Social Media and Mental Health Bitesize Notes

TIKTOK:

What is it?

TikTok is a free app that lets you watch, create and share videos that can range from funny to more serious content.

Users of the app can create and upload their own videos, where they may lip-sync, sing, dance or talk to music or sound bites.

Videos can be found via popular creators "TikTok famous", categories and hashtags which often correlate to a specific challenge or meme that is trending at that time. - Trends and video challenges are changing weekly

Public vs Private

When you sign up to TikTok your account is automatically made public, allowing anyone to see your videos, send you direct messages and use your location information. Parents can change the privacy setting on these accounts so only people they know can interact with your videos or messages on the app, or changing the setting for comments, duets, reactions and messages to 'Friends' instead of the automatic 'Everyone' setting. These features can also be turned off completely.

Tiktok users can buy and donate these emoji gifts to their favourite followers.

To start gifting users will need to buy coins (on the left), coins can't be refunded or exchanged for cash – you can check their balance on the setting to see if they have coins. If you are enjoying someone's content you can 'gift them'. The more gifts a user is sent they can make money as they can exchange this for cash.

SAFETY FEATURES OF THE APP

- Digital Wellbeing - limit time spent on the app to two hours
- Restricted mode - blocks some content
- Four-digit passcode - stop children turning these settings off
- New family mode – parents / guardian link their own accounts to CYP to control time limits and restricted mode.

SNAPCHAT:

What is it?

Snapchat is a social media app which allows you to film videos and send pictures to the people on your friends list for a limited amount of time before they become inaccessible.

Snapchat stories allows the user to post photos for all their friends to see which will stay active for 24hours before becoming unavailable.

Users can also swipe on a different users name to have private conversations, unless the user holds the conversation down to save it into the log, this also will disappear and become unavailable.

Hidden Features:

The app has a feature called 'Snap Maps' this is where the users friends will be able to see their location at any point in the day, this location will updated every time the app is loaded up. The reason this is a risk is because some users may have 'friends' on their list that they do not know of. However, you are able to put this SnapMap setting onto 'Ghost Mode' this allows you to carry on seeing the people who have their location activated, but yours will no longer be able to be seen by others.

Be aware that print screen of pictures can be taken from the phone, warn children of this tool and the pictures they are sending.

THE VICIOUS CYCLE OF UNHEALTHY SOCIAL MEDIA USE

Excessive social media use can create a negative, self-perpetuating cycle:

- When you feel lonely, depressed, anxious, or stressed, you use social media more often—as a way to relieve boredom or feel connected to others.

- Using social media more often, though, increases FOMO and feelings of inadequacy, dissatisfaction, and isolation.

- In turn, these feelings negatively affect your mood and worsen symptoms of depression, anxiety, and stress.

- These worsening symptoms cause you to use social media even more, and so the downward spiral continues.

Instagram:

What is it?

Instagram is a free social media app that allows users to post photos, videos, follow celebrities and friends, like and comment on users posts and send private messages. You can put filters, your location and a caption onto the photos and videos you wish to upload.

Interactive features:

Instagram direct, this is a messaging services that anyone can message you on.

Instagram stories: You can post videos or photos and they will only stay live for 24hours (unlike a main feed post which stays forever)

Instagram questions: you can post a question; however you can view all comments these are not anonymous and have been seen to be negative in some aspects.
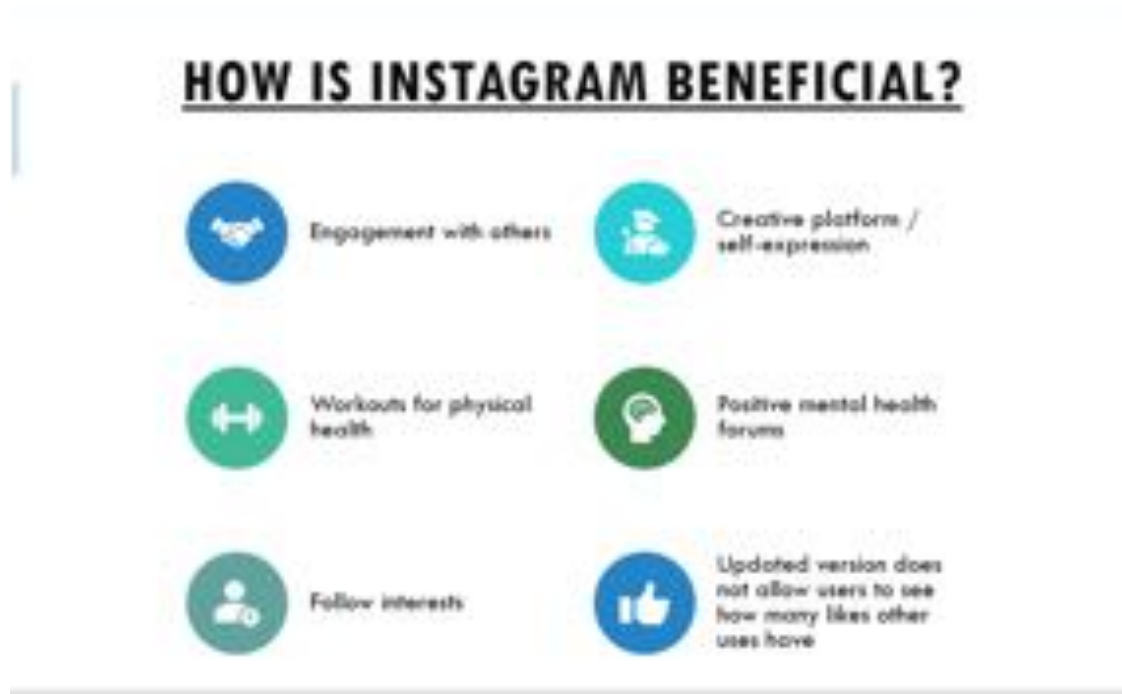
Safety features:

