Temperature check - look at the following scenarios and decide on the mental wellbeing of those involved
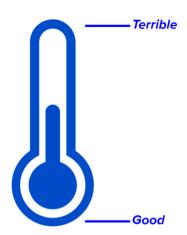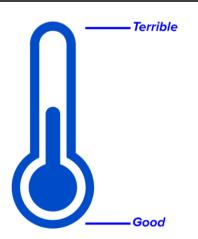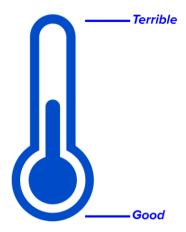

Lisa is part of your social media group. She doesn't say very much - after a while, one of the members of the group starts to say some things about her which aren't very nice. Other members of the group join in - it becomes a regular thing. Lisa never replies, but you know she must be able to read what is being said. When you see her next she seems much quieter than normal…

One of your friends on social media starts to share content which you don't think feels quite right. There are lots of posts that refer to eating less and exercising more and in secret to lose weight.

When you next see your friend, they look pale and tired and their clothes don't seem to fit as well…
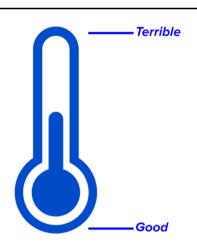
> *You have created an online group which has been positive and friendly. One day, one of your friends invites someone to join. Almost immediately, they begin to post deliberately nasty comments, disagreeing with everyone else and saying things which you know will annoy everyone.*
>
> *This goes on for several weeks…*

> *You are part of an online class group - everyone in the class is part of the group apart from one of your friends.*
>
> *You think this must have been a mistake so you invite them to join. They accept but almost immediately someone else removes them. You try to invite them again, but the same thing happens…*

> *One of your friends is also part of an online gaming group. You play each evening - but by 9pm you have to come off. When you look one morning you notice that your friend was last online at 3am. You check this again a few times and notice that she regularly plays until 2 or 3am. At school, you notice*

she is very different - she struggles to pay attention, looks tired and isn't doing as well at school as she used to...

Terrible

Good

Terrible

Good