

RSHE (PSHE) - Mental Wellbeing: Talking about emotions

How does time online impact our mental wellbeing?

Mrs Smith



A day online with Nicky	Positive or Negative	Re-write
Nicky wakes up at 7.30am and checks his phone. He spends 30 minutes scrolling through social media, everybody seems so happy and perfect.		
Nicky uses his phone to message his friend to meet him at the bus stop so they can travel to school together.		
Nicky is not allowed to use his phone in school but wonders all day whether anyone has messaged him or if he has missed any updates.		
As soon as Nicky leaves the school gates he checks his phone. He spends the bus journey home checking notifications and watching videos with headphones in.		



A day online with Nicky	Positive or Negative	Re-write
When Nicky gets home he uses his phone to check what homework he has to do.		
After finishing his homework Nicky watches a video to help him practise a new football skill.		
During his evening meal Nicky messages his friends and laughs out loud at their messages.		
Later on, in bed, Nicky spends more time updating his social media and falls asleep with his phone in his hand.		

