

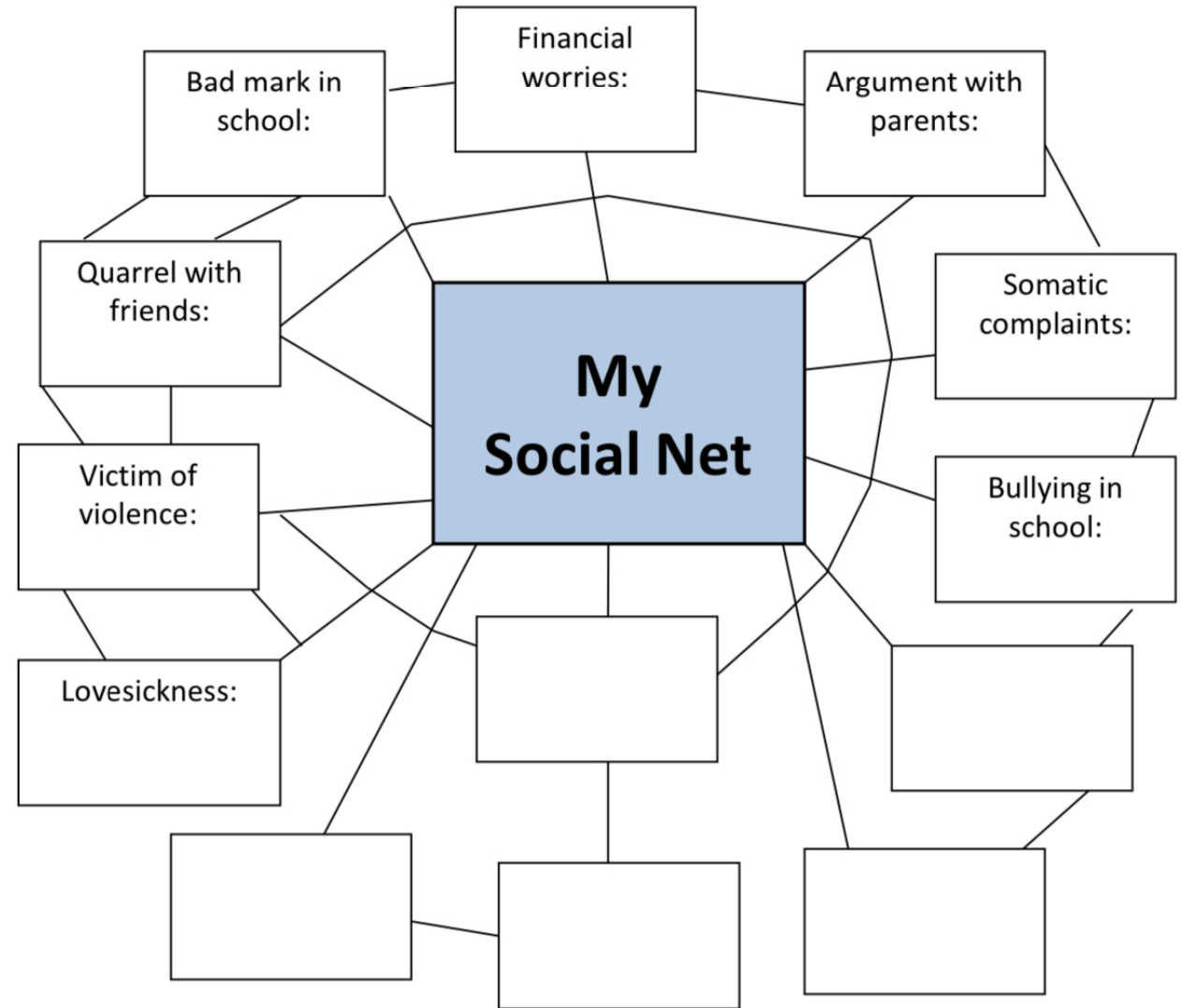
Social resources

Aspects in school life



Introduction

- Social resources are an important aspect in our lives
- We rely on them every day when we have smaller or big problems
- They are based on our social ties with different people
- They are also important in our school life to communicate with teachers and other students etc. But they also have drawbacks



How does the social network look like at our schools?

