

Key Words

Cyberbullying	Bullying someone via electronic means such as text messages, tweets etc.
Anxiety	An emotion characterised by feelings of tension and worry about situations
Reality	The actual rather than an idealistic view
Photo-editing	Changing the look of a photo
Air brush	To cover or improve the appearance of something
Mental Health	A person's condition with regard to their psychological and emotional well being

Issues Associated with Social Media

Disrupted Sleep	Young people could be using social media at night when they should be asleep
Accessing inappropriate content	Young people may accidentally come across content that is offensive or not age appropriate
Grooming	When someone forms a relationship with a child in order to manipulate them
Body Dissatisfaction	Young people may compare themselves to others online and form "body ideals" that are unrealistic

If you are worried



Report to CEOP if you are worried about online grooming



Provides information about keeping safe online if you have any questions or worries

childline

www.childline.org.uk

Good advice about staying safe online



Photo-edited picture