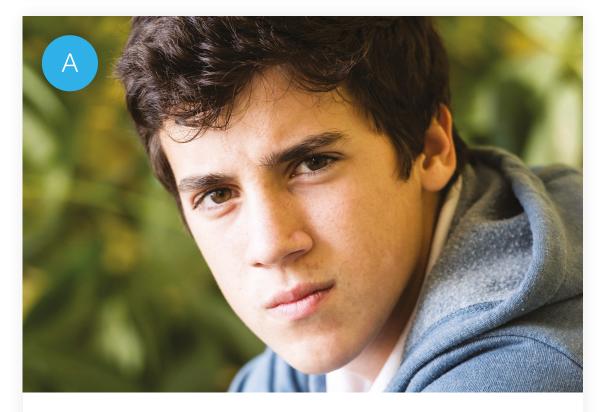
Worksheet 4.1: Social media profiles



- 1. Why did he choose this picture as his profile picture?
- 2. What adjectives would you use to describe him?



- 1. Why did she choose this picture as her profile picture?
- 2. What adjectives would you use to describe her?











- 1. Why do you think the girl in the bottom left of this picture chose it as her profile picture?
- 2. What adjectives would you use to describe her?



- 1. Why did the boy with the ball choose this picture as his profile picture?
- 2. What adjectives would you use to describe him?









Diary of Person 1

I had a really low day today. I just feel like I got out of bed on the wrong side, nothing seemed to work out well. I missed the bus, then I realised I had forgotten my wallet so I was really late getting to where I needed to go. The whole day I just keep beating myself up for doing everything wrong. I just want to cry every time I look in the mirror. Sometimes I change my profile picture on social media so that I get some instant feedback from friends. They always know how to make me feel good about myself.

Diary of Person 2



Today was an excellent day! I did really well in an exam that I thought I failed, and I tried on some jeans that I thought didn't fit me anymore and it seems as if they still do! Result! I changed my profile picture online to a time that I was really happy



Diary of Person 3

Meh. Have nothing to report. I'm bored. I was online for about 5 hours today. My eyes started to go watery. I wonder what I was doing for those 5 hours ... where does the time go? Everyone seems to be having a great time. I just changed my profile picture because I'm bored.

Diary of Person 4

I got new clothes today. I've been reading so many blogs recently about fashion online, they are great. Online shopping is also brilliant, but whenever I get the clothes, they never look the same on me as they do on the models. Anyway, my friend just asked me to show the clothes so I put a new profile picture up so she can see them properly. I hope people don't think I'm vain for doing that.























Instead of this	Try this
I'm not good at this	I need more practice at this
I give up	
I'm not as good as him/her	
I'm not enough	
They'd never like me	
No one cares about me	
I always get things wrong	
Helpful hints	
I'm good at	
I need to look at this in a different way/ I nee	ed help with this
They don't know me well enough	
I need some more practice at	
are my friends and	family who care about me



I have other strengths





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Worksheet 4.5: Exit slip

"Back me up" Self esteem	f esteem		
Intended learning outcomes	I'm still not sure	I'm nearly there	I've got it
I can reflect one how life online can be idealised and may not reflect reality			
I can empathise with others and offer advice to those who may be struggling online			
I can devise strategies to boost self-esteem and consider 'how to be happy'			

Exit slip

Things I have learned today ...

Things I already knew ...

Question I still have ...

Self esteem
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Intended learning outcomes	l'm still not sure	I'm nearly there	I've got it
I can reflect one how life online can be idealised and may not reflect reality			
I can empathise with others and offer advice to those who may be struggling online			
I can devise strategies to boost self-esteem and consider 'how to be happy'			

Exit slip

Things I have learned today ...

Things I already knew ...

Question I still have ...

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Self-esteem journal (Extended Activities)

M	ond	av

Something I did well today ...

Today I had fun when ...

I felt proud when ...

Tuesday

Today I accomplished ...

I had a positive experience with (a person, place or thing) ...

Something I did for someone ...

Wednesday

I felt good about myself when...

I was proud of someone else when ...

Today was

interesting because ...

Thursday

I felt proud when ...

A positive thing I witnessed ...

Today I accomplished...

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Friday
Something I did well today
I had a positive experience with (a person, place or thing)
I was proud of someone when
Saturday
Today I had fun when
Something I did for someone
I felt good about myself when
Sunday
positive thing I witnessed
Today was interesting because
felt proud when





