BBC TEACH

How to manage your online self-image and identity
https://www.bbc.co.uk/teach/articles/ztth9ty

Type of resource
Video: (3 mins 39 secs)   Article (2min read)

Learning objectives
- *Online v offline: Learn/pay attention to/be careful about how your online identity might be different from your real-life identity. For example, people can use avatars or usernames in a way that's deliberately different to who they really are. That <u>can</u> be a good thing, but don't lie and be untrue to who you really are.*
- *Stay positive: Understand how the internet can influence how you see yourself and others. It's important to be kind to yourself and not compare yourself to others online.*
- *Ask for help: Know that if something online makes you feel uncomfortable, sad, or unsure about your identity, or someone else's, it's okay to ask a trusted adult for help or support.*

Content summary
- Presenter introduces the topic of self-image and identity online, giving examples of how someone might express themselves.
- Presenter uses the analogy of a fancy-dress party to further illustrate the idea of self-image and identity online.
- Dramatisation of a young person exploring their image and identity online, deciding how they should best design their avatar and to represent themselves as their true self.
- Presenter offers final top tips and advice.

Glossary
- **Self-Image:** the way you feel about yourself and your personality.
- **Identity:** what makes you you (e.g. your background, what you like and dislike, your hobbies, etc).
- **Avatar:** an online character that represents you.
- **Username:** the name you create for yourself online.

Topic introductions and starters	- What do you think we mean by the word 'identity'? - How might someone show their identity when they are online? - Why might someone not be their true self online?

Discussion points	• Why do you think the character in the film started by choosing skateboarding as an activity for their avatar? • Why did the character in the film nearly not choose fantasy stories and painting as activities for their avatar? • What did the character in the film remember that their teacher had taught them? • Why is it important that we are our true selves online?
Activity ideas	• Design your own avatar for a new game, and label your avatar to explain how it represents who you are. • Using your name, write an acrostic poem to reflect your identity. • Create a top tips poster, advising other young people to be their true selves online.