



**Timings:****Activities:****10 mins****Second Activity - 'Most Likely vs Least Likely'**

- Relabel the continuum from the first activity to 'most likely to see' to 'least likely to see' and ask the young people to move the content on the line as they see fit.
- Using the colour coding draw out discussion about where the healthy content has been placed vs the harmful content. Use the following questions in your discussion:
  - Why are some types of content more likely to be seen than others? (examples might include viral, recommended by the algorithm, likely to keep you engaged)
  - How would the content that is most likely to be seen make people feel? Is this how people want to feel when online?
  - What would the impact be of seeing one post from the most likely to be seen vs 12 similar posts?
  - Is there any content that isn't likely to be seen that people would benefit from seeing more of?

**5 mins****Plenary - 'Who Can Help?'**

- Recap that online content sits on a spectrum. Some posts support wellbeing, some harm it, and many fall into a grey area where something looks caring but can still keep someone stuck. Algorithms often push what is viral or emotional rather than what is healthy, so draining content can appear again and again while supportive content is harder to find. Spotting these patterns helps us take more control of our online spaces.
- Take steps to shape your feed, such as muting draining posts, unfollowing pages that no longer feel right, reporting anything unsafe, and searching for content that lifts you up so the feed learns what you want to see.
- Remind young people to speak to a parent, teacher or a helpline like Childline on 0800 11 11 if they are ever worried about something online.

**Signposting to support**

- **NSPCC Childline – 0800 1111** – free, confidential support for young people under 19, available 24/7
- **SHOUT – text 'MRF' to 85258** – free, confidential crisis text line for anyone, any age available 24/7
- **NSPCC Helpline – 0808 800 5000** or [help@nspcc.org.uk](mailto:help@nspcc.org.uk) - free, confidential support for anyone who is worried about the safety and wellbeing of a child

**Teach next...**

- Use our lesson plan on 'managing our wellbeing online' to pick up discussions about how we manage the impact time online can have on us.

For more resources visit: [mollyrosefoundation.org/education](https://mollyrosefoundation.org/education)

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## Appendix 1

A cheerful post of someone sharing a photo of their pet and saying it always makes them smile.	A post offering understanding and support while also suggesting the family and friends will never understand.	A reel showing sad, dark pictures with words saying things were supposed to get better but it feels like it never will.	A post claiming everyone else is happier and more successful.	A post that shares a news article about international events and encourages people to stay informed.
A quote style post where someone says they pretend they are fine but feel as though they are falling apart inside.	A post sharing a fundraiser link for earthquake relief and encouraging any level of support.	A pessimistic post saying there is no point trying because nothing ever changes.	A reflective post about feeling weighed down and remembering to take breaks.	A post saying people should keep their hurt to themselves because others will not understand.
A post about balance that includes content from an athlete explaining why rest and good nutrition matter.	A message telling someone they only need one person and should message them for help with everything.	A hopeful post about positive news related to global food support efforts.	A list style post sharing simple recipes that use kale.	A personal message explaining that reaching out can feel very hard even when people say it helps.
An image of someone making a shushing gesture with text that says 'no one will understand'.	A supportive message praising a friend for getting through a difficult week.	A post of an image with the face scribbled out and the word useless written across it, shared with the caption "this".	A post expressing very low mood and uncertainty about whether feelings will improve.	A post asking what if no one can help.
A motivational post where someone shares a photo from a morning walk and says getting fresh air helped clear their mind.	A post on Mental Health Awareness week sharing a personal story of depression with a reminder about support available.	A post sharing a study tip about breaking tasks into small steps to make them feel more manageable.	An account sharing posts about feeling like a burden and dealing with problems alone.	A reflective post where someone admits they are struggling but plans to talk to a trusted adult or friend later for support.