

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the slide, framing the central text. The overall aesthetic is clean and modern.

The impact social media has on the mental health of students with SEN

- ▶ The impact of social media on the mental health of students with Special Educational Needs (SEN) can be significant and multifaceted. Here are some key points to consider:

Positive Impacts

1. **Social Connectivity:**

1. Social media can help SEN students connect with peers, fostering friendships and reducing feelings of isolation.

2. **Self-Expression:**

1. Platforms allow students to express themselves creatively, share their experiences, and find a sense of identity.

3. **Access to Resources:**

1. Students can find supportive communities, resources, and information related to their specific needs and challenges.

Negative Impacts

1. Increased Anxiety and Depression:

1. Exposure to unrealistic portrayals of life can lead to feelings of inadequacy and low self-esteem.

2. Cyberbullying:

1. SEN students may be more vulnerable to online bullying, which can exacerbate existing mental health issues.

3. Social Comparison:

1. Constant comparison with peers can lead to negative self-perception and heightened anxiety.

4. Social Isolation:

1. While social media can provide connections, it can also lead to reduced face-to-face interactions, increasing feelings of loneliness.

5. Distraction and Overstimulation:

1. The constant notifications and content can be overwhelming, making it difficult for students to focus and manage their time effectively.

Survey results for Parents at Foxwood.

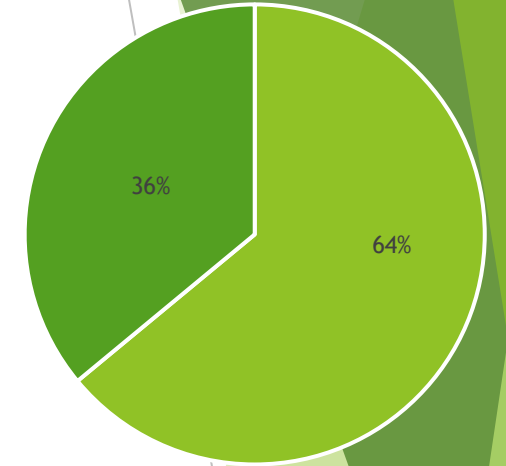
This information is based off 16 Students who use Social Media Daily.

7 Females - Averaging 3.5 Hours Daily

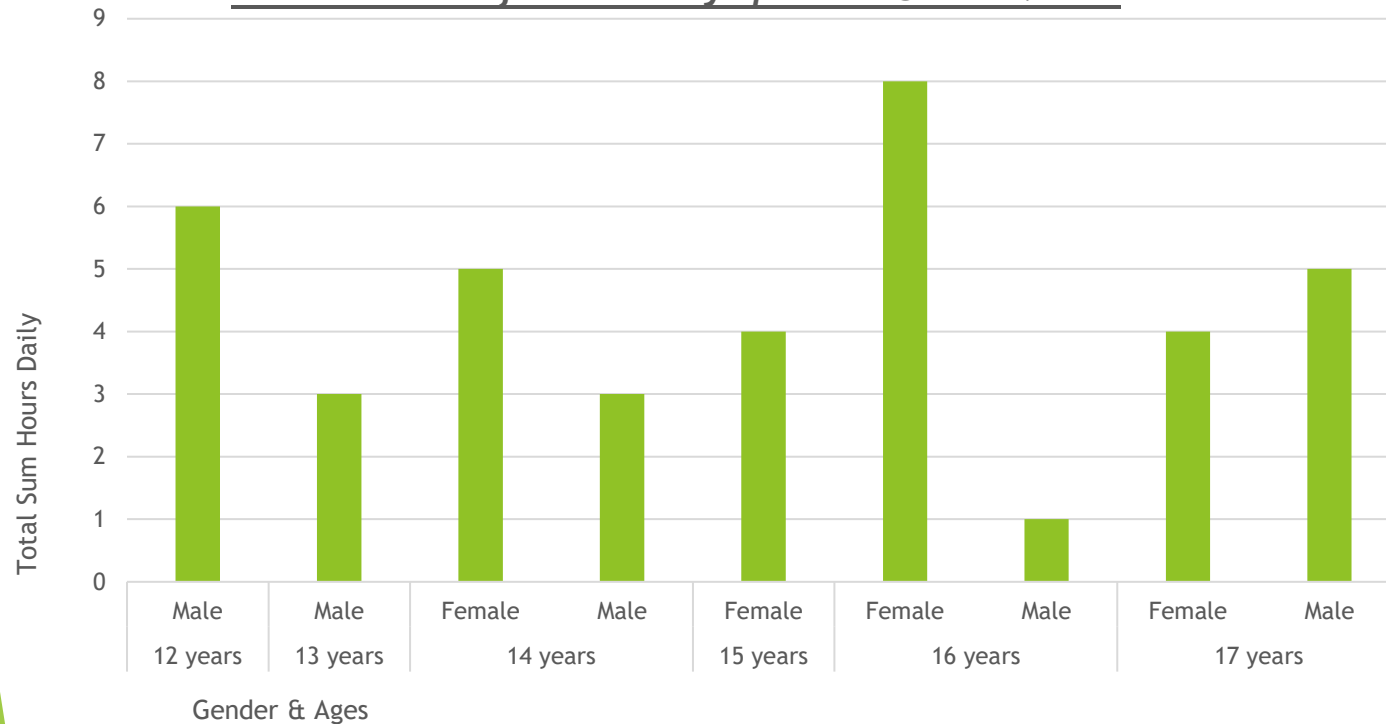
9 Males - Averaging 2 Hours Daily

Age	Female	Male
12 years	0.00	2.00
13 years	0.00	3.00
14 years	2.00	2.00
15 years	2.00	0.00
16 years	2.00	1.00
17 years	1.00	1.00
	7.00	9.00

■ Female ■ Male



Total number of hours daily spent on Social Media



Daily Hours (Percentage)- based off AVERAGE

Findings:

- 12.5% parents noticed changes in their Childs behaviour/mood.
- 37.5% parents noticed a slight change in their Childs behaviour/mood.
- 50% parents saw no change.

18.75% saw a Positive change

18.75% saw a Negative change

62.50% saw a neutral change

Considerations for Support

- **Open Communication:**
 - Encourage discussions about online experiences and feelings related to social media use.
 - **Education on Healthy Use:**
 - Teach strategies for managing social media use, including time limits and recognizing harmful content. We have a very good e-safety curriculum at school which, along with parents participation, can help our students.
 - **Parental and Educator Involvement:**
 - Support from adults can help students navigate the challenges of social media.
 - **Access to Mental Health Resources:**
 - Ensure students know where to seek help if they experience negative feelings related to social media. Give students the chance to talk about any negative experiences which they have experienced and ways in which to deal with these.
- Understanding these impacts can help parents, educators, and mental health professionals support SEN students in navigating their social media experiences in a healthy and positive way.

Conclusion

- ▶ At Foxwood, it is really important to keep the lines of communication open both with students and parents/carers. We know that some of our students struggle with using social media and a lot of arguments and falling out happens outside of the Academy in the evening. As a school, we **MUST** continue to support our students by giving them the knowledge of keeping safe on line as well as how to deal with the negative impact which could happen whilst using these platforms. I have been working in small groups on appropriate behaviour and language which they use both in school and on social media. We have been working on ways to communicate with each other in a sensible way which, at times, has been challenging.
- ▶ In order for Foxwood to see the real impact on the mental health of students using social media, we need to have a drop down bar on Bromcom so staff can record these events accurately and we can see at a glance the growing trend of such problems. Using this, we could access information swiftly without having to read all behaviour logs to see if they include issues whilst using social media.