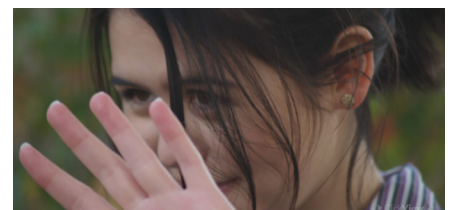




PSHE (Personal, Social, Health, and Economic Education)

Stills from our new series



Social Media Me

This three-part series follows three characters' experiences with identity and self-esteem, as they navigate social media and real world relationships.

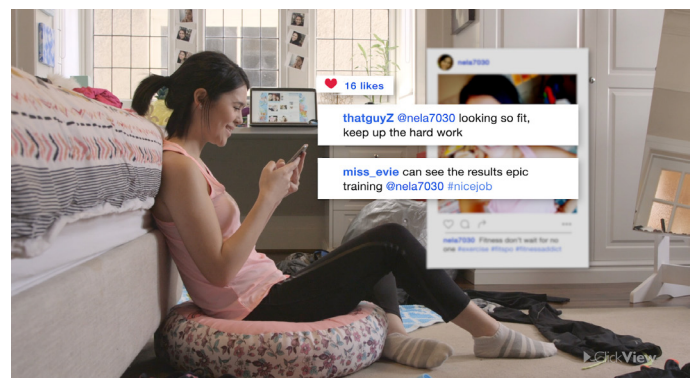
Understanding Self-Esteem

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. Her regular contributors are youth mental health experts, connecting the storyline with real world advice. Notions of self-esteem and ideas about what positive and negative self-esteem may look like are explored through the experiences of the main characters.

Key Stage 3

Additional Resources

- Comprehension Questions
- Mental Health Organisations
- Hashtag Collage



2016 | 11 min | CC | AR

- Suggested Responses
- Transcript

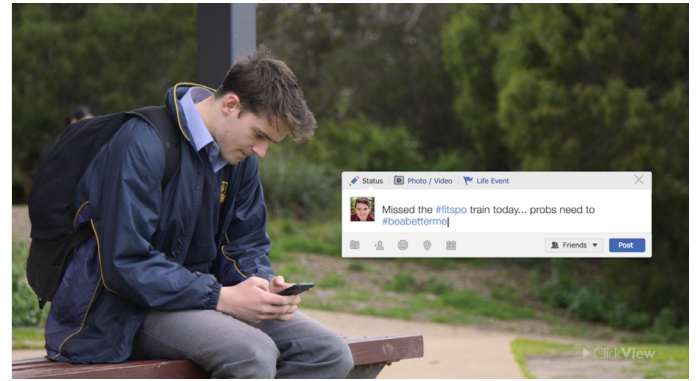
Self-Esteem and Social Media

Social media is often criticised for having a negative impact on self-esteem. But it doesn't have to be that way. This episode looks more closely at how Jules, Nela and Marcus are affected by social media content and popular platforms. The differences between their social media self and their real world self are highlighted, encouraging viewers to think critically about their online interactions and experiences.

Key Stage 3

Additional Resources

- Comprehension Questions
- Picture Perfect
- Social Media Review



2016 | 11 min | CC | AR

- Suggested Responses
- Transcript

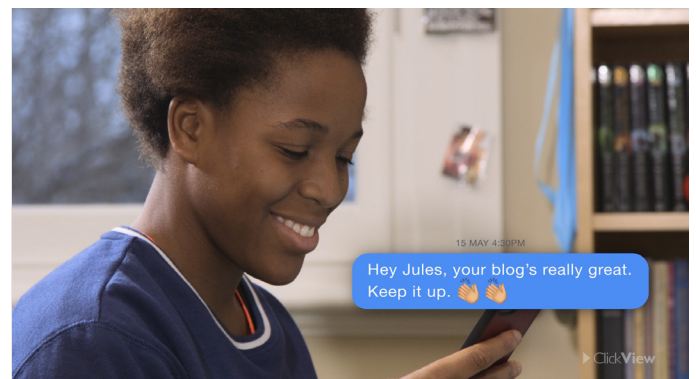
Positive Social Media Strategies

How can we manage social media use so that it is positive? How can we tell when social media use is affecting us and our relationships in a negative way? In the conclusion to this three-part series, Jules' final blog post provides practical advice from experts on managing our social media habits and choices. Her thoughtful insights give Nela and Marcus inspiration to make some positive changes.

Key Stage 3

Additional Resources

- Comprehension Questions
- Word Grid
- The Hero Interview



2016 | 8 min | CC | AR

- Suggested Responses
- Transcript