ASDAN

Independent Living Module 3

Health & Fitness

1. Learners are to investigate and write a report on the impact of Social Media on a young person’s Mental Health and their Wellbeing.
2. The Learners are to choose only **one area** from the following list:
3. All Social Networking Sites they have accounts with (ie: Facebook, Twitter, TikTok, Messenger, Instagram, WhatsApp, Snapchat)
4. Drugs and/or Alcohol
5. School or college exams
6. Bullying (including Online)
7. Other
8. Learners should consider the below areas in their findings and need to include statistics in their report.
9. The time they spend on Social Media daily/weekly
10. Do they think their mood has changed and if so, why
11. Impact on other family members & friends.

Can you please witness that the above has been carried out and sign and date below to ensure we have documented evidence.

If you could take some photos of the learners dish that would be an advantage.

I can confirm that I have witnessed ..........................complete the above tasks on the ……………………… 2020.

Signed …………………………. Parent/Carer/Witness

If you have any problems with the above please contact your Tutor, Bryony at [bryony.reck-smith@macintyreacademies.org](mailto:bryony.reck-smith@macintyreacademies.org)