Social Media Me-Understanding Self-Esteem

**ABC ME screening details: Thursday** 30 April, 2020 at 2:10pm

This episode can also be viewed on [ABC iView](https://iview.abc.net.au/show/social-media-me) after the scheduled screening time.

**Key learning areas: PDHPE**

**Level:** secondary

**About:** This episode introduces us to characters Jules, Nela and Marcus, who use and respond to social media in different ways. Jules blogs about positive self-esteem and body image.

## Before the episode

1. Think about this statement “when young people go online, they feel better about themselves”. Write a personal reflection in the space below in response to this statement and identify whether you agree or disagree and your reasons for your position.

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## During the episode

1. Self-esteem is how we feel about ourselves. In the space below, record some indicators of positive self-esteem seen in the episode.

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## After the episode

1. Make a list of people you can access to share your feelings, thoughts and worries. Choose one person from this list. In the space provided, write a text message or email to share one thing you are feeling, thinking or worried about right now. Share how you are managing these thoughts, feelings and worries and how effective these strategies are for you.

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1. Go back to this statement “when young people go online, they feel better about themselves”. Review your personal reflection. Do you still agree or disagree with the statement. Record any changes in your view and reasons for these changes in the space below.

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1. Access Microsoft Word or use your notebook. Write a guide for young people on how to feel great. Outline five strategies to boost self-esteem. This guide should help young people to feel happy in their online and offline world and help them feel valued and confident. For example, don’t compare yourself to others, set yourself time limits to be on social media, focus on your strengths and talents.

**Follow up activity:** Keep a journal over the next two weeks. Record how you feel each day. Write down two positive experiences from each day. Who is one person who had a positive impact on your day? Express gratitude in your journal for what they have done for you that day.

## NSW teacher notes

This is an optional standalone resource that could supplement student learning. The activities align with syllabus outcomes across stages and can be modified to meet the needs of your students. Students can complete the activities while learning at home and in the classroom. All activities can be completed without access to the internet or a device. Teachers could collect student work to offer feedback and as evidence of learning.

### Learning intentions

* To consider the impact social media has on self-esteem.
* To identify other support networks to share feelings thoughts and worries and practise the skill of accessing them.
* To understand strategies to boost self-esteem and how to promote it in others.

### NSW PDHPE K-10 Syllabus outcomes

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| Outcome | Stage 4 |
| Examine and demonstrate the role help seeking strategies and behaviours play in supporting themselves and others (PD4-2) | Recognise potentially unsafe environments and describe strategies to promote their own and others’ health, safety and wellbeing in a variety of real life situations |

[NSW PDHPE Syllabus](https://educationstandards.nsw.edu.au/wps/portal/nesa/k-10/learning-areas/pdhpe/pdhpe-k-10-2018) © NSW Education Standards Authority (NESA) for and on behalf of the Crown in right of the State of New South Wales 2018.