

Talking Heads

Self-esteem lesson plan

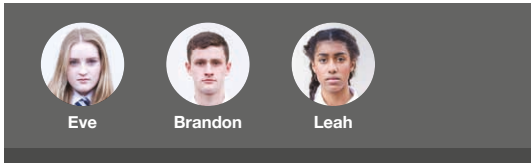
Definition of self-esteem:

The Cambridge Dictionary defines self-esteem as 'belief and confidence in your own ability and value'.

Synopsis of Talking Heads
Running time: 1 min each



A set of three short films which capture online attitudes towards themes surrounding self-esteem. Three characters talk directly to camera, sharing their thoughts about how certain things online affect them. These films are intended primarily to be used as a starting point to open a class discussion about the truth behind some online images, media pressure and the need to fit in or be liked. These views, voiced by actors, were expressed by young people during Childnet's interview and research work.



Key issues: self-esteem, the need to fit in, media pressure, self-confidence

Although these talking heads have been given a U rating by the BBFC, the content they cover may be mature for some young people as the characters speak about their experiences with social media. Many social media sites (Facebook, Instagram, Snapchat) have an age requirement of 13, to comply with **COPPA requirements**. These organisations state that anyone who is using the platform under the age of 13 is breaking the terms and conditions of the site.

"I definitely think guys prefer girls who post selfies, but there's no way I could do that. I just don't have the confidence to put myself out there like that"

Picture of Leah, Talking Head 2

The internet can be an excellent resource for young people to keep in touch with friends and to connect with like-minded people, however technology can have an impact on young people's mental health. Participants in Childnet's focus groups spoke about the fear of being judged by what you share online. Moreover, in 2014/15, Childline noticed a rise in calls about low self-esteem and unhappiness, an increase of 9% from previous years.

The NSPCC chief executive, Peter Wanless, said: "It is clear from the hundreds of thousands of calls Childline receives that we have a nation of deeply unhappy children. The pressure to keep up with friends and have the perfect life online is adding to the sadness that many young people feel on a daily basis."¹⁰

"People hate because of the kinds of pictures that you post or comments that you leave."

Young person, Childnet focus group

? What can I do as an educator to boost young people's self-esteem?

Educators can help to boost young people's self-esteem to increase their resilience against online hate and negative experiences online. It is also vital to encourage young people to think critically about what they see online. Usually, people carefully select what they post online, and from our school visits, we know that young people are aware of 'photo editing apps' that some people use to ensure their photos are flawless. By installing filters on their photos, or only posting content online that show them having fun, people can give others a false impression of how perfect their life may seem. As educators, it is important to be aware of the pressures young people may face while posting content online, but it is also crucial to remind young people to be content with themselves and not to compare themselves to others online.

10: www.nspcc.org.uk/globalassets/documents/research-reports/childline-review-2012-2013.pdf