



SAFER INTERNET DAY

Self Esteem Online: The Full Picture



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Department of Education



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Connecting Europe Facility



#TheFullPicture

“Not everything
we see online
tell the whole
story.”





#TheFullPicture

Watch #TheFullPicture here:
<https://vimeo.com/457720222>



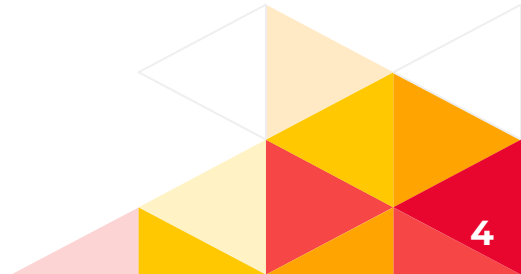


Social Media - Filtering the Good from the Bad



***Social media is a great place to connect
and share with others.***

***Let's consider what are the positives and
potential downsides of being on social
media?***





Myth V Reality - See the Full Picture



- Pressure to look a particular way is not a new phenomenon.
- In the era of social media, these pressures are often amplified.
- Have you ever felt pressure to look a certain way on social media?

The Rise of the Influencer



It's important to consider The Full Picture and think critically about what you are seeing on social media.

Ask yourself:

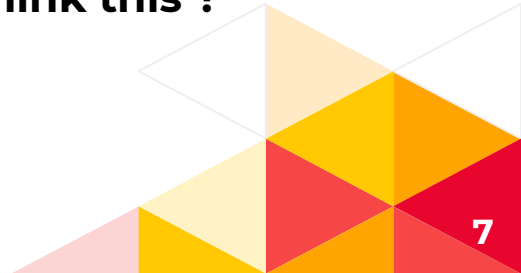
- has that person been paid to promote an item?
- how has it been edited?
- has what they are posting been designed to fit their online 'brand'?
- is it a realistic reflection of who they are?

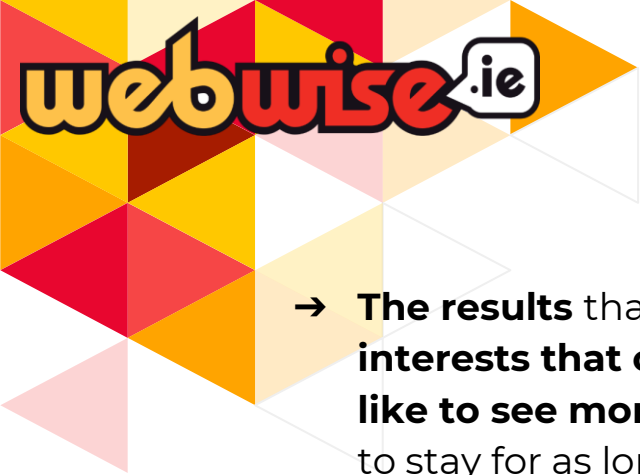


You are what you like?



- Have you noticed that when you go online or login to social media you are presented with content, news, articles or ads that somehow know the things that you are interested in?
- Why do you think this ?





You are what you like - The influence of online algorithms

- **The results** that we are presented with are likely to **reflect the likes and interests that our browsing history and personal data suggests we would like to see more of** – after all, online platforms want you to use their site and to stay for as long as possible.
- It is important to be aware that the content being pushed to your newsfeed is **filtered and tailored** by what a social media network or online platform believes that **you are interested in, or would like you to become interested in.**
- Different users who use the exact same search terms or scroll through the same social media platform are likely to **see different content.**
- **Not seeing an alternative point of view can affect our ability to think critically about content, make us less open-minded, and can have a skewed influence on how the world is presented to us.**



Filtering the good from the bad:

How can I manage my online wellbeing?

- **Think critically** about the content you see online. Remember it's **not the full picture**.
- Create a social media presence that is **true to you**.
- Remember your value as a person is **not reflected** in the number of 'followers' or 'likes' you have.
- **Unfollow** accounts that lead you to make **unhealthy or unrealistic comparisons**.
- Search for **new perspectives** and focus on the **positive/productive**.
- **Block** online harassment & cyberbullying. **Report it to An Garda Síochána**.
- **Talk to someone you trust & get help**.
- If you can't speak to someone you know or trust, **call Childline**.
Free Phone: 1800 66 66 66, Free Text: 50100 or chat online **www.childline.ie**
- **Make time for rest & reflection**.
- **Set time notifications or screen free breaks**.



THANKS!

ANY QUESTIONS?

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