MGL

FAITH PRIMARY ACADEMY

ONLINE SAFETY NEWSLETTER

MENTAL HEALTH & SOCIAL MEDIA – THE IMPACT OF LIKES AND FOLLOWERS

ISSUE 16

THE IMPACT OF 'LIKES'

The desire for 'likes', 'reposts', 'subscribers' on social media is becoming more and more important to children. Children with access to social media find themselves sucked into a need for gaining these likes to feel a sense of achievement, perceived popularity, or to fit in with others.

However, gaining these 'likes' can at times come at the cost of the most basic online safety tips that children have been taught. As they try the latest online trends and 'challenges' to gain these likes, for children, gaining them can mean a rush of joy and excitement, but not gaining them can mean periods of anxiety, self doubt and sadness.

SOCIAL MEDIA & MENTAL HEALTH

Social media and mental health are two concepts that are becoming increasingly linked. Children wanting likes and not getting any, or enough, might make them feel bad about themselves, especially if they compare themselves to others. This may lead children to try more appealing content, such as new trends and challenges, which can be at times unsafe.

Social media apps have minimum age ratings to protect children. Social media can have a negative effect on their mental health, this could be because of the impact of 'likes' or the content they're seeing. Monitoring what children are seeing and posting is important to maintain their positive mental health.

APP SPOTLIGHT - SNAPCHAT

This week's platform spotlight is **Snapchat**.
Snapchat allows users to send disappearing photos and videos, known as 'snaps', to friends.
Users can also post their own stories, share their location, and message other users.
It is important to encourage your child to only add people they know in real life.
Go through their privacy and location settings to make sure they're up-to-date to protect your child.

- Recommended age rating **13+**
- The app's disappearing images and messages can make easier for bullying to happen. It's important that your child knows that they should talk to a trusted adult if they receive any unkind images or messages.

Scan the QR code to learn more: