



## Student Guidance: Social Media & Online Trends

Social media can be fun and a great way to connect, but online pressure and fast-moving trends can sometimes lead to problems. Knowing how to pause and think before you act helps you stay safe and in control.

Online spaces can influence real-life decisions more than we realise. Group chats, viral trends and quick comments can escalate quickly. What feels small in the moment can have bigger consequences later. Building safe habits online protects both your wellbeing and your future.

### Understanding online influence

- Group chats can encourage quick decisions without thinking
- Trends can make risky behaviour seem normal
- Online actions can affect real-life relationships

### Think before you post

- Ask yourself: would I be okay if a teacher or parent saw this?
- Pause before sharing screenshots or private messages
- Remember that deleting something does not always remove it

### Recognising pressure

- Feeling pushed to join in or respond immediately
- Being told “everyone is doing it”
- Worrying about missing out if you don’t engage
- It is okay to step back or mute conversations

### Avoiding escalation

- Do not reply when angry
- Take screenshots and step away instead of arguing
- Avoid sharing rumours or unverified information

### Protecting yourself

- Keep personal details private
- Use privacy settings on apps
- Block or report accounts that make you uncomfortable

### Ask for help

If something online feels unsafe:

- Speak to your college pastoral team
- Visit [Kooth.com](https://www.kooth.com)