

# **Media Education And Mental Health – Open Discussion Forum**

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# Let's share our experience

- short introduction

- name
- hospital unit / country
- interest or experience in media education

- My name is Lana
- Hospital teacher in Munich, Germany since 2010
- children with post trauma issues aged 6 to 14
- many questions about media education: Teaching risks and danger of the internet to children who experienced the risks and danger already?

# What we will do in this hour

- Background information
- Leading questions
- Film: the full picture (2 x)
- World Cafe: share your thoughts
- Discussion: active media use as the solution?

# Media education and Mental Health

- Aim of media education is individual empowerment and social participation
  - common approach: risks and dangers of the Internet
    - cyber bullying
    - hate speech
    - disinformation
    - sexting
    - addiction
  - Common mental disorders: link to risks and dangers of Social Media
    - depression
    - anxiety
    - eating disorders
- Adolescents suffering from mental health disorders are more likely to have experienced cyberbullying, hate speech, disinformation, sexting or addiction rather than students with no mental health issues.

# My experience

- Didn't face risks and dangers per se
- Topics like „safer internet“ already made it difficult
- That is why it needs a discussion about media education in hospital education.

# Some examples

- Tip “safe chat” in social media

Tip: ‘Do not meet with strangers without telling your parents’

- tip given to a student who has been a victim of cyber grooming

- Tip “Protect yourself with privacy settings”

– tip given to a student who has experienced cyber bullying or cyber grooming

- Risks and dangers of the internet

Teaching threatening risks and dangers of the internet

- to a student showing symptoms of dejection and hopelessness, diagnosed with depression or anxiety

# Leading questions

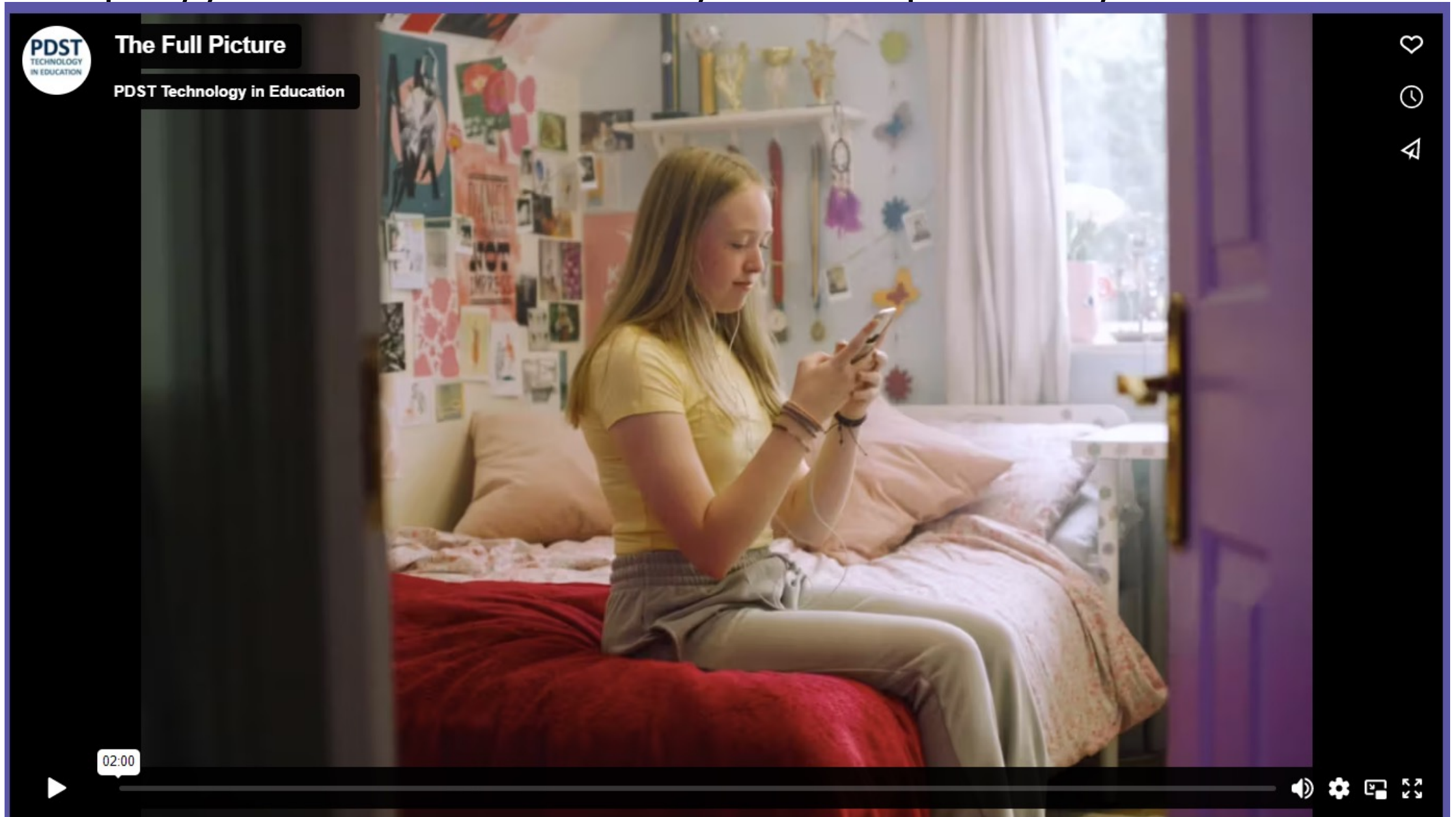
- Is talking about cyber bullying, hate speech and disinformation the right approach for the specific needs of students with mental health issues in hospital education?
  - Do these topics motivate the student's interest due to their own experience-based knowledge and does the clinic setting give them a safe space to talk about risks and dangers they might have experienced?
  - Or do the topics cause emotional distress due to unresolved problematic experiences?
- 
- Avoiding media education is not a solution.
  - How could media education be implemented in lessons?

