



## A STUDENTS GUIDE TO

---

## COPING WITH SOCIAL MEDIA

---

### Social Media

Social Media, like Facebook, Twitter, Instagram etc. is a fun and powerful tool you can use to keep in touch with family and friends.

But sometimes things can go wrong. People say things that can be upsetting, hurtful or threatening.

When this happens, do you know what to or where you can go for help?

This sheet sets out easy steps to follow should you find yourself having problems on social media.

### Take Action! Explained...

Just like you don't need a steam roller to open a walnut, sometimes you need to use a low-key approach to deal with Social Media problems.

**TAKE ACTION!** is set out in 4 levels. Each level offers ideas that become increasingly more serious. It's our suggestion that you start by trying Level 1 actions and step up to the next level if you see no improvement.

#### TAKE ACTION! LEVEL 1:

- ❖ Most social media have age restrictions. Are you allowed to have an account? How will you explain having an illegal account to someone who is trying to help you?
- ❖ Have you tried ignoring or blocking people or comments?
- ❖ Never...ever...ever reply or respond to hurtful comments. Telling people off over social media almost never works.

#### TAKE ACTION! LEVEL 2:

- ❖ Talk to an adult in your family to seek advice.
- ❖ Talk to your teacher.

#### TAKE ACTION! LEVEL 3:

- ❖ Get an adult from your family to contact the school to arrange a meeting so further action can be discussed. This meeting might involve some or all of these people: your teacher, the Principal, the school counsellor.

#### TAKE ACTION! LEVEL 4:

- ❖ If you feel threatened and are worried about your safety talk to a trusted adult and discuss calling the police. There are new laws about cyberbullying and the police will either be able to help you or offer suggestions.

---

### MAIDSTONE SCHOOL VALUES

---

Remember, here at Maidstone we expect you to live the school values even when you are not at school and particularly when you are "online".

Whatever comments you write can be accessed by anyone, not just the person for whom it is intended. We do not tolerate people who come to school to "settle scores".

- ❖ Whanaungatanga
- ❖ Respect
- ❖ Freedom
- ❖ Mana
- ❖ Creativity