

# Healthy Relationships and Social Media

Part 2

Grade 7 & 8

Presentation adapted with permissions from Middlesex-London Health Unit

The logo for Health and Social Services, featuring a stylized white wave above the text. The text is arranged in three lines: "Health and" in a serif font, "Social Services" in a larger, bold serif font, and "Halifax and Norfolk" in a smaller sans-serif font below it.  
Health and  
Social Services  
Halifax and Norfolk

# Ground Rules

- Giggling is OK
- No names or specific examples of peers will be used in discussions.
- Respect what others say
- Understand others' feelings
- Discuss relationship topics responsibly outside the classroom
- There are no dumb questions



# Media's Influence

- What does media do for us?
- Let's talk about the ways the media\* can affect the way we:
  - Think about ourselves/others
  - Feel about ourselves/others
  - Act around others



# Stereotypes

- Let's look further into some of the ways media affects our views on relationships.
- Do you think:
  - Girls only like guys who play sports and are fit?
  - Guys only like girls who are feminine?
  - To fit in you have to have a girlfriend or boyfriend?



- only popular people have lots of friends on social media
- People who have lots of posts online are popular
- Are there differences between “online friends” and “offline friends”?



# Healthy Relationships

- Questions:
  - What do you remember from our first talk about healthy relationships?
  - Why is it important to talk about healthy relationships when we talk about social media?



# Pros of Social Media

- News is shared instantly\*
- Promote/raise awareness for a cause
- Can bring world to your doorstep



# Cons of Social Media

- News is shared instantly\*
- What you post is not “yours”
- Identity theft/cat-fishing
- Disclosing personal information
- Hackers
  - Webcams
  - Emails
  - etc.





# Online Scenarios

- Adding people you don't know on social media?
- Sharing pictures that could get someone in trouble?
- Playing an online game with friends and making fun of someone when they lose



- Sending a friend an e-card
- Texting a friend a compliment
- While gaming online with someone, you don't know you discuss cheats- they offer to send the cheats but request your personal information

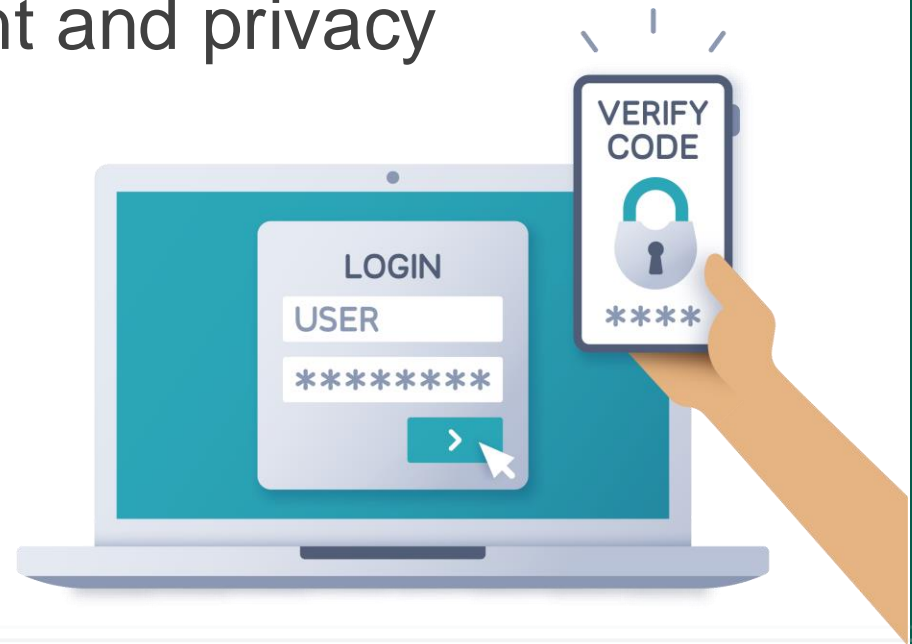


# Manage Your Media

- Take a step back and think: “Would a teacher, parent or grandparent think this is okay to say or share?”
- Think ahead, be smart
- The internet is public
- The internet is permanent\*\*
- Things that you do on social media can cause problems for you now and later
  - Can affect your friendships
  - Can affect your chances of getting a job