# Would you show this film in your class?

- „The full picture“
- 2 min
- Professional Education Services for Teachers platform: webwise
- Lesson: short film as a starter



<https://www.webwise.ie/thefullpicture/>



The video player displays a young woman with long blonde hair, wearing a yellow t-shirt and light-colored pants, sitting on a bed with a red blanket. She is looking down at her smartphone. The room is decorated with posters and photos on the wall, and a window with white curtains is visible in the background. The video player interface includes a play button, a progress bar showing 02:00, and control icons for volume, settings, and full screen. The PDST Technology in Education logo and the title 'The Full Picture' are visible in the top left corner.

PDST  
TECHNOLOGY  
IN EDUCATION

The Full Picture

PDST Technology in Education

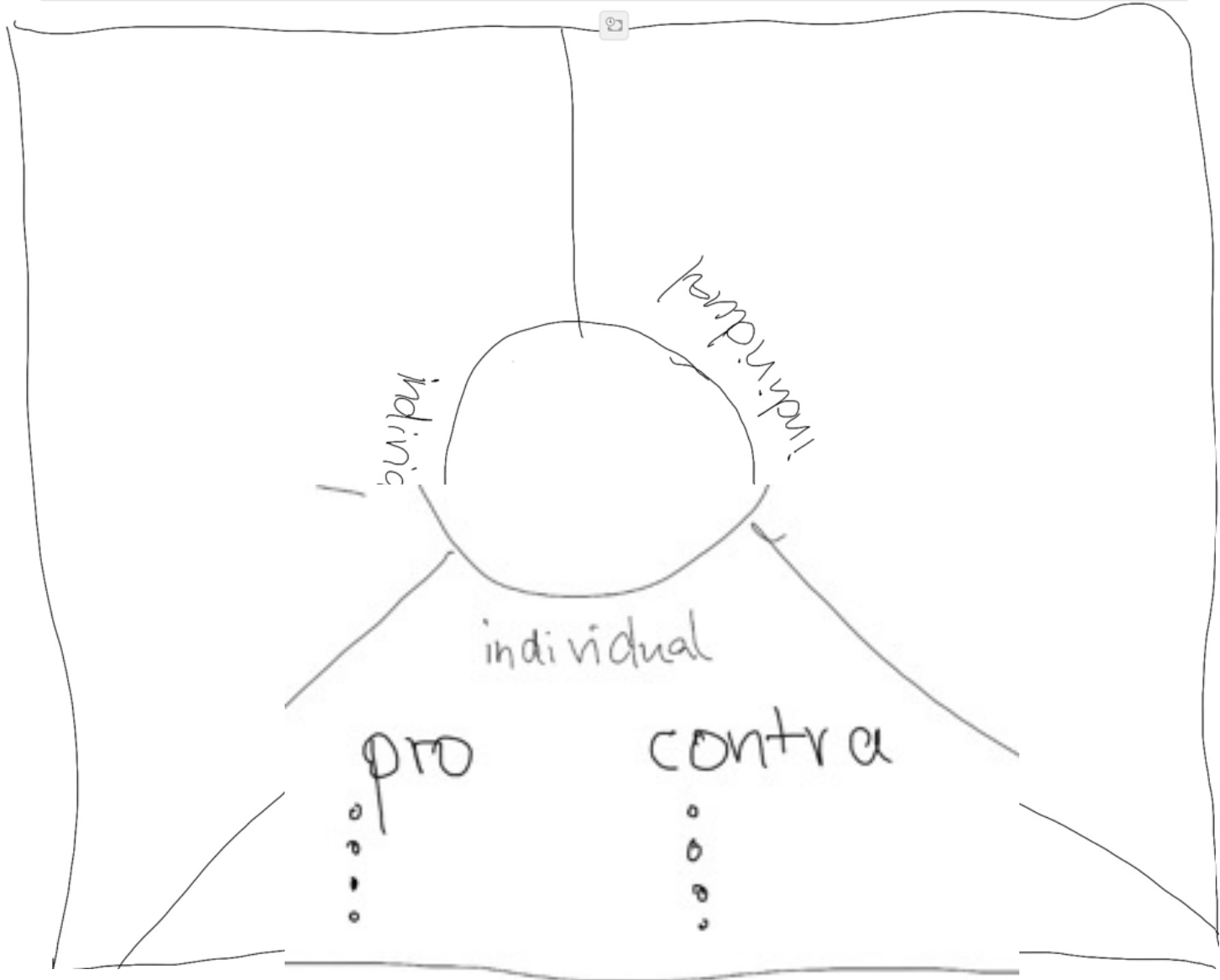
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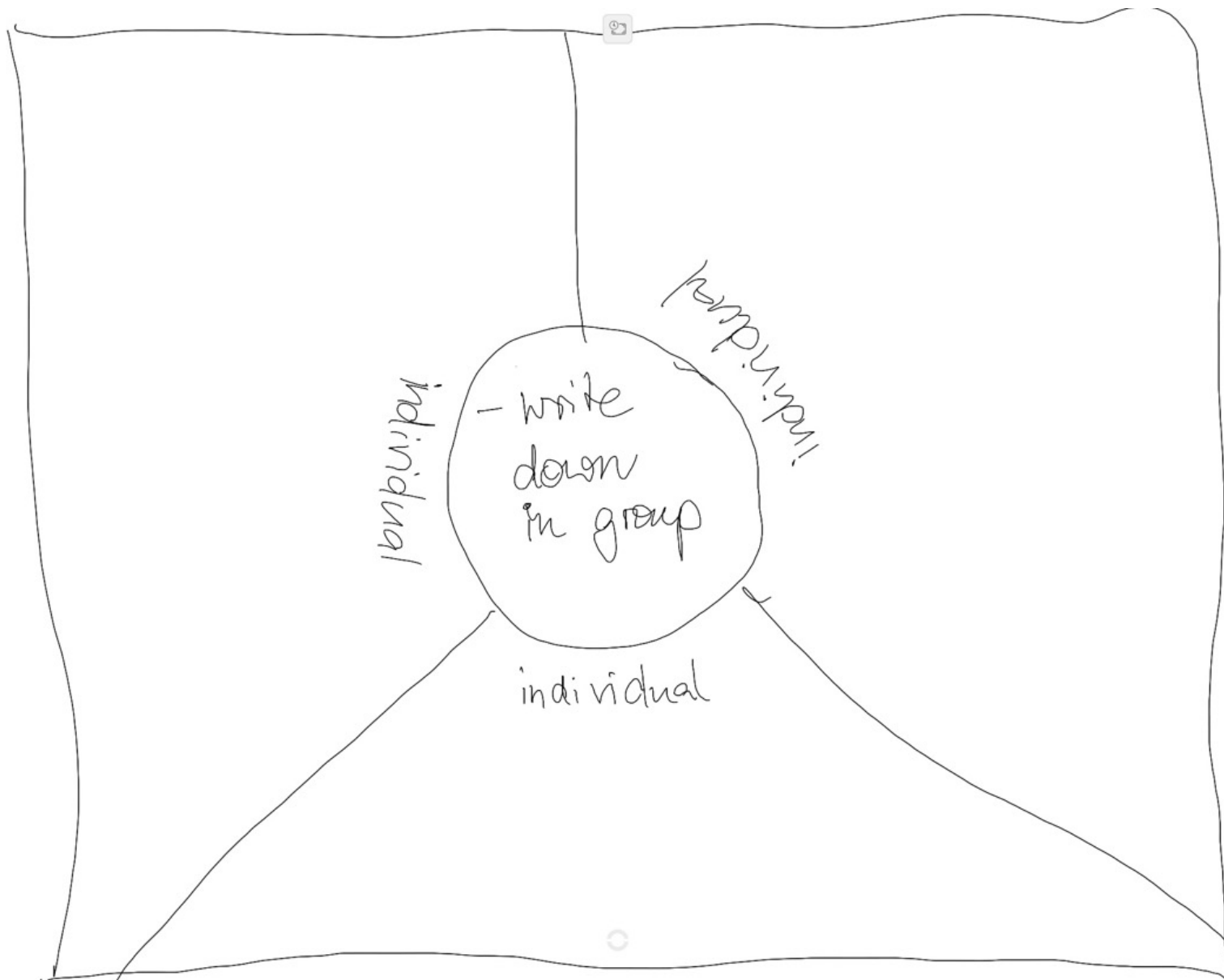
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# Share our expertise: World Cafe

