

Aspire Award: Social Media & Mental Well-Being

Level: Level One



In successfully completing this unit, the learner will have	Evidence needed
shown knowledge of 1. what is meant by the terms 'social media' and 'mental wellbeing'	Summary sheet and/or student completed work
2. at least three different types of social media	Summary sheet and/or student completed work
3. a minimum of three major factors relating to mental wellbeing	Summary sheet and/or student completed work
4. how social media can be used as a means of mental wellbeing support in different groups	Summary sheet and/or student completed work
5. at least three risks when using social media	Summary sheet and/or student completed work
6. one example of how using social media could impact on mental health and wellbeing	Summary sheet and/or student completed work
7. at least one source of support for individuals affected by issues related to the use of online platforms	Summary sheet and/or student completed work
8. at least three ways in which to foster healthy social media practices to improve their own mental wellbeing.	Summary sheet and/or student completed work