



Worksheet 4.1:
Social media profiles

A



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

B



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

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C



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?

D



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





Worksheet 4.2: Diaries



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 to reflect the mood I'm in now.

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.

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Worksheet 4.3: Problems

1



Anonymous149

Open Question

Show me another »

Why didn't they invite me?

I just saw photos of a lot of my friends online and they were hanging out at the weekend in the park. I live just near by, why didn't I get a text to ask to join them?

19 hours ago - 1 week left to answer.

Report Abuse

Answer Question

34 Interesting! Email Save

2



Anonymous123

Open Question

Show me another »

How do I stop myself?

Sometimes I feel bad about myself after being on social media for too long. I know I shouldn't get sucked in to it, but I do and I just end up comparing myself to my friends, or even to people I don't know. How can I snap out of it?

19 hours ago - 1 week left to answer.

Report Abuse

Answer Question

11 Interesting! Email Save

3



Anonymous185

Open Question

Show me another »

How can I get more likes?

I really want to become a vlogger. It looks really cool. When I do videos though, I never seem to get as many likes or subscribers as other people. What am I doing wrong? It just makes me feel that I shouldn't bother. I'll never be good enough.

8 hours ago - 2 days left to answer.

Report Abuse

Answer Question

27 Interesting! Email Save





Worksheet 4.4:
How to think positively



Instead of this ...

I'm not good 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

Try this ...

I need more practice at this

Blank box for writing a positive thought, with a small pencil icon in the top right corner.

Blank box for writing a positive thought, with a small pencil icon in the top right corner.

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Helpful hints

I'm good at _____

I need to look at this in a different way/ I need 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

Intended learning outcomes	I'm still not sure	I'm nearly there	I've got it
I can reflect on 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**3** Things I have learned today ...**2** Things I already knew ...**1** Question I still have ...**“Back me up”** Self esteem

Intended learning outcomes	I'm still not sure	I'm nearly there	I've got it
I can reflect on 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**3** Things I have learned today ...**2** Things I already knew ...**1** Question I still have ...Worksheet 4.5:
Exit slip



Worksheet 4.6:

Self-esteem journal (Extended Activities)

Monday

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

A positive thing I witnessed ...

Today was interesting because ...

I felt proud when ...