- We sit together in groups of three
- 1) individuals
  - think about your situation in your lesson
  - Pro and contra
- 2) small group
  - Share your thoughts
  - Put them together
- 3) World Cafe
  - One person of each group shares the groups main outcomes with the workshop
- 4) getting a bigger picture







share  
with  
everyone



# The full picture

- Online pressure (fame, range, expectations)
  - pressure by portraying an idealised version of normal life
- young people's challenges online
  - Myths versus reality
- encourages to look at the bigger picture.
  - bias between how the people show themselves on their social media account and how their life is in real
  - students use of social media
  - reflection of the difficulty of online pressure and social media

# Possible outcomes:

- “effect of social media on well-being differs from adolescent to adolescent” (Beyens, et al., 2020)
- which Social Media use affects adolescent’s mental health (Cingel, et al., 2022)
- Multidisciplinary team – find a professional approach for every individual patient

# Another example

- My approach at the moment is:
- Talking to the student in a 1:1 situation about the use of the internet and how to find facts (not talking about risks and dangers and not about a safer internet)
- „The internet made me to what I am today“
- Boy, 14 years old, gay
- Reddit (social news aggregation, content rating and discussion website)
- The boy was suicidal and had to go to a high security psychiatric unit



# Active media education

- Active media education
  - Make you own fake news
  - Make your own instagram account with privacy settings
  - Make a plan how to activate privacy settings that fit to your media use
  - Write articles.

