

7.6— Social Media, Mental Health and Fair Use

Key Words

Mental Health	A person's condition with regard to their psychological and emotional well being
Anxiety	An emotion characterised by feelings of tension and worry about situations
Reality	The actual rather than an idealistic view
Photo-editing	Changing the look of a photo
Copyright	Legal protection that creators have over things they have created
Public Domain	Creative work that is free to use without permission
Fair Dealing	When copyrighted work can be used without permission

Issues Associated with Social Media

Disrupted Sleep	Young people could be using social media at night when they should be asleep
Accessing inappropriate content	Young people may accidentally come across content that is offensive or not age appropriate
Grooming	When someone forms a relationship with a child in order to manipulate them
Body Dissatisfaction	Young people may compare themselves to others online and form "body ideals" that are unrealistic

If you are worried



Report to CEOP if you are worried about online grooming



Provides information about keeping safe online if you have any questions or worries



www.childline.org.uk

Good advice about staying safe online



Photo-edited picture