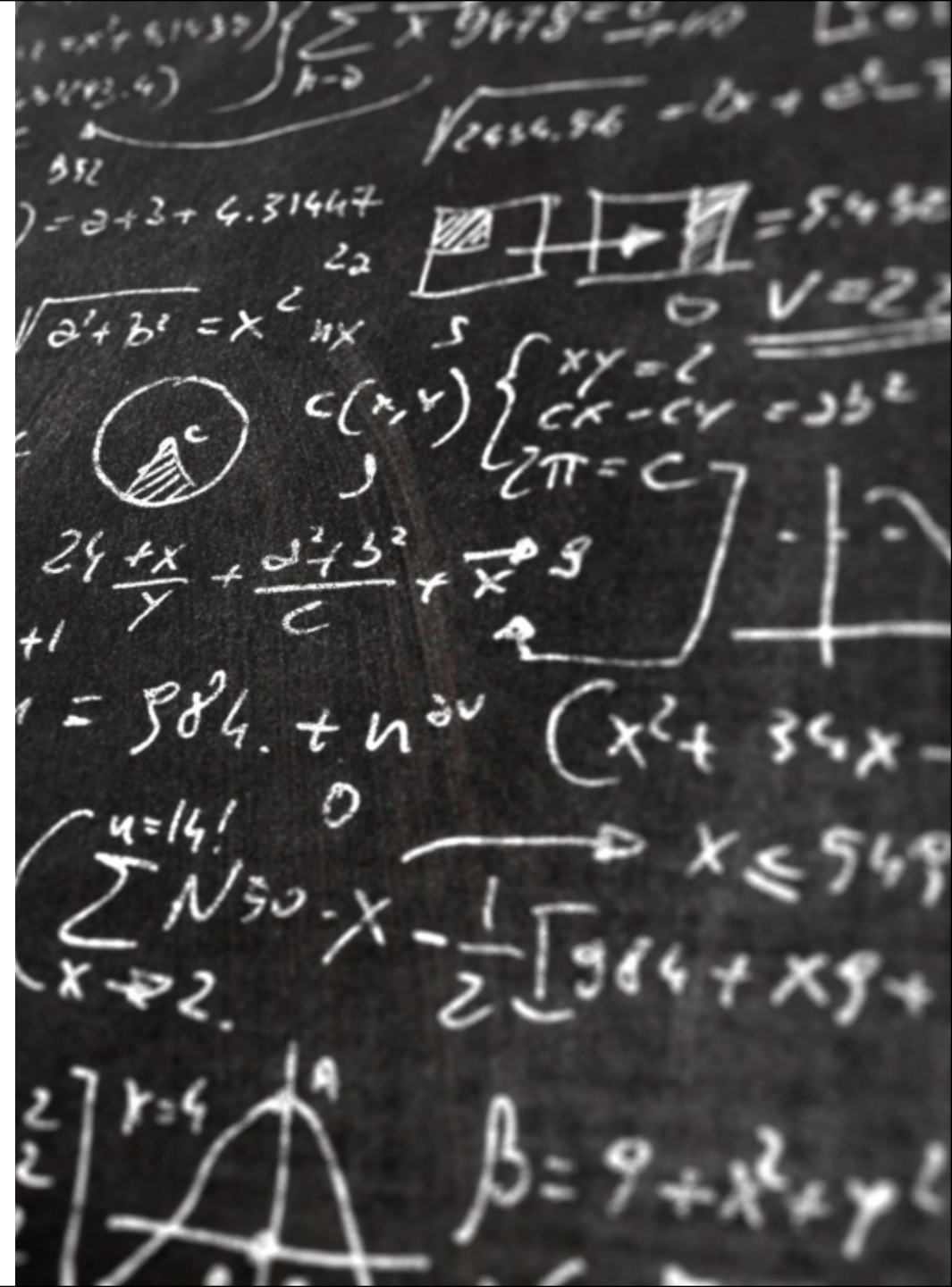
Bielefeld:

Digital:

- Uses a system called 'Iserv' where everybody has their own account and an email address
- You can read your emails there, teachers can set appointments, students can see their timetable etc.
- Apart from that, the school uses Microsoft Teams and other Microsoft programs

Non-digital:

- There's a possibility to talk to the teachers at school
- There is a counsellor and 'Streitschlichter' available



How does the social network look like at our schools?