# Secondary school

- Make your own fake news
- Search for: fake news generator in your language

- 

08:58

96%

## Scientifical breakthrough! Bananas growing in Germany

6. Mai 2023

327  
mal geteilt



Incredible: Scientifical breakthrough in growing Bananas on German ground. Germany is not reliant any more to the world trade market in buying their beloved food: bananas.

As 90% of the bananas that are sold to the EU, are ment to be for the German market, this is a real step into national independence. Germany has its own Banana plants in south Germany, where there is enough water to raise the bananas. They can be picked when they are yellow and must not ripe in boxes. Germany's bananas are a pure natural pleasure.

## There is an alternative to Facebook Meta: the HOPE Universe

By A PARTICIPANT OF THE CONFERENCE

Pedagogues of the world are coming together this week in Milan. They want to shape the future with Media Education. To get there, they will sit in a circle and share their latest research, practices in education, health and wellbeing of young people with health care needs. One of the participants of the workshop "Media Education and Mental Health" told the newspaper: "We want to build an alternative to facebook meta. With our gathered intelligence of experienced hospital pedagogues we will make that work, I have no doubt. The new universe will be called HOPE universe."



Reuters

start today with hopes for an increase in the worldwide moose population compared to last year's disappointing figures. Among the traditional early reporters were Egypt, returning figures of six moose, a twenty percent increase on 2011's figures of five, and Uruguay whose moose population remains stable at eleven.

According to Robbie McRobson, head of the UN Moose Preservation Council, worldwide moose numbers are expected to grow markedly on last year due to the traditional moose strongholds of Canada and the United States, with the larger developing moose ecologies also poised to make gains. The largest percentage increase in moose will likely come from China", says McRobson, The Chinese government has invested heavily in moose infrastructure over the past decade, and their commitment to macrofauna is beginning to pay dividends". Since 2004 China has expanded moose pasture from 1.5% of arable land to nearly 3.648% and moose numbers are expected to rise to 60,000 making China a net moose exporter for the first time. This is good news for neighbouring Mongolia, a barren moose-wasteland whose inhabitants nonetheless have an insatiable desire for the creatures. The increase in Beijing-Ulanbataar trade is anticipated to relieve pressure on the relatively strained Russian suppliers, but increase Mongolia's imbalance of trade with its larger neighbour.

Historically the only competitor to China in the far eastern moose markets has been Singapore but the

Yet again the global demand for moose will be met largely by the US and Canada. The recession-hit States is taking comfort in its moose growth figures with gross production expected to break 700,000 and net exports to grow by 2%. The worldwide dominance of Canada shows no signs of abating though with this year's moose population expected to match last year's record figures of one hundred million billion.

Europe's rise as an international moose power will slow slightly this year as a response to the European Union's move towards standardising the European moose. Stringent quality controls are holding back the development of the eastern european populations compared to last year when they contributed significantly to europe's strong growth figures. Norway, which is not an EU member but has observer status, strengthened in numbers relative to the Euro area with numbers of Norweigan moose, known locally as elk" expected to rise for the tenth consecutive year, particularly thanks to a strong showing in the last quarter.

