Safer Internet Day

Safer Internet Day is celebrated globally in February each year. It aims to promote the safe and positive use of digital technology for children and young people and to inspire a national discussion about using technology **responsibly**, **respectfully**, **critically** and **creatively**.

The Directorate for Learning and Assessment Programmes, together with Tech. Mt, Agenzija Appoġġ, the Office of the Commissioner for Children and the Cyber Crime Unit within the Malta Police Force, who form part of the **BeSmartOnline!** initiative join in the celebrations to help promote the safe, responsible and positive use of digital technology for children and young people.

The day offers the opportunity to highlight positive uses of technology and to explore the role we all play in helping to create a better and safer online community. It calls upon young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers, and wider community, to join together in helping to create a better internet. This year Safer Internet Day will be celebrated on the **9th of February** however, activities will be organised throughout the whole week.

Lesson Plan - Media and its effect on Body Image

Target Audience
Students aged 12-13 (Year 8)

Keywords
Body image, media, peer pressure, self esteem

Resources
Video – Safer Internet Day - https://www.besmartonline.org.mt/Videos/Safer%20Internet%20Day%20Final%20Version.mp4

Video – Body Image - https://www.besmartonline.org.mt/Videos/Body%20Image_Final.mp4

PSCD reflective workbook

Time
80 minutes | (2 lessons)

Learning Outcomes

- I can discuss why media has a great influence on the way young people look and behave.
- I can explain some ways that media could effect ways in which boys/men and girls/women might be viewed and treated.

Success Criteria

1. I can mention 2 ways how media influences the way we look and behave.

2. I can explain why media is such a powerful tool and how this effects us.

3. I can list 3 things of how I can help myself when experiencing such media influences.

4. I can explain why a negative body image can have an effect on the mental, physical and emotional wellbeing of the person.

5. I can list 2 persons or support structures that can help me in dealing with these media influences.

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Introduction - Safer Internet Day

Instructions:

Show the clip on SAFER INTERNET DAY to the students.

Discuss:

Why is the internet important in our lives?

What is the internet being used for?

Why does the world celebrate safer internet day every year?

Activity 1

Instructions:

Divide the class into four groups.

Group **A** and **D** have to answer the following question.

What do you understand by body image?

Group **B** and **C** have to answer the following question.

What influences people in the way they look or perceive themselves?

Discuss and process.

Activity 2

Instructions:

Show the clip on BODY IMAGE created by BeSmartOnline!

Discuss:

How are the people in the video feeling? Why?

How does this relate to what we have discussed earlier?

Why are you effected by the amount of likes/followers you have on your social media accounts?

Why are you pressured to look 'perfect' online?

How does this effect your self-esteem?

What kind of eating disorders can this lead to?

Where did the people in the video seek help? Why? Where can you find help, guidance or support other than the family?

Optional activity

Instructions:

Show students the dove video https://www.youtube.com/watch?v=iYhCn0-jf46U and discuss that what you see online is not necessarily showing a realistic picture of how things are.

Concluding activity

Ask your students to come up with taglines or hashtags regarding body image that may be used to create awareness amongst their peers. A digital poster can be created with these taglines/hashtags and passed on to the BeSmartOnline! to be used on social media.

NOTA BENE - This lesson can be delivered in conjunction with the material already found in the PSCD reflective workbook for year 8.

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