



blackout
EDUCATION



How to Have a Positive Experience Online

Assembly objectives:

- Understanding your digital limits
- Knowing when and how to block or report
- Interacting respectfully online
- Making sure your online world supports your real life rather than controlling it.

Why we are here today?



The Internet Is Powerful

- We spend hours online every day.
- It connects us, entertains us and teaches us.
- But it can also affect our mood, confidence and sleep.
- The internet isn't "good" or "bad" - it's about how we use it

7 hours a day
equates to over 3
months in a year!



20% of children
spend at least 7
hours a day using
phones and tablets.

BBC, 2025

99% of children
in spend time
online.

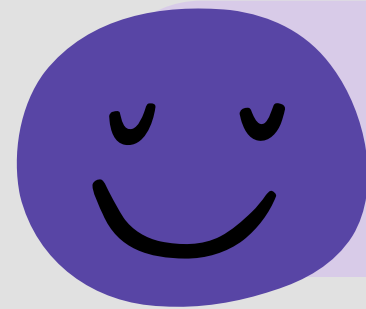
UK Parliament, 2024

Young people
receive an average
180-350 notifications
per day.

musicmagpie, 2025

Are there any benefits to being online?

Even if you don't have your own device, you have probably seen how apps and videos can help people discover new things and learn.



Discovering new interests



Entertainment, creativity and learning

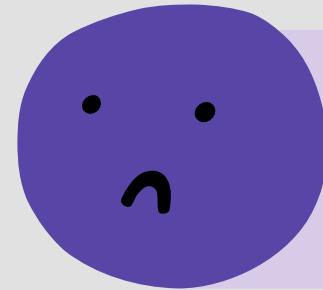
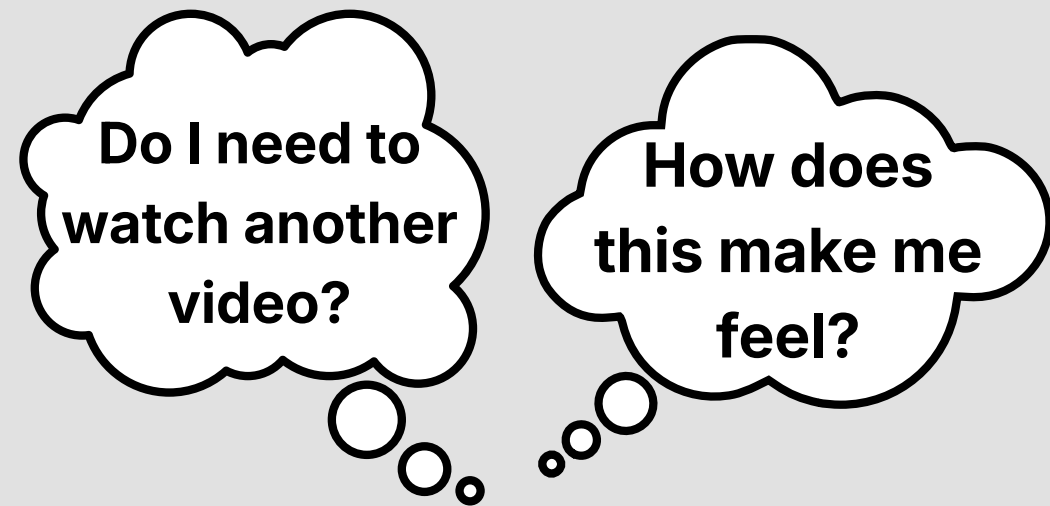


Finding people with similar hobbies



Communicating with friends and family

When does it become a problem?



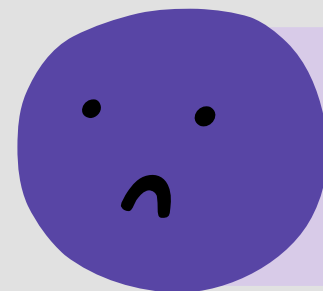
Losing track of time



Comparing yourself to others online



Feeling worse after scrolling, not better



Watching content automatically, not because you chose to

The problem is not enjoying your phone - it's when your phone starts choosing for you.

