

# SOCIAL MEDIA SAFETY WORKSHOP

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In partnership with City of York Council, researchers at York St John University ran workshops with young people (aged between 11-18 years) to understand how young people stay safe on social media. The workshops were run with young people across different settings (including schools and youth groups) within the city of York.

The workshop is focused on:

1. positive and negative uses of social media,
2. understanding control in social media environments,
3. the creation of strategies to “stay safe” online.

The workshop was designed to be fun, engaging and creative. Importantly, they encouraged **POSITIVE** and discouraged **NEGATIVE** aspects of social media use.

## What's in this pack?

This pack contains all the materials that you need in order to deliver your own social media safety workshop including:


- A lesson plan providing an overview of the session to help you plan a similar session
- Practical resources that you need to deliver the social media safety workshops in your classes, including:
  - » PowerPoint Slides and other materials needed to deliver the session
  - » Worksheets
  - » Advice postcards for students to take away.

By delivering the workshops within your school, you will be able to create resources specific to the social media use of the young people in your school.



### SOCIAL MEDIA SAFETY

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#### Social Media Safety Workshop

**Key Question:** How can we stay safe on social media?  
**Key Terms:** Social Media, Positives, Negatives, Control, Advice

Skills Utilised:	Independent enquirers	Creative thinkers	Reflective learners	Team workers	Effective participators
	✓	✓	✓	✓	✓

**Context/Key area of focus:** Social media (i.e. Facebook, Instagram, Snapchat, TikTok) are popular platforms, which young people use regularly. On these social media sites, young people can engage in a range of behaviours, leading to both positive and negative outcomes. The aim of this workshop is to explore [1] the positive and negative aspects of social media use; [2] control within social media environment and the different types of behaviours that young people, adults and technology companies could undertake to promote positive social media use; and [3] collate advice based on young people's own lived experience on how to stay safe. The overall aim of the workshop is to work with young people to co-develop a set of guidelines for social media safety that they can implement in their own lives.

**Learning outcomes/progress expected:**  
By the end of the session, students should be able to:

- Identify the positives and negative aspects of social media
- Explain some of the ways that young people, adults and technology companies can help promote safer social media use
- Co-develop social media guidelines for young people

**Suggested Lesson Plan:**  
**Start:** Introduce the session (slides 1 and 2) and provide an overview of the session [including learning objectives].  
**ACTIVITY 1 - Introduction to the Positives and Negatives to Social Media [10 mins]:** Using slide 3, introduce Activity 1. This involves students working in groups to brainstorm the positive and negative aspects of the following: [1] things you see on social media (what your friends or celebrities post, [2] things you do on social media (your posts), [3] how you interact with others on social media (liking/commenting on posts, conversations you have publicly or privately), and [4] things you see advertised (cyber scams, or other things that could cost you money). **Group Activity [with group task completion].**  
**Discussion [10 mins]:** Using slides 4-6 and student feedback, discuss the different positives and negatives associated with social media. First, allow students to feedback on the positive aspects