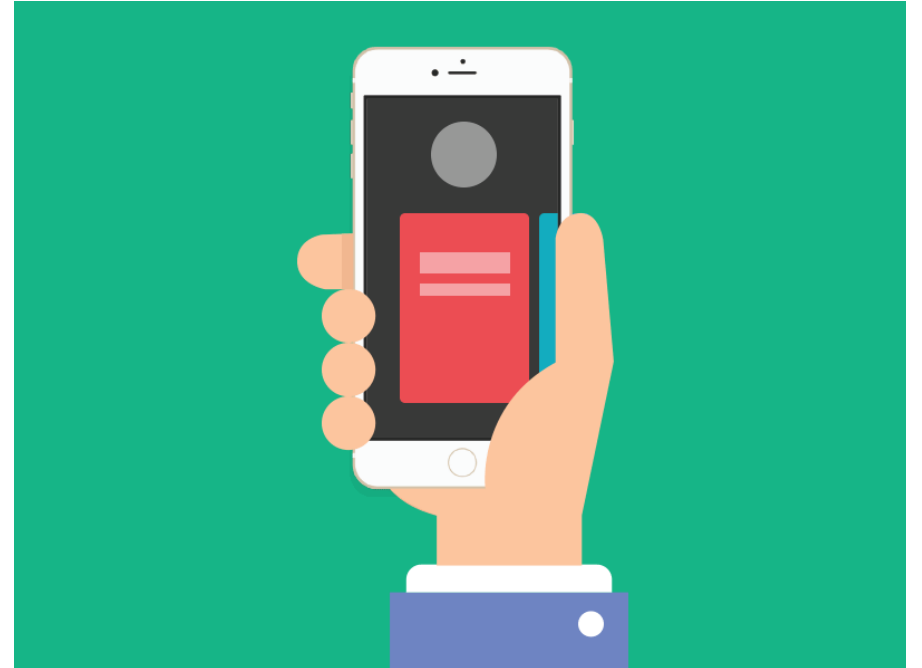


Social Media & Wellbeing



Introductions



Alice Lilley – Mental Health in Schools Practitioner for Open Minds (CAMHS).

What is **Open Minds (CAMHS)**?

- **1:1 interventions** for children and young people.
- **Advice** and **signposting** to other services.
- **Resources** for young people, parent/carers and professionals.
- Access to **SWYFT** – ‘Getting more help’
- **Neurodevelopmental** support and assessment

Group agreement



- **Listen** and **respect** each other.
- A **safe space** to talk and share experiences.
- Mobile phones on **silent**.
- A space to talk openly – maintain **confidentiality**.
- If you need a break/toilet, please feel free to have 5mins.
- **Feedback** is required at the end!

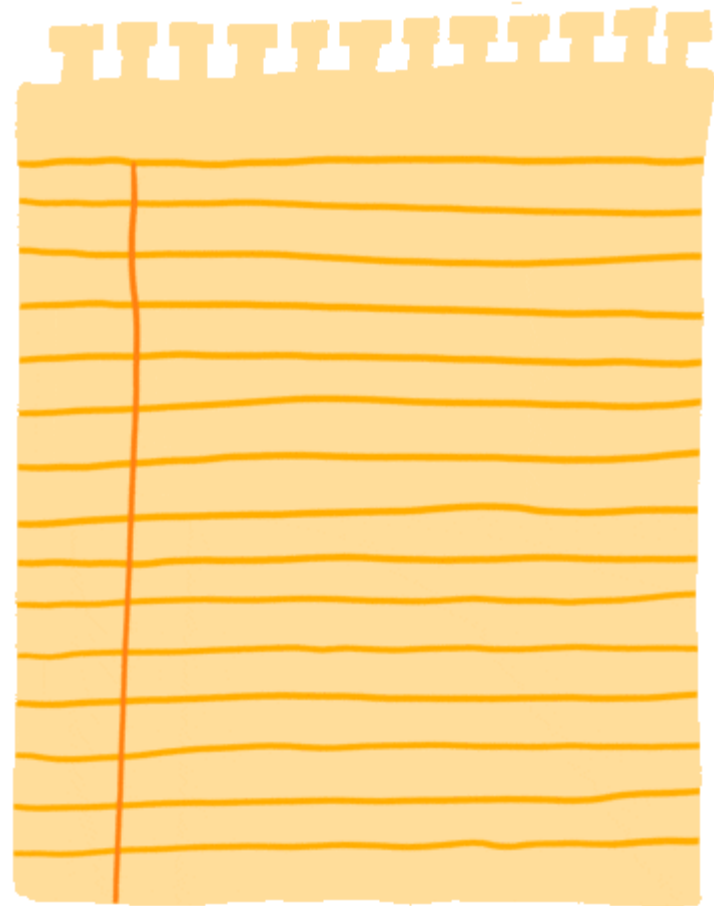
Any to add?

Aims

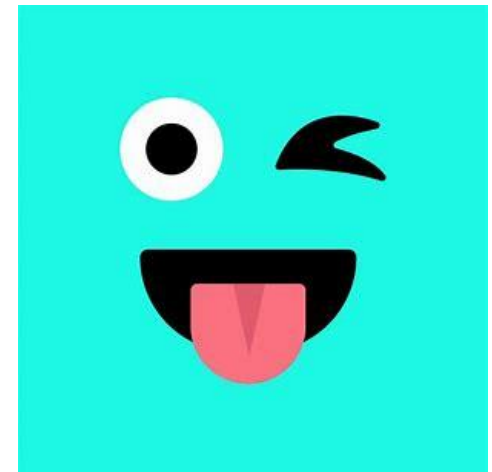
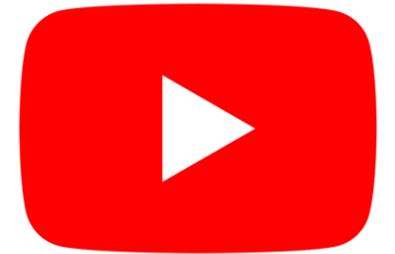


- To discuss and explore some of the **advantages and disadvantages of social media**.
- To understand how social media can **impact wellbeing**.
- To consider the impact of social media on the **brain**.
- To consider **empathy** and what is being said.
- To know some **strategies** for managing online wellbeing.

Social media quiz!



Types of social media



What is social media used for?



Social media can be used for:

- **Conversations** with friends
- To send **pictures/videos**
- To watch **videos**
- To **research**
- To **play games**



What are the advantages of social media?



- Develop **communication and technical skills**
- **Building/maintaining relationships**
- Campaigning for **social good**
- **Self-expressions**
- **Connections**
- **Information**
- Seeking **support**

What are the disadvantages of social media?



- **Unrealistic expectations** of reality
- Lack of **sleep**
- Desire to **change appearance**
- **Cyberbullying**
- **FOMO** – fear of missing out
- Excessive use can lead to feelings of **anxiety, low mood and isolation**
- **Addiction**



Cyberbullying



- **One in eight** 12-15 year olds report being **bullied on social media** – this is the same as face to face bullying!
- It is **hard to get away from** – it can reach a lot of people.
- It can be **repeated** – through sharing and comments.
- It can happen at **any time, any day**.
- It can be **anonymous**.
- It is **difficult to police/punish**.

Impact on wellbeing



- Feeling **inadequate**
- **Worry** about comments, sharing
- Not feeling **good enough**
- Self-worth based on **number of likes**
- Feeling **isolated**
- FOMO – **envy**
- **Poor self-esteem**



The adolescent brain!



Adolescence brings a difficult time of balance due to the conflict of physical capability and socially allowed independence.

Many behavioural/emotional changes at this time are due **to brain changes** as opposed to hormonal issues.

A change in **neuro structure** can lead to:

- **Increased irritability**, anhedonia (no pleasure in anything) and risk-taking behaviour.
- **Reward processing** - young people are motivated by rewards and praise, rather than the risk of a consequence.
- **Different decision-making capacity** - more able to reflect on similar situations they have experienced before
- **Synaptic pruning** results in a loss of paths - these pathways are within the brain and link emotions and thoughts. If a child witnesses trauma on a regular basis this path will be very strong, as opposed to a child who is praised regularly where this pathway would be strong.



The impact of social media on the brain



- It provides the same **neural circuitry** as recreational drugs/gambling.
- Likes and shares can create a **chemical reaction** in the brain similar to using **cocaine**
- Reward centres are **heightened** when talking about **ourselves** – in the real world we only do this 30-40% of the time, compared to **80% on social media**
- Worse if it's used as a **coping mechanism**
- It can lead to a **behavioural addiction**
- It may look like **any other addiction**

Social media addiction



To determine if someone is **at risk of developing an addiction** to social media, ask these 6 questions:

1. Do they spend a lot of time thinking about social media or planning to use social media?
2. Do they feel urges to use social media more and more?
3. Do they use social media to forget about personal problems?
4. Do they often try and reduce the use of social media without success?
5. Do they become restless or troubled if unable to use social media?
6. Do they use social media so much that it has a negative impact on their job or studies?

A 'yes' to **three or more** of these questions may indicate the presence of a social media addiction.

How can social media be used responsibly and safely?



What we need to tell young people:

- **Delete** and **unfollow** people
- Set yourself **boundaries/time limits**
- Be **kind**
- Follow those who **help you** – is it a healthy or unhealthy account?
- Create **positive content**
- **Reality** is better
- **Stop comparing**
- **Report it!**

BE
Kind

Empathy



“Empathy is the ability to **emotionally understand** what other people feel, **see things from their point of view**, and imagine yourself in their place. Essentially, it is **putting yourself in someone else's position and feeling what they must be feeling**. When you see another person suffering, you might be able to instantly envision yourself in the other person's place and feel sympathy for what they are going through.”

Talk to young people about their tone!



Should we always say everything we are thinking?

What could we **ask ourselves if we are not sure** if we should say something or not?

- “You are the best friend ever”
- “I love that idea”
- “What are you wearing?”
- “What are you going to do about it?”
- “I’m coming to get you now”

Can we take it
back?



THINK



-
- **True** – are you spreading gossip or fake news?
 - **Helpful** – does sharing help?
 - **Inspiring** – does it inspire someone?
 - **Necessary** – does it need to be said?
 - **Kind** – is it kind or hurtful?



Stop, Speak, Support



Healthy or unhealthy?

Go through the accounts your young person follows and discuss with them if they are **healthy or unhealthy** accounts?

Delete any accounts that you identify as unhealthy!



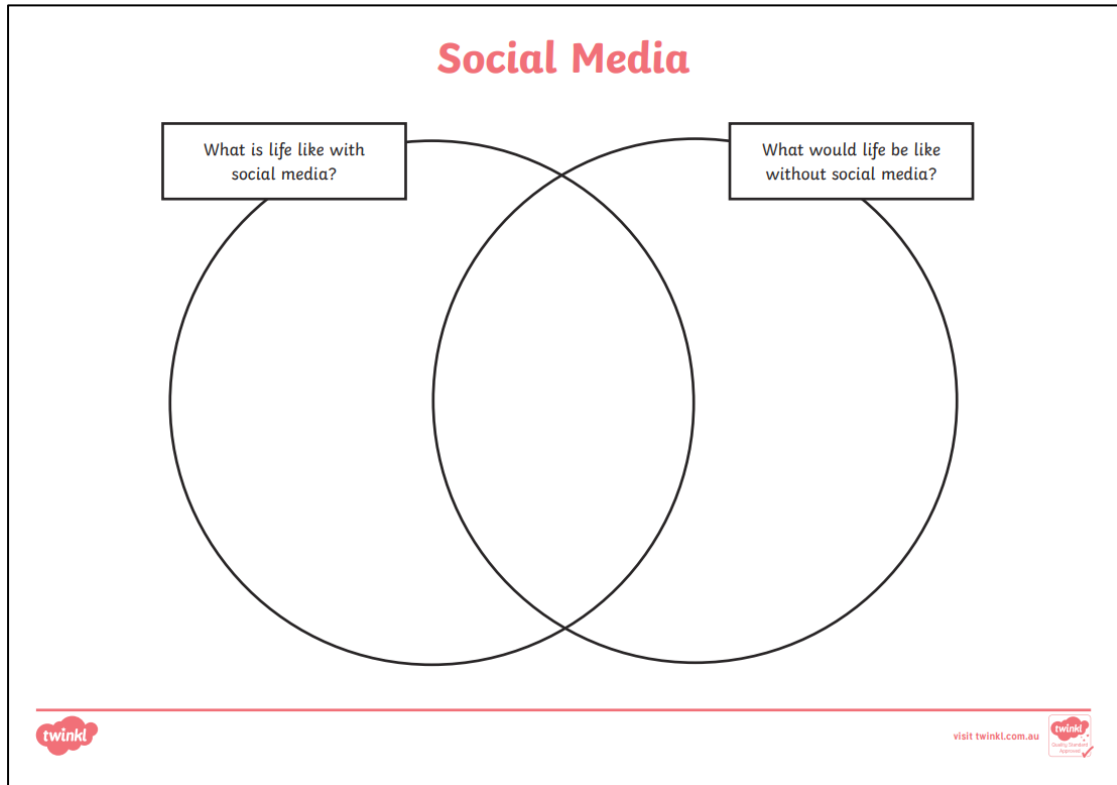
Your relationship with social media
By @MyTbrain

