



HALCYON PODCAST SEASON 1 E03

Social media - what impact does it really have on student mental health?

An interview with teenage students

This podcast provides us with a real opportunity to learn from students about the issues they consider are important to them, and what schools and the wider community can do to help.

It may help to use this podcast as a resource in an Online Safety lesson or training for staff.

Listen again to the following sections which you could use as a means for discussion.

Podcast excerpt 2:44 - 3:26

The impact of social media on Mental Health and people who might be vulnerable

Podcast excerpt 6:25 - 7:05 and 7:34 - 7:57

When social media is a positive thing

Podcast excerpt 10:02 - 10:22

Managing social media

Podcast excerpt 11:03 - 11:34

Money over Morals. Social Media Influencers who promote products which could be harmful

Podcast excerpt 8:27 - 18:59

What can a community do to improve violence and crime?

Further Info:

Social Media and mental health

www.rsph.org.uk/our-work/campaigns/status-of-mind.html

National Online Safety – Exclusive 10% discount for membership

nationalonlinesafety.com/halcyon-education/

Knife Crime

www.benkinsella.org.uk

assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/785055/Knife_crime_safeguarding_children_and_young_people_110319.pdf

Join the Halcyon Education Academy

We run a [12 week online course](#) giving you tools and strategies to put mental wellbeing at the heart of your school. It stems from our

10 Steps to a Mentally Healthy School document which you [can download here](#), along with our [progress tracker](#) to help you prioritise your work.

“The course allowed me to work at my own pace and complete the tasks needed. We have changed our practice as a result and now do a whole school assessment.”

For further help or advice, please feel free to [book a call](#) with me or send an email to anna@halcyon.education



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