

## Year 5 – P.S.H.E. lesson Thursday 24<sup>th</sup> March 2022

Hello Year 5! Welcome to our P.S.H.E lesson this week. As you know we have been looking at healthy me as the theme for our P.S.H.E lessons this term and have looked at healthy minds and healthy bodies.

This lesson is called healthy me. Your first question to think about or jot down your thoughts to is... How does the internet, social media and the media positively help our lives?

As you know we start our P.S.H.E lessons with our calm me time. So just take a moment to close your eyes. Sit up straight with your feet on the floor and your back nice and straight and take in a few deep, calm breaths.

Today we are going to be looking at the question – Does the media and social media help motivate people to live healthy and safe lifestyles? I would like you to have a think of reasons for supporting this question (yes it does and why) and reasons against this question (no it does not and why)

Your task is to create a mind map or table on a sheet of paper that lists reasons why you can agree with the question and answer yes it does help and reasons why no it does not help. Use the arguments below to state if they are reasons for (yes) the media and social media does motivate people to live healthy lifestyles or against (no) it does not. Can you add any of your own reasons?

These are some of our arguments:

- Social media means we don't talk to each other in person as much. Spending time with real people is much better for our health.
- It can be easy to misunderstand what somebody texts or messages and that can cause people to be upset for no reason and make them stressed.

- Videogames and TV encourage people to stay up late so they don't get enough sleep. Also, people who play too many games or watch too much TV don't get enough exercise.
- Adverts on the TV, on the internet and Apps can encourage people to eat unhealthy foods, and misuse alcohol.

- Social media and the media show us 'perfect people' like celebrities. It is not realistic or healthy to compare ourselves, especially when images have been altered.
- It is easy to compare ourselves with our friends on social media. Because social media is there all the time, it means that people are comparing themselves much more than they used to. This can lead to people to have a poor self-image and low self-esteem because there is pressure to look good or cool.

- Many things we see on the media, and particularly the internet, are fake. These things can make some people choose to do unhealthy things, like do challenges that are dangerous or misuse alcohol.
- Celebrities make drinking and smoking look glamorous and fashionable, so young people might want to copy them.
- People that want to harm others can use social media to do it.

- Lots of people use Apps to share things like healthy recipes, and the internet is easy to search to get different ideas almost instantly.
- The internet means we can see sports and activities that we may have never seen before. This helps people get interested in taking up different activities.
- There are lots of websites that offer people advice about all sorts of health.

- Social media allows us to stay in touch with people more easily than ever before, so we can have as many friends as we want to. If we feel upset there will always be someone to talk to about how we feel.
- Video games that have a social media part, like a messaging service, means that players can socialise at the same time as playing. Socialising with friends is healthy.

- Huge numbers of people on the planet use social media and the internet. Positive health messages on the internet can reach millions of people easily.
- Part of living a healthy lifestyle is being able to relax and enjoy yourselves. TV and the internet give millions of people enjoyment.

- TV reaches millions of people all over the world. TV programmes and adverts about how to be healthy can reach many people and educate them.
- Sporting events like the Olympics can be seen all over the world and motivate more people to be active.