

SOCIAL MEDIA WELLBEING WHEEL

Balancing technology, performance, and wellbeing.

► Time Management & Screen Overuse

Behaviours. Excessive scrolling, Checking during lessons, Difficulty switching off

Strategies. Promote digital literacy; Establish tech-free zones; Model healthy screen boundaries.

► Information Overload & Emotional Impact

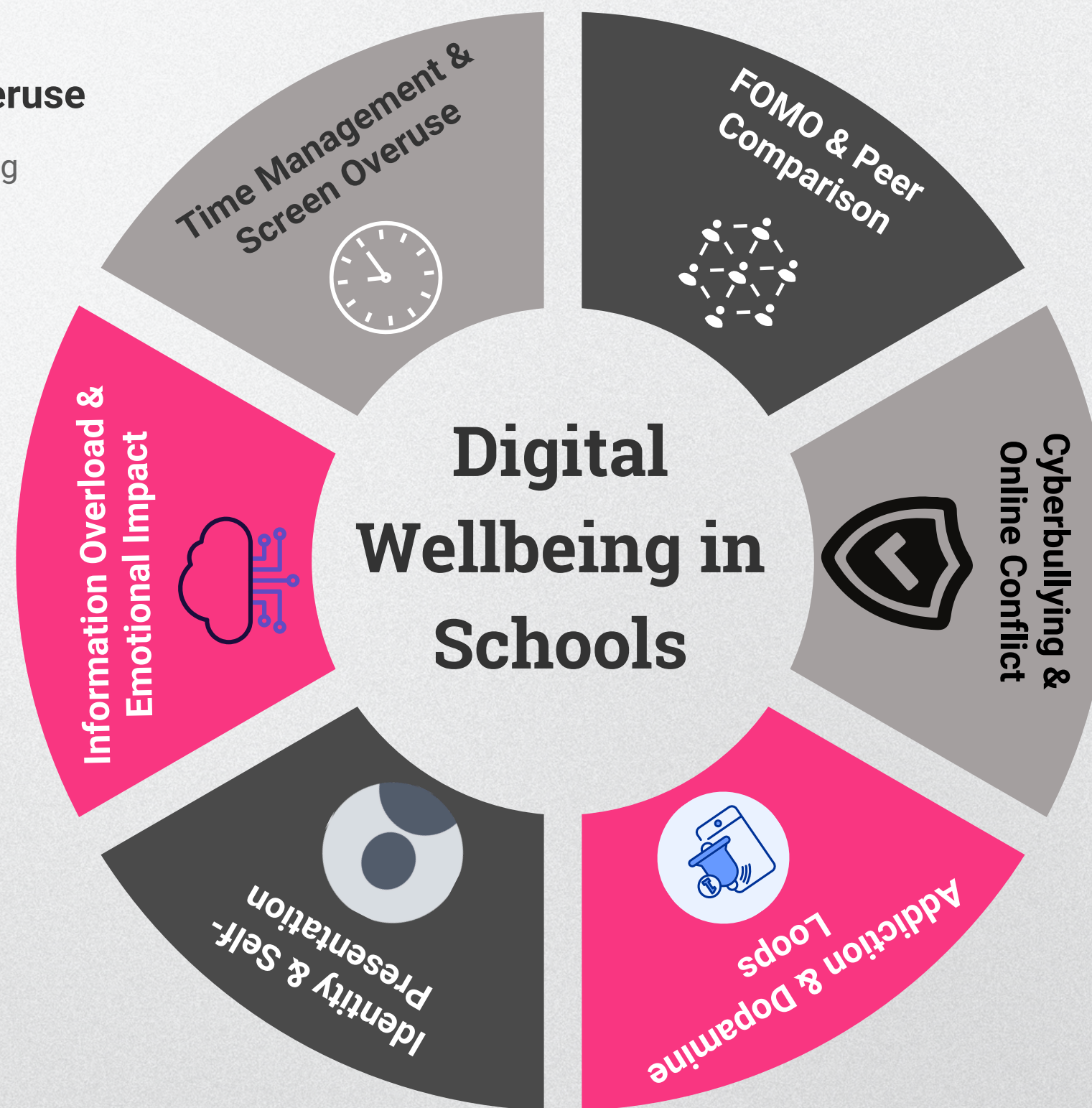
Behaviours. Constant exposure to news/drama, Emotional overwhelm

Strategies. Critical media literacy; Selective content consumption; Open pastoral discussions.

► Identity & Self-Presentation

Behaviours. Over-curated profiles, Peer pressure, Oversharing

Strategies. Digital footprint education; Encourage authentic online presence; Model staff positivity.



► FOMO & Peer Comparison

Behaviours. Anxiety about trends, Comparison to others, Pressure to maintain persona

Strategies. Media literacy workshops; Offline vs online reflection; Celebrate non-digital achievements.

► Cyberbullying & Online Conflict

Behaviours. Negative comments, Rumours, Exclusion online

Strategies. Clear policies & reporting; Restorative conversations; Staff safeguarding training.

► Addiction & Dopamine Loops

Behaviours. Compulsive checking, Obsession with likes, Difficulty focusing

Strategies. Teach self-regulation; Encourage mindful tech habits; Use wellbeing apps for balance.