As moose season reaches its close, researchers world wide are turning to science in an attempt to boost next year's figures. NASA stunned the scientific community today with the announcement of their discovery that the moon is significantly smaller than previously believed. This conclusion, which is the conclusion of a ten-year collaborative project, will have profound implications for the moose community as the gravitational field

# Secondary school

- Write an article about
  - how you use the internet
  - how you activate privacy settings
  - how you

# Primary school

- Digital books to create content



*Junge: "Ich weiß nicht, wo **ist** mein Bleistift."*



*Lin: "Ich weiß nicht, wo mein Bleistift ist."*



*Junge: "Ich weiß nicht, wo **ist** mein Bleistift **ist**."*



*Junge: "Ich weiß nicht, wo mein Bleistift **ist**."*

# Primary school

- Write to a picture and express yourself

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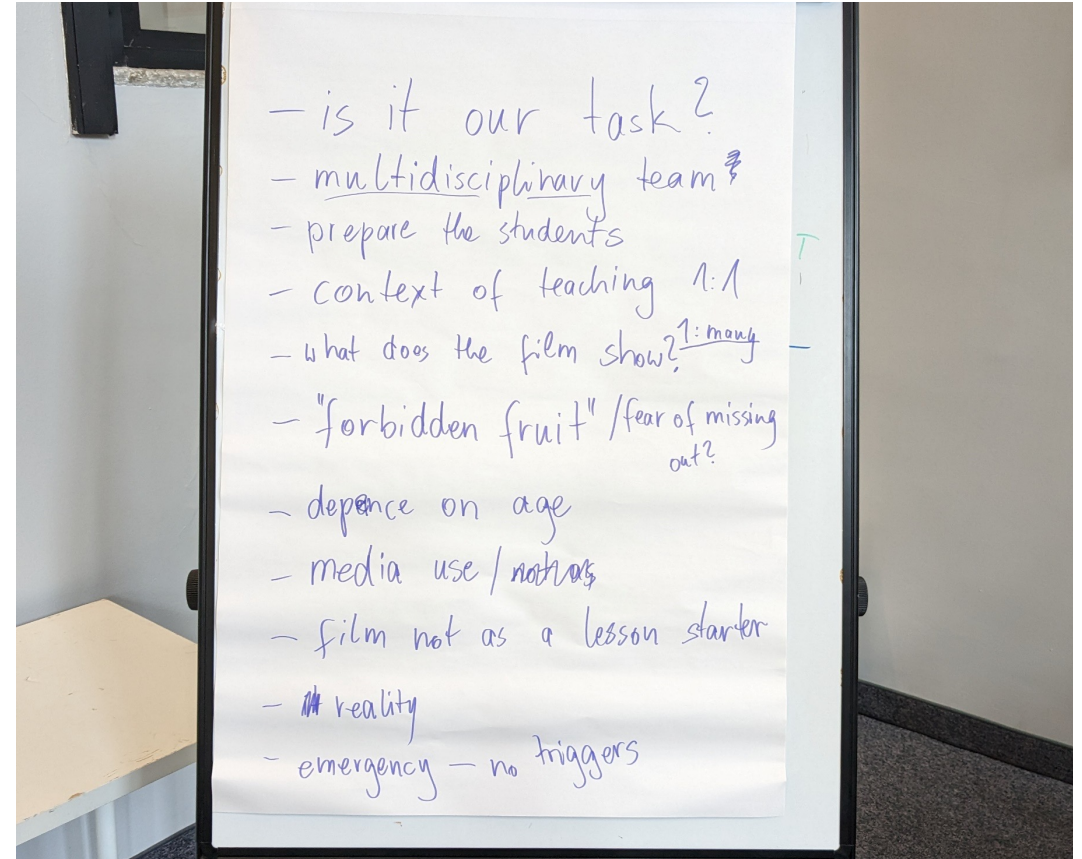
Der Wind hat einen  
besonderen Namen.  
Er heißt. orkan.

Der orkan hat den  
Baum umgeworfen.

von Vulkan

# Our world cafe

- Is Media Education our task?
- multidisciplinary team
- prepare the students in advance
- context of teaching
  - 1:1 or to a group?
- dependence on age
- film not as a starter but in the middle of a lesson
- Face reality: the pressure of Social Media is here
- Emergency units: not triggers



Thanks to all of us for our think thank !

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