You might notice these signs in yourself or in people around you.

You Control Your Space

You are allowed to:



Block



Mute



Report



Unfollow



Leave group chats

Protecting your peace is not rude.

Creating a positive feed

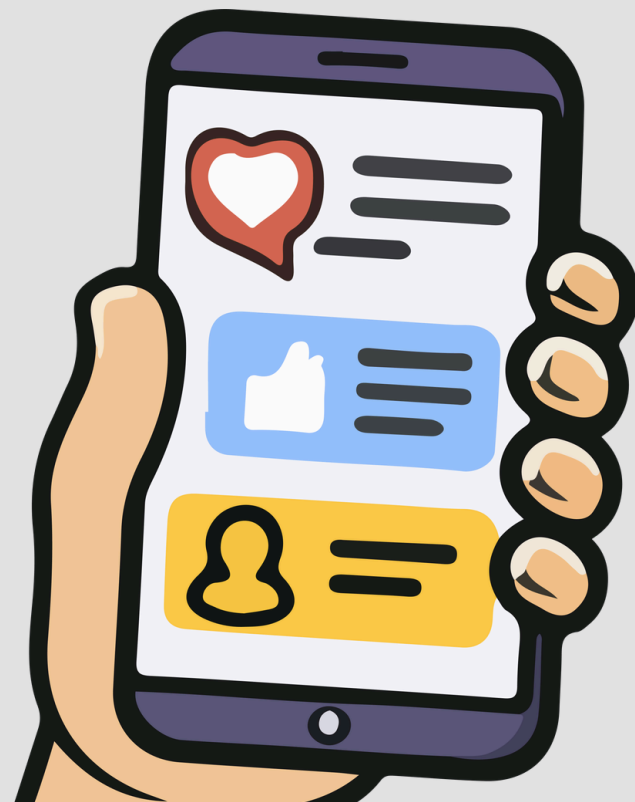
Social media is supposed to be a fun, creative and supportive space. Whenever social media makes you feel negative or anxious, think about what you can do to help prevent it from making you feel like that. Such as:

"Not interested"

On platforms like TikTok and Instagram, long-tap on a video and select "Not Interested" to train the algorithm to show less of that content.

Mute/Unfollow/Block

Mute, unfollow or block accounts that make you feel anxious, overwhelmed, or negative.



Social media should be a space you enjoy.

Reflection question:

Does the content in your feed mostly make you feel positive, or is it time to change what you are seeing?

Filtering content

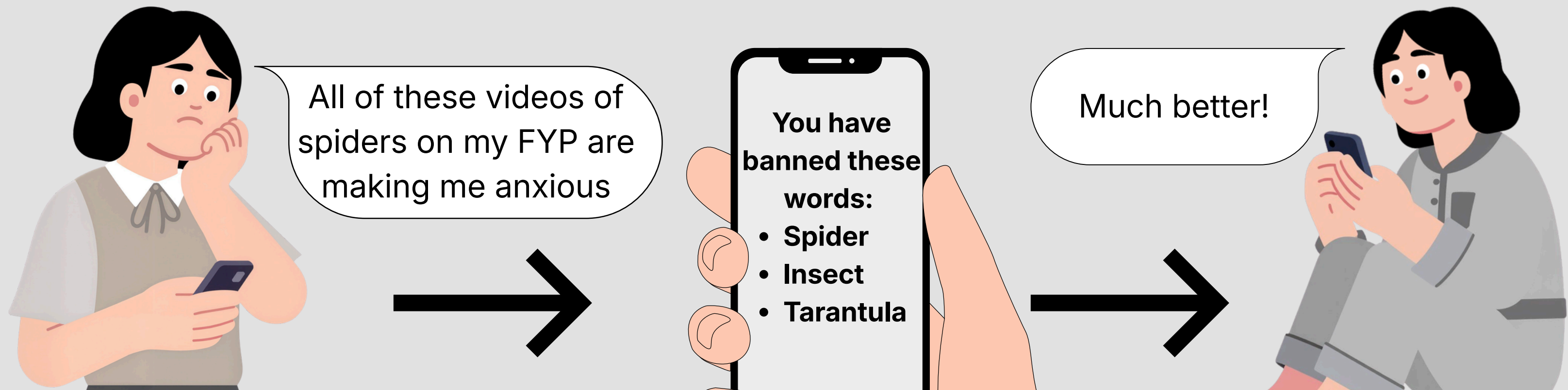
Most platforms allow you to remove any content that you do not want to see, e.g. content that makes you feel uncomfortable, such as violent videos. This is called content filtering and allows you to control what content will not be shown on your account. For example:

TikTok

Navigate to "Content preferences" to "Filter keywords" allowing you to block hashtags or keywords from appearing in your FYP

Instagram

Use the "Hidden Words" feature in settings to filter comments and message requests containing specific offensive words, phrases, or emojis.



Enhancing security and privacy

Social media is a great place to stay connected with friends. You can help keep it safe by ensuring that your accounts are private and limiting who can contact you.

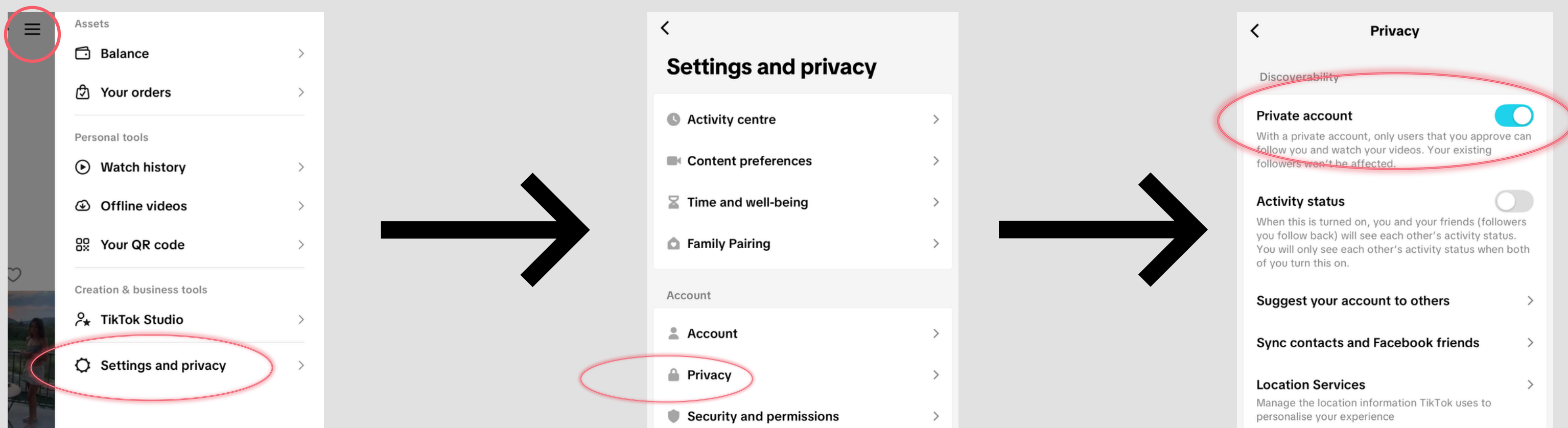
Set to private

Ensure your profiles are set to "Private" so you must approve followers.

Limit interactions

Change settings to restrict who can send you direct messages (DMs), tag you, or comment on your posts to "Friends" or "People I Follow".