By changing the Instagram account to private, only those who you approve can see what you post. There is further privacy and security settings, such as comment controls - limiting comments to followers only, creating specific filters for words and phrases so they do not show up on your posts, you can control whether people can reshare you posts or stories, you can also change whether a photo of you automatically get added when you are tagged, this will have to be approved by the user first before showing on the post.

However, these settings can't be locked so be aware you child could just switch them back.

The main concern with Instagram is that it is image based, users may become obsessed with status and the focus on perfection. Leading to numerous selfies until

they find the perfect one, adding filters to change the look of the photo, and deleting the post if it does not get a certain number of likes. In addition to the photos that celebrities post which have been photoshopped, these factors have led to concerns of how it will affect self-esteem and body image. However, Instagram have tried to protect teens by changing the image to now show the number of likes, by now showing "liked by Francesca and others".

Story control settings allows you to limit what audience see the context, restrict message replied and stops other users sharing. The content that can be seen on Instagram is pretty open. Things like suicide, anorexia "thinspiration" and other concerning topics can be viewed.

HOW IS INSTAGRAM BENEFICIAL?

- Engagement with others
- Creative platform / self-expression
- Workouts for physical health
- Positive mental health forums
- Follow interests
- Updated version does not allow users to see how many likes other uses have

ROBLOX:

What is it?

Roblox has become a major hit with children worldwide, it adversities itself as an 'Imagination Platform' that allows users to develop or play millions of 3D online games.

It is a popular game with an estimated total of 178 million accounts on the platform.

Users are encouraged to make friends with other online players.


WHY CHILDREN USE IT

What you need to know:

The game is listed as a 12+ with parental guidance advised. HOWEVER, The terms and conditions of roblox actually states users should be 18+ unless users have their parent or guardians consent to agree to their terms and conditions.

Many of the games have been made by users and may contain murder, guns and zombie may not be age-appropriate for younger children. The app store attests to having "Infrequent/Mild Cartoon or Fantasy Violence' and 'Infrequent/Mild Realistic Violence'

The site **allows private messaging** between anonymous users. This can be done by simply clicking on the username in the chat box.
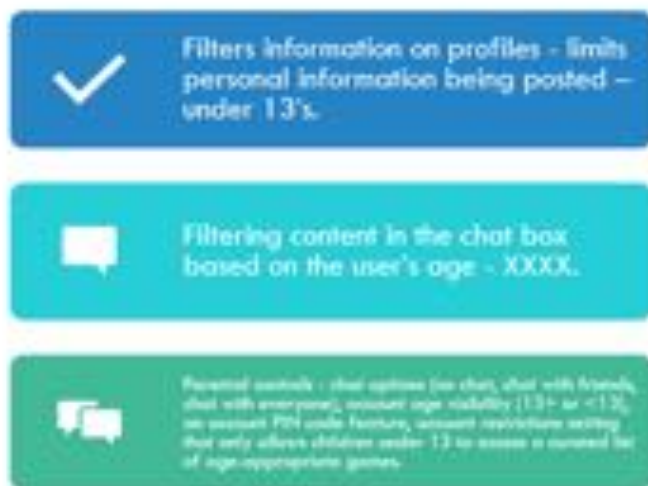
SAFETY FEATURES

USEFUL APPS:

Calm harm – helps with levels of self-harm

Kooth – online counselling service

Headspace – for mindfulness

Relax Melodies – for sleep

THE GOOD OF SOCIAL MEDIA VS THE BAD FOR MENTAL HEALTH

The good

- Gives people a voice
- Allows self-expression
- Connects us
- Build an identity
- Sense of worth and belonging
- Motivational & Inspiring
- Answer & pose questions
- Offer opportunities
- Online support network.

The bad

- Cyberbullying & Trolls
- Over sharing information

- Risks of exploitation
- Hate groups
- Fear of missing out (FOMO)
- Comparing self to others
- Peer pressure

SOCIAL MEDIA FOR YOU!

Instagram:
@myaraiseteam

Twitter:
@MYARaiseteam
- @Alderhey

Facebook:
MYARaiseteam -
Alder Hey