

SOCIAL MEDIA & MENTAL WELLBEING

About this qualification

The OCNLR Level 1 Award in Social media and Mental Wellbeing aims to provide learners with an understanding of the benefits and risks associated with forms of social media, knowledge of how to access support when mental health is affected by social media, and how to foster healthy social media practices that can improve mental health and wellbeing.

Who is this qualification for?

This Award is useful for people who want to improve their knowledge of the topic and develop safe practices when using social media in a personal, professional, or voluntary capacity.



LEVEL 1 AWARD



Available for ages 14+

LEARNING OUTCOMES

The learner will:

1. Understand what is meant by the terms 'social media' and 'mental wellbeing'.

2. Understand the benefits and risks of existing forms of social media in relation to diverse groups.

3. Know how to access support for issues that affect mental wellbeing when using online platforms.

4. Know how to foster healthy social media practices that can improve mental and wellbeing in self.

ASSESSMENT CRITERIA

The learner can:

1.1. Describe what is meant by the terms 'social media' and 'mental wellbeing'.

1.2. Identify the different types of social media.

1.3. Outline major factors relating to mental wellbeing.

2.1. Outline how social media can be used as a means of mental wellbeing support in different groups.

2.2. Outline at least three risks when using social media.

2.3. Give one example of how using social media could impact on mental health and wellbeing.

3.1. Identify at least one source of support for individuals affected by issues related to the use of online platforms.

4.1. Identify at least three ways in which to foster healthy social media practices to improve own mental and wellbeing.



LEVEL 1



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