



Being online

Maximising the good, minimising the bad

- Being online has the potential to both improve and worsen your mood.

This can depend on...

- What you're doing online
 - Who you're spending time with online
 - How you're feeling when you go online
- For some teenagers, spending lots of time online can be linked to low mood and sleep problems.
 - For many teenagers, using social media to communicate with friends can strengthen friendships and lead to a better mood.
 - Tech companies work really hard to keep you online because they make a LOT of money from showing you ads from other companies.



How to maximise the good when you're online

1 Protect your sleep

Why?

- Your body works and grows well.
- Your mind is quick and switched on.
- Your emotions and mood are better.
- You're more likely to be fun to be around!

How?

- Avoid blue light.
- Relax your brain by switching off.
- Remove temptation by putting your phone out of reach.

YouTube: Settings > General > Remind me when it's bedtime



Teenagers
need 8-10
hours of sleep
every night



Fun Fact

Humans (and other animals) have a special hormone in our brains called melatonin and this helps us to feel sleepy when it gets dark. Screens trick our brains into thinking it's still daytime so the melatonin can't work its magic.



How to maximise the good when you're online (continued)

2 Find a balance

Stay active and engaged
in other areas of your life.



Connect with family
and friends.



Fun Fact

When we're active, our brain releases hormones called endorphins which give us a happiness boost, just like we get when we eat our favourite food!

3 Make your algorithm work for you

Positive content = follow
and like.



Instagram: suggested content
> specific words and phrases

Negative content = unfollow,
block, or refresh your feed.



TikTok: content preferences
> refresh your feed

4 Question what you see online

Is what you see online
true or fake?



Is this a realistic snapshot
or just a highlight reel?



Fun Fact

A study from the USA found that fake news spreads six times faster than real news on social media! This is because fake news is often more unusual or new.