Setting TikTok to a private account:



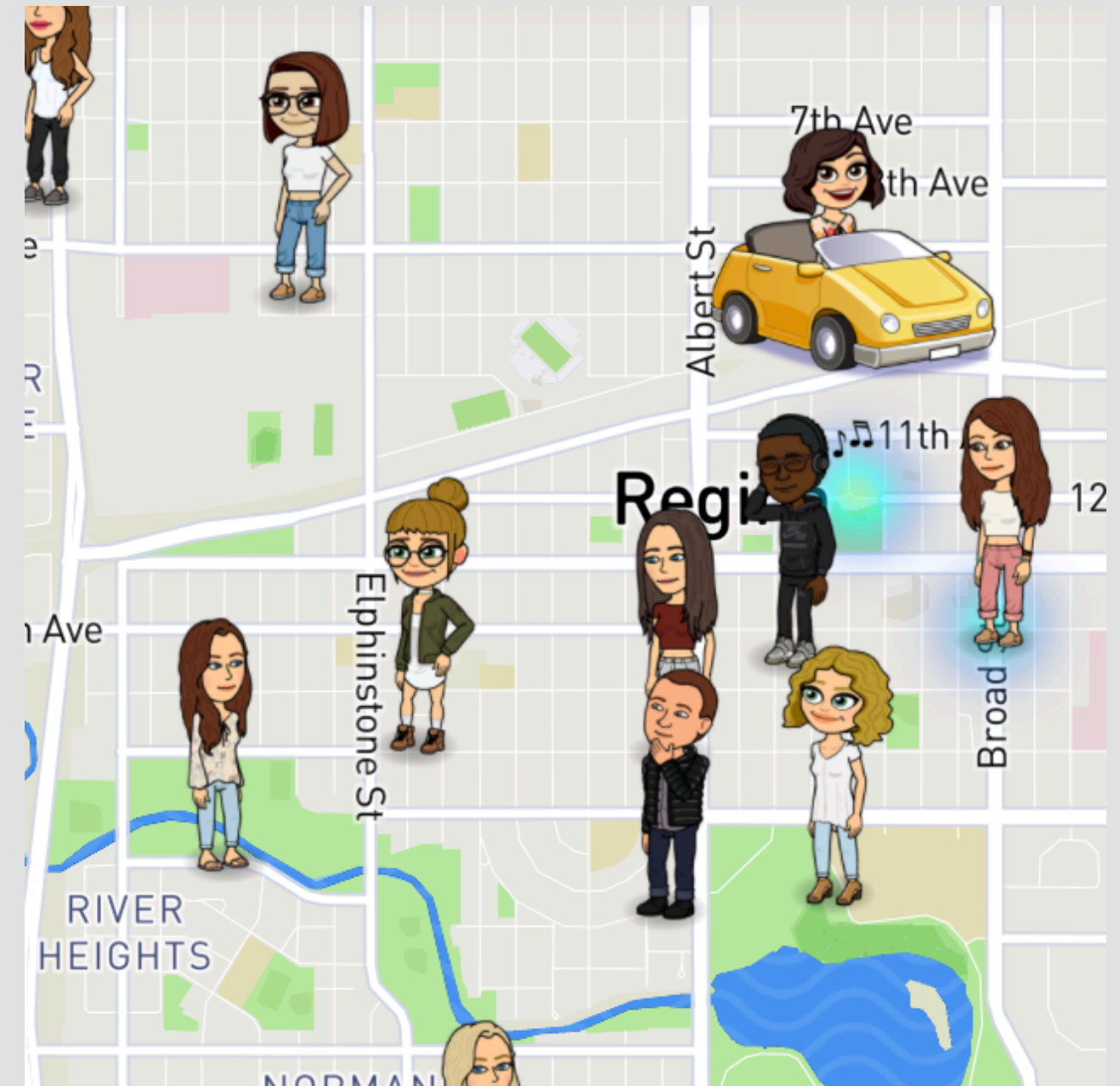
Checking your location setting - keeping safe!

- Many popular apps have a location feature, where you are able to see whereabouts other users are.
- It is very important that you ensure only people you know and trust can see this information.
- For example, Snap Maps. Have a look at who can see your location and ask yourself, 'Do I know this person well?', 'Do I trust this person?'



Reflection question:

Why do you want people to see your location?
Is it necessary?



Thank you for listening!

- The internet should add to your life - not drain it.
- It's okay to block, mute or report to protect yourself.
- If something affects your mood or sleep, take a break.
- Think before you post or comment.
- You are in control of your online space.

