

All Being Well

By Mrs Warriner & Mr Longmore

Social media can be our best friend and worst enemy all at once, so it's important that over the Christmas period our young people are using it in a way which makes them feel connected and confident rather than lonely and worthless.

It takes discipline not to let social media steal our time. At times, the pandemic gave our young people no option but to live virtually whilst social opportunities and hobbies were restricted. Maybe this Christmas we could encourage our young people to put their phones on silent and let their actions do the talking...



Key Social Media Platforms

**Facebook – Instagram – Twitter – TikTok – Snapchat –
Reddit – Discord - Twitch - YouTube**

Types of social media platforms / formats

Video social media platforms

Examples: YouTube, TikTok, Instagram Stories / Reels, Facebook Watch

Used for: Watching videos in short and long formats.

Disappearing content formats

Examples: Snapchat, Instagram Stories, Facebook Stories.

Used for: Sending temporary messages privately and publishing in-the-moment content for followers to view for up to 24 hours.

Discussion forums

Examples: Reddit, Discord

Used for: Asking and answering questions, forming communities around interest-based topics.

Live streams

Examples: Twitch, YouTube, Instagram Live, Facebook Live, TikTok.

Used for: Broadcasting live video to many viewers.



Social Media and what you can do as a parent/carer

School support: wellbeing@allsaints.notts.sch.uk
or visit our website: Wellbeing - All Saints' Catholic Academy

The Positives

Social media enables families to celebrate Christmas with long-distance relatives by sharing photos and sending messages.

It enables single parents and only children to access social support in tough times.

Social media helps introverted or socially reserved young people connect and celebrate with friends in a safer and less overwhelming environment.

Key Quote

“As far as self-confidence goes, so much of social media is about approval, getting likes, comparing our lives to others' - meanwhile, confidence is an inside job: it's about how you feel about yourself regardless of what anyone else does or thinks. It's knowing that you're human, you're flawed, and you're awesome in your own way.”



The Negatives

A newsfeed filled with photos of parties and expensive presents is likely to affect even the most resilient of young people. It can make us feel lonely, worthless, and frustrated. It's difficult not to compare what we have or don't have with our peers.

Christmas time gives bullies the opportunity to tease their less fortunate peers by showing off new gadgets or mocking the gifts that other people have received.

It is possible that social media at Christmas time could give young people FOMO (Fear of Missing Out). FOMO can cause individuals to accept invites to parties or seek invitation to events to avoid feeling like they've missed out on the fun.

This phenomenon highlights the need for young people to always feel connected and valued socially.

We live in a culture where everyone's opinion, view, and assessment of situations and people spill across social media, a lot of it anonymously, much of it shaped by mindless meanness and ignorance. It's important that we don't let other people's negativity ruin the festivities.

It seems that people are more into other people's lives than their own. We see everyone else's success online, and we allow it to magnify our own failures.

Tips to help reduce Social Media usage

Turn Off All app-based Notifications

Notifications from apps are often the single biggest source of distraction, so, help your child manage their Fear of Missing Out (FOMO) and encourage them to turn off all app-based notifications this Christmas.

Delete Apps Your Child Doesn't Use

It might be a good idea to use the Christmas period to have an App clear-out. There may be Apps on your child's phone that they don't use but are still getting notifications for.

Limit Your Child's Usage

Rationing time for social media use can go a long way in cutting down our levels of screen-time.

Find A New Hobby

The Christmas period may be a good time to encourage your child to swap social media for a new hobby. Focusing on a fulfilling hobby may help your child manage their social media usage better. This could be a new skill or something your child has wanted to do but hasn't had chance. i.e. learning a new musical instrument or learning how to bake.