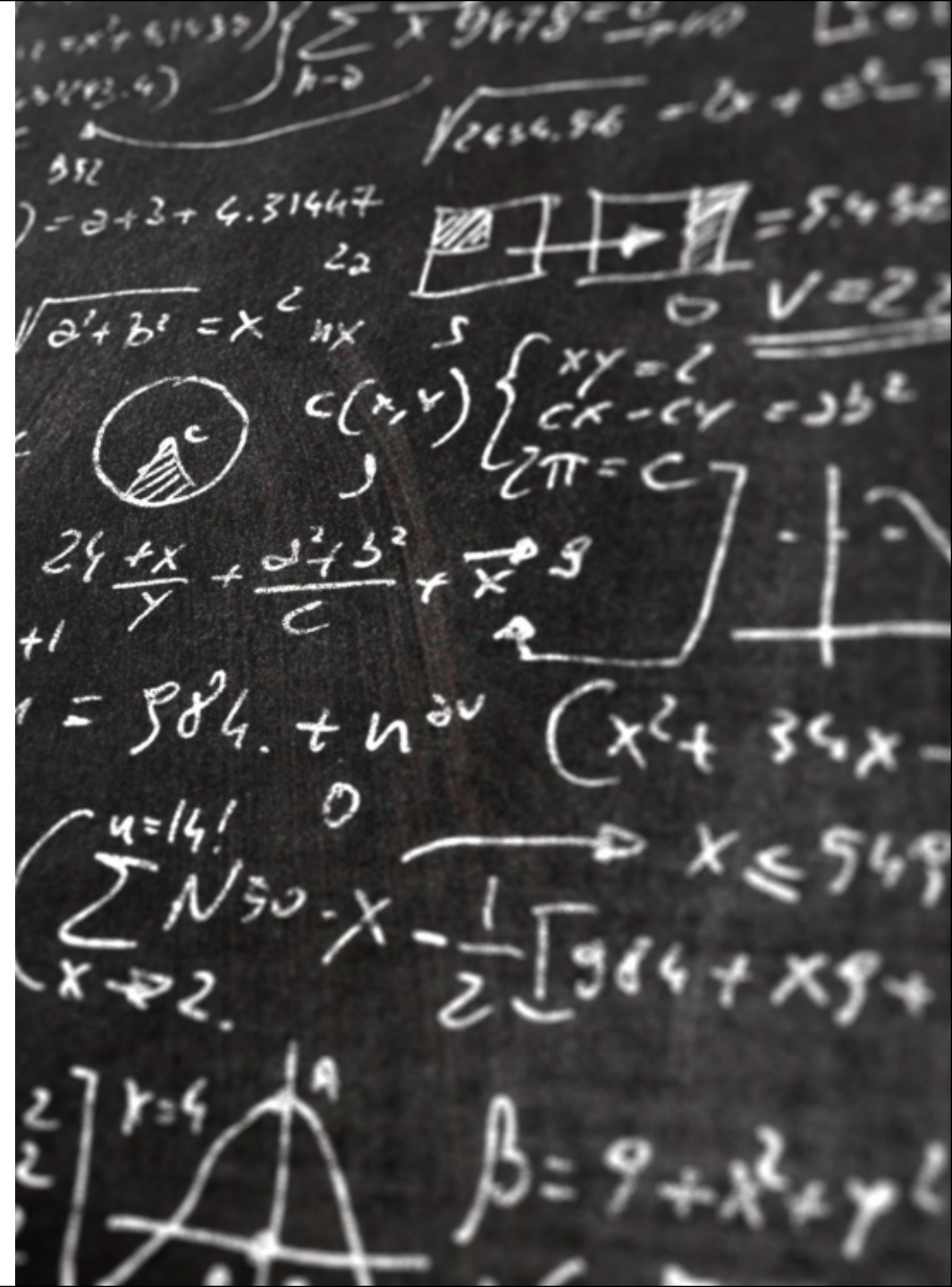
Pärnu:

Digital:

- Uses an App called 'ekool'
- Teachers can upload homