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Helping make young people’s

experience of using social media

**A HEALTHY, POSITIVE**

**& LIFE AFFIRMING ONE!**



www.**healthysocialmedia**.eu

HEALTHY SOCIAL MEDIA

***Learning Outcomes***

# MODULE 1 – SOCIAL MEDIA UNCOVERED

By the end of this module you will:

* Have a better understanding of Social Media in general and how Social networking sites function.
* Have considered your own use of social media and the role social media plays in your life
* Be able to identify the pros and cons for our society regarding social media
* Have reflected and discussed positive issues both online and offline for our society
* Explore ways of creating and maintaining a positive social media environment
* Explore what it means to be a product of the social media companies

# MODULE 2 – SELF IMAGE, IDENTITY & SOCIAL RELATIONSHIPS

By the end of this module you will:

* Observe user profiles and compare real life to on screen social media profiles
* Understand that users create different personas online and consider critically how genuine profiles can come across more relatable
* Discuss how users may choose who they are online and why everyone puts their best version of themselves online
* Consider the use of photo editing and filter effects when posting online and how visually pleasing images receive more engagement online
* Reflect on good practice for using and interpreting user interaction and how best to view other peoples filtered reality

# MODULE 3– DIGITAL FOOTPRINT AND REPUTATION

By the end of this module you will:

* Explore reasons that users share information online and how some can be positive
* Look at over sharing and how users can put themselves at risk when inappropriately sharing online
* Explore ways to use social media and discuss best practice
* Understand the negative outcomes with romantic relationships online and what to avoid if you haven’t met the other user in person
* Reflect on our online reputation and how this can affect future responsibilities

# MODULE 4 – DIGITAL DRAMA/ CONFLICT RESOLUTION

By the end of this module you will:

* Discuss online cruelty and cyberbullying, what can improve or deteriorate the situation
* Explore user’s inputs to negative online activity and how or when to step in
* Reflect on your own experiences of online cruelty, what is right and wrong to do
* Analyse other user’s perspectives, motives and feelings.
* Create guidelines for dealing with online cruelty as well as offline cruelty in school or other parts of life

# MODULE 5 – PRIVACY, SECURITY & SAFETY

By the end of this module you will:

* Understand safe sites and safe online activity
* Discuss proactive ways for teens to avoid risky behaviour online
* Understand concepts of privacy offline and online
* Realise why businesses and companies collect your information online
* Recognise that websites are required to post privacy policies

# MODULE 6 –FAKE NEWS AND EXTREME VIEWS

By the end of this module you will:

* Explore the truth and decide if it’s possible to have more than one version of it
* Consider the role of agenda in how news is presented
* Learn how to test the validity of news
* Appreciate the creative benefits and ethical drawbacks of digital photo manipulation
* Understand the importance of purpose and context in evaluating digitally edited images
* Appreciate how the internet allows users to both celebrate and regulate our “copy-paste-change” culture

# MODULE 7 – INFORMATION LITERACY AND CRITICAL THINKING

By the end of this module you will:

* Identify ways of properly using other people’s work online
* Discuss ways of accrediting the work you find online
* Develop a method for data collection that as you copy and paste content you will remember to note where you got it from
* Think critically about consequences of using other people’s work incorrectly
* Understand what happens to your information online and ways for protecting yourself correctly.

# MODULE 8 – RESPONSIBLE DIGITAL CITIZENSHIP

By the end of this module you will:

* Understand what is Digital Citizenship?
* Discuss your responsibilities as part of a digital community.
* Realise viewing content responsibly online is as important as posting content online.
* Understand how to protect yourself and others online