Health Science **Unit 8** **Lesson 9.2 Worksheet**



Activity 10

Positive or negative?

Look at the statements about social media. Put a **P** if you think it is a positive use of social media, or an **N** if you think it is negative.

	P or N
Social media can be used to meet people with the same interests.	
Social media can be used to learn new skills.	
Social media can be used to cyberbully other people.	
Social media can be used to share important information.	
Social media can be used to post negative comments.	



Activity 11

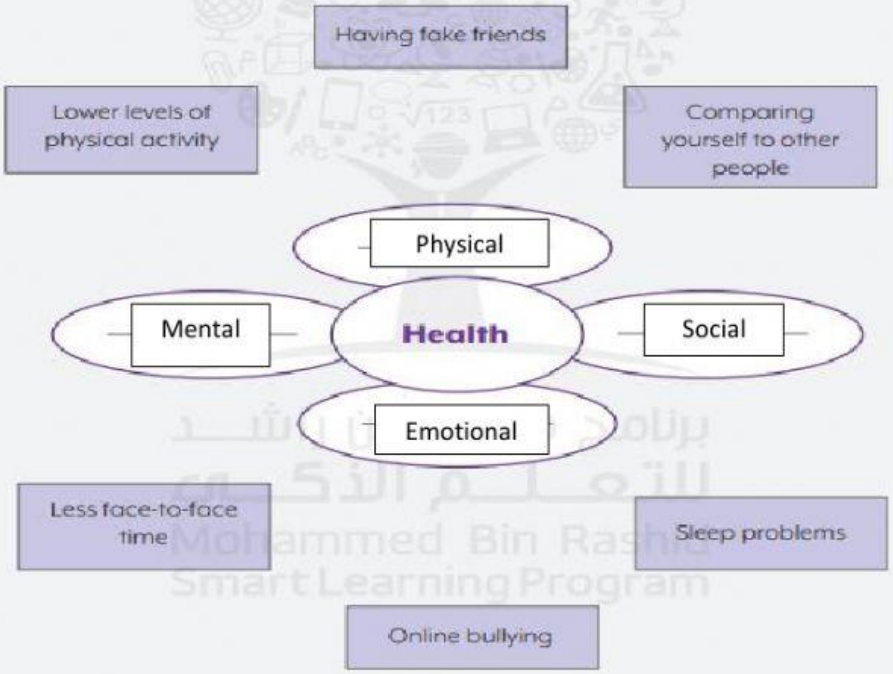
Responding to cyberbullying

Look at the list of different ways to respond to cyberbullying. Write 'yes' if you think it is a good way to respond, or 'no' if you think it is not.

	Yes or no
Tell your parents or another adult if you are being cyberbullied.	
Do not reply to bad messages and posts.	
Use the 'block' feature to prevent the bully from contacting you.	
Keep the bullying to yourself and don't tell anybody about it.	
Reply to the bad messages and argue with the cyberbully.	

LIVEWORKSHEETS

Firstly, complete the image below by filling in the four dimensions of health. Next draw a line from the statements about how social media use can affect health to the dimension of health that is affected. Remember, three of the statements can affect both mental and emotional health.



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Activity 4 Matching

Match the description to the negative side of social media.

When people spend too much time on social media	Fake friends
Using a smartphone or laptop at night, which prevents people from sleeping	Less face-to-face time
When someone does not know everyone on their friends list	Online bullying
When technology is used to threaten, embarrass, or target another person	Sleep problems

LIVEWORKSHEETS