Social media can keep us socially connected to each other; it can prevent loneliness, ease anxiety and stress, boost self worth and provide joy. With most things in life, we should consider a balance, how much social media is bad to you? Have you spent time reflecting on the content you access and how it makes you feel? Use the phones to explore healthy accounts vs unhealthy accounts on your social media! - explore well-being pages!

Consider the following possible impacts:
Feelings of **INADEQUACY** - poor self esteem
FEAR OF MISSING OUT - envy, low mood, can lead to overuse of social networks
ISOLATION - halving your use can improve feelings of loneliness!
ANXIETY - cycle of avoidance, not feeling good enough, rating worth on number of likes. Can lead to low mood
ADDICTION - Reflect on how often you tap your phone or check for notifications



Advantages / disadvantages



Discuss with your young person what the **advantages and disadvantages** of using social media are.

What is life like with social media?
What would it be like without it/using it less?

How does it make them feel?



Explore how social media makes your young person **feel**.

Talk to them about this and try to identify ways that you can **help manage these feelings** and **feel better** again.

APPENDIX 1: HOW DOES GOING ONLINE MAKE PEOPLE FEEL?

Task: Colour code the online experiences to show the **different emotions** that can come from going online. Remember that one post or experience could cause more than one emotion.

- You can use more than one colour per scenario.
- You can add emotions (and a colour) if you think they would feel an emotion not covered already

Red	Angry		
Orange	Worried		
Yellow	Happy		
Blue	Sad		
Green	Not affected		

Receiving positive comments on some pictures from a friend	Someone writing a joke under their picture	Receiving negative comments
A friend liking one of their jokes online	Watching a funny video	Receiving no likes on their picture after 20 minutes
Seeing inspirational quotes being posted online	Seeing someone else being cyberbullied online	Posting something different to what they would normally
Seeing that they have fewer followers than their friends	Seeing someone share online that they are feeling sad	Seeing a joke that is about someone in school
Beating their friend on a game for the first time	Changing their profile picture to a funny photo of themselves	Not being allowed to play a game but their friends are
Having someone unfriend or block them	Receiving a new friend request	Having to leave a group chat to have dinner
A friend texting to say 'why haven't you liked my photo yet?'	Something they liked being described as boring	Completely believing something online but it was actually fake

What to do if more support is needed?



Look at the **Open Minds website** – this has lots of great resources and tips for young people.

The **Open Minds Partnership** includes different services in Calderdale which offer different kinds of support:

- **Time Out** – guidance about emotional wellbeing, managing worries and looking after yourself. 10-19 years.
- **Kooth** – online, anonymous counselling. 10-25 years.
- **The Brunswick Centre** – advice and support for those who identify or are questioning their gender and/or sexual identity.
- **Calderdale Young Carer's Service** – advice and guidance on being a young carer. 8-18 years.
- **Branching Out** – specialist support and advice around drugs and alcohol. 10-21 years.
- **The Brew Project** – 1:1 support sessions or 1:1 'walk and talk' service. 5-17 years.
- **Calderdale School Nursing Team** – help to manage long and short-term conditions in education settings for children and young people. 5-19 years.
- **Open Minds (CAMHS)** – advice and signposting, 1:1 specialist mental health support. 5-18 years.



SilverCloud: Digital Mental Health Support

Currently, SilverCloud offers children and young people five programmes of mental health support. Three for young people and two for parents/carers of children and young people.

Free, minimal wait times, early intervention for mild/moderate anxiety/low mood

- **Space From Anxiety** –This programme is an online intervention aimed at alleviating psychological distress arising from anxiety related symptoms. This programme has been developed to help young people aged 14 years and over manage these feelings and the causes of them, ultimately offering welcome space from anxiety.
- **(NEW) Space From Low Mood** – Another online programme that has been designed to relieve the symptoms of low mood in young people by focusing on developing more flexible ways of thinking, increasing awareness and understanding of emotions and understanding their mood, as well as their triggers. This is aimed at supporting young people 14 and above.
- **(New) Space from Low mood & Anxiety** - The *Space from Low Mood & Anxiety* programme has been designed to relieve the symptoms of low mood and anxiety in young people by focusing on developing more flexible ways of thinking, increasing awareness and understanding of emotions and understanding their mood, as well as their triggers, and warning signs of low mood and anxiety. This is aimed at young people 14 and over
- **Supporting an Anxious Child (4-12 years)** and **Supporting an Anxious Teen (13 plus)** are online interventions for parental use alongside their child. The programmes are based on CBT and built in conjunction with leading clinical experts. These programmes provide psychoeducation, tools and activities in a safe confidential space to help parents support their children or teens.

For more information please contact silvercloud@northpoint.org.uk or 01422 300 001. Referrals can be made here:

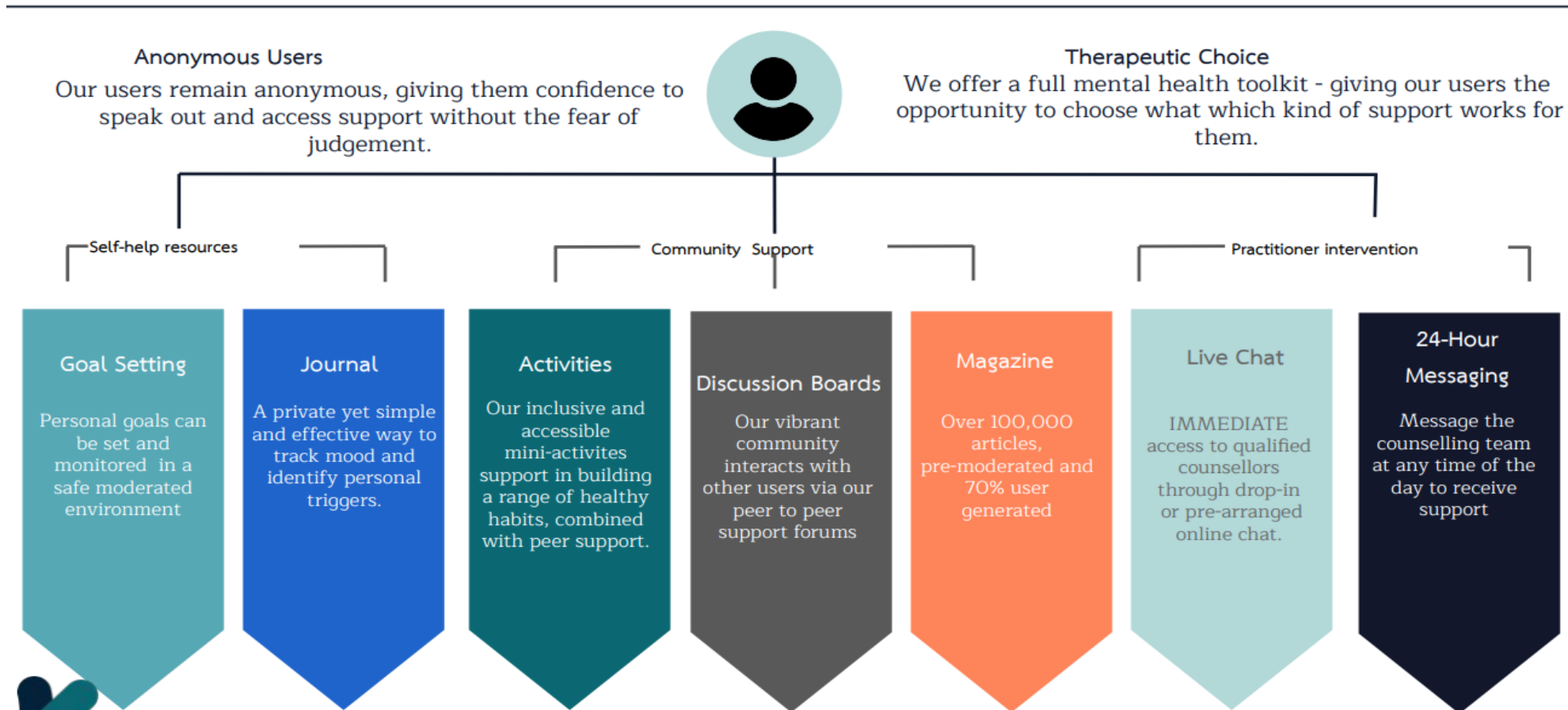
[Silvercloud | Northpoint Wellbeing - Open Minds \(CAMHS\) \(openmindscamhs.org.uk\)](https://openmindscamhs.org.uk)



