

Unit Title: Social Media and Mental Wellbeing	
Level:	One
Credit Value:	2
GLH:	16
OCNLR Unit Code:	PA1/1/LQ/032
Ofqual Unit Reference Number:	D/616/9567

*This unit has 4 learning outcomes*

LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
1. Understand what is meant by the terms 'social media' and 'mental wellbeing'.	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. Understand the benefits and risks of existing forms of social media in relation to diverse groups.	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. Know how to access support for issues that affect mental wellbeing when using online platforms.	3.1. Identify at least one source of support for individuals affected by issues related to the use of online platforms.
4. Know how to foster healthy social media practices that can improve mental and wellbeing in self.	4.1. Identify at least three ways in which to foster healthy social media practices to improve own mental and wellbeing.

## Assessment

The grid below provides suggestions for the types of assessment activities that can be used with the unit attached to provide evidence for the learner's portfolio. Please refer to the OCN London Assessment Guidance document for definitions of each activity and the expectations for assessment practice and evidence for moderation.

Case Study	✓	Project	
Written question & answer/test/exam	✓	Role play/simulation	
Essay		Practical demonstration	
Report		Group discussion	✓
Oral question and answer	✓	Performance/exhibition	
Written description	✓	Production of artefact	
Reflective log/diary		Practice file	