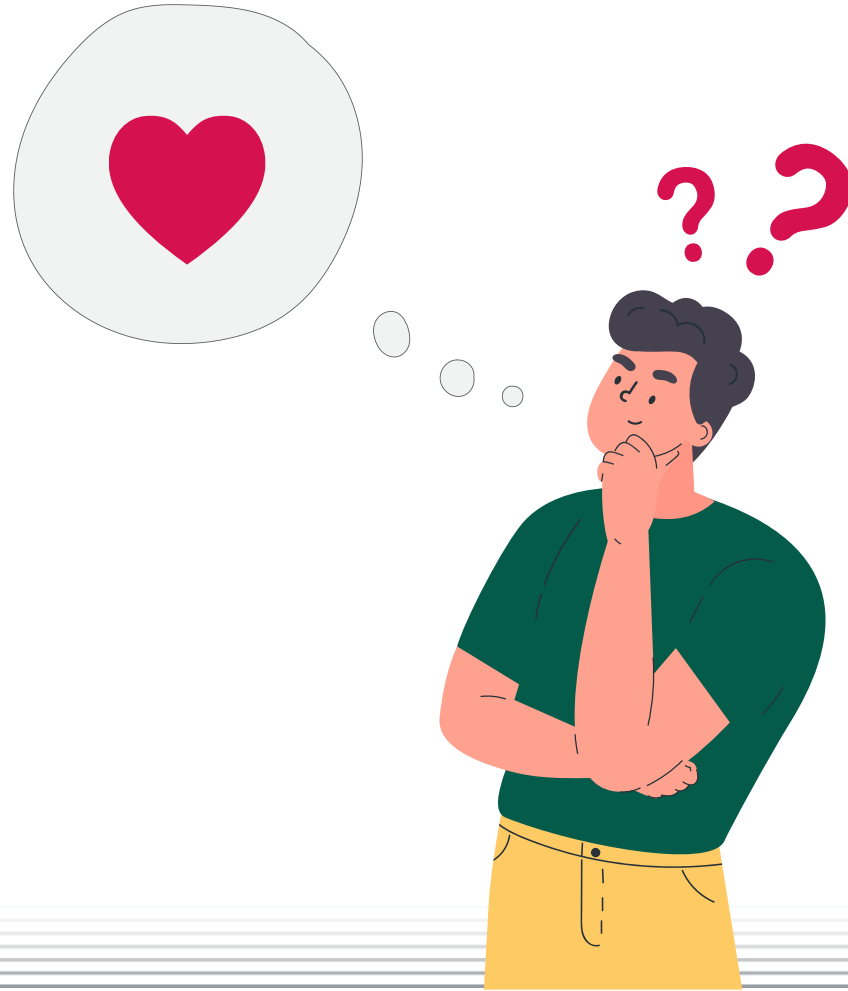
# Manage Your Privacy

- Make passwords hard to guess
- Keep up to date with your account and privacy settings
- Be cautious of what you say
- For more information:
  - [www.mediasmarts.ca](http://www.mediasmarts.ca)

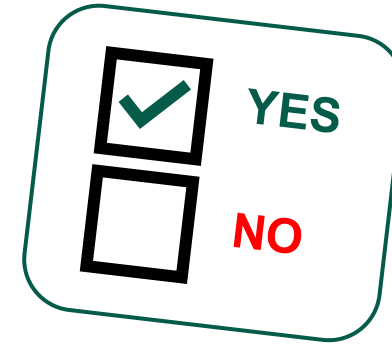


# Romantic Relationships Activity

- Dr. Lew's Love Line  
"Positive Relationships"



# Consent



- Consent: What does it generally mean?
  - To agree to do or allow something
  - To give permission for something to happen or be done
- Social Media Consent:
  - What are some ways people share pictures online?
  - Always ask before sharing a photo with others online.
  - You should not take a picture of someone and post it online without their consent.

***It is illegal in Canada to distribute intimate images without consent\****

# Sexual Consent

- What can affect sexual consent decisions?
  - The effect of alcohol\*
  - People can change their minds
  - Respect decisions without pressuring your partner
- Stay true to self and your own morals, values, and beliefs

# Sexual Health Scenarios Online

- Consider these modern-day scenarios:
  - ‘Sexting’
  - If someone asks you for a picture, how can you respond?
  - If someone sends you a picture, how can you respond?
  - Is this safe?





# Smart Cell Phone Use

- Set up a phone password with your parents and keep it private from others
- Take time to think “would I say this in real life?”  
– ***think before you post***
- Tell an adult if you have messages/texts/notifications from people or numbers you don’t recognize



- Your tone of voice cannot be heard via text/message
  - things you say can be misunderstood
    - e.g. think about all the different ways you could read “Yeah, OK”
- Use respectful language and pictures
- Talk face-to-face for important conversations like:
  - A Disagreement with a Friend
  - Breaking up



# Safety Pledge

- Create your own safety pledge regarding cell phone/social media use
- Examples of points you may want to include in a safety pledge:
  - I will always think before I post something online or share information
  - I will not pressure others to share something they are not comfortable with
  - I will let an adult know if I feel unsafe or uncomfortable about something that has happened online or offline

# Where to Get Help

- Talk to someone you trust
  - parent/guardian/older sibling
  - teacher
- Kids Helpline 1-800-668-6868
- [www.NeedHelpNow.ca](http://www.NeedHelpNow.ca)



# Wrapping Up

- Social media can affect our lives positively when we know how to manage it
- Being aware of these concerns is the first step to protecting yourself
- It is good to balance your online and offline relationships and surround yourself with positive relationships

# Questions