Kooth



Prevention through to support for most vulnerable



Night Owls



NIGHT OWLS

0800 148 8344

FREE

OR JUST SIMPLY

WANT TO

TALK

Or just simply want to talk.

Q&A



Any **questions?**

Review aims of the session.



Useful books



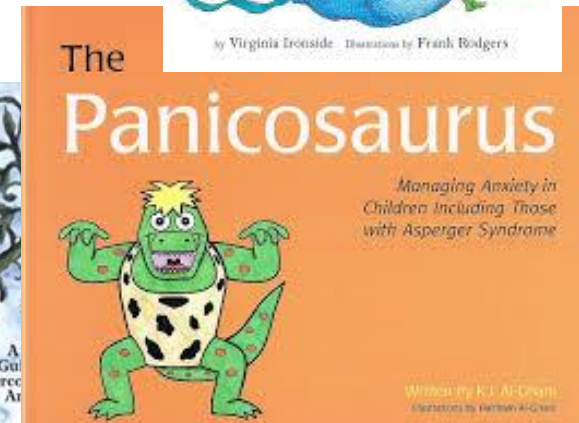
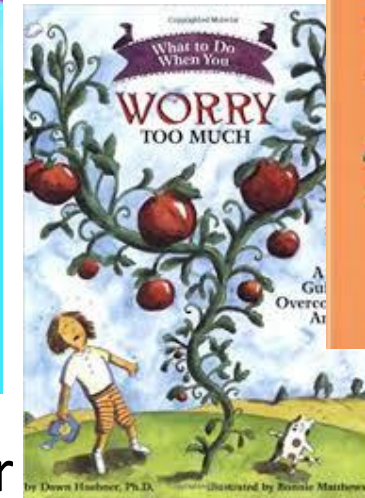
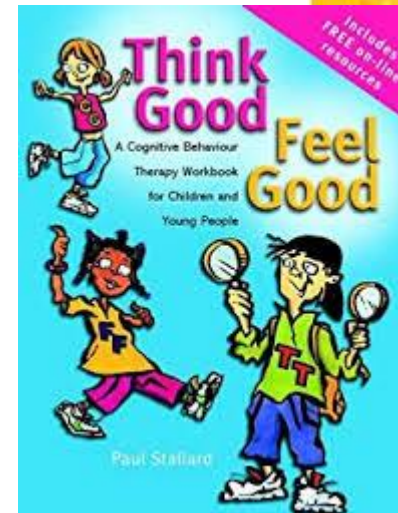
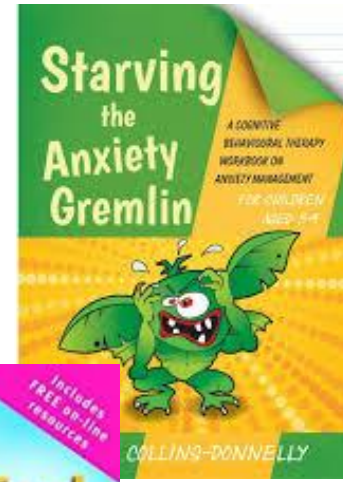
‘The Huge Bag of Worries’ by Virginia Ironside

‘Starving the Anxiety Gremlin’ by Kate Colling-Donne

‘Panicosaurus’ by K.I Al-Ghani

‘Think Good, Feel Good’ by Paul Stallard

‘What To Do when You Worry Too Much’ by Dawn Huebner



Useful apps



The Worry Box (Managing Worries) Put your worries away in a box! While that statement seems too good to be true, this app's idea is to help you deal with and manage your worries. You keep a personal diary in the app where you input your worries. The Worry Box then helps you decide if the worry is unimportant, important, controllable, or uncontrollable. Depending on the worry, the app will give you techniques to help manage it, like next steps or coping statements to tell yourself.



Smiling Minds (Mindfulness) The smiling mind is a mindfulness app that supports positive mental health and wellbeing. The programs education app is designed for both primary and secondary aged children.



Stop, Breathe & Think Kids (5-10 y/o emotional literacy/sleep) Only for Apple devices currently, focusses upon emotional literacy, calmness and sleep. App has an activity focus and uses emoticons and games to help young people



Mindful Gnats is an app designed to teach young people simple mindfulness and relaxation skills. It can be used to help mindfulness practice when playing the Mindful Gnats desktop game (see www.peskygnats.com for details) or as a stand alone aid to mindful practice. These skills can help to reduce stress, and improve awareness of your body, mind and world.



Headspace – mindfulness app with a kids section.



Useful links



Open Minds website – advice and resources for young people, parents and schools.

www.openmindscalderdale.org.uk



Mentally Healthy Schools website by Anna Freud – resources for young people and schools.

www.mentallyhealthyschools.org.uk

Kooth – safe, online, anonymous counselling for 10–25 year olds.

www.kooth.com



Time Out – simple guidance around emotional wellbeing, managing worries and looking after yourself. 10 – 19 years.

www.timeoutcalderdale.co.uk



Useful links



The Brunswick Centre – specialist advice and support to those who identify or are questioning their sexual and/or gender identity.

Contact details: 01422 341 764 or info@thebrunswickcentre.org.uk

The Brew Project – 1:1 support sessions with a wellbeing officer or a 1:1 walk and talk service. 5-17 years.

Contact details: 01422 730015 or support@invictuswellbeing.com



Branching Out – specialist support and advice around drugs and alcohol. 10-21 years.

Contact details: 01422 415550



Calderdale School Nursing Team - help to manage long and short-term conditions in education settings for children and young people. 5-19 years.

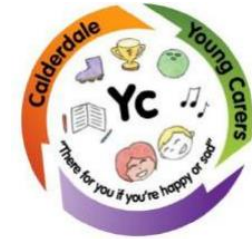
Contact details: 030 3330 9974 (duty line) or online referral via [online referral form](#)

Useful links



Calderdale Young Carer's Service – advice and guidance on being a young carer. 8-18 years.

Contact details: 01422 261208 or www.calderdale.gov.uk/ycs



Noah's Ark – therapeutic services for young people and bereavement support group. Paid service.

www.noahsarkcentre.org.uk

Open Minds (CAMHS) – signposting, advice and mental health interventions for children aged 5-18 years.

Also offers consultation, support, advice, training and referral guidance to parents/carers, young people and professionals.

Contact details: 01422 300 001. www.openmindscamhs.org.uk

Thank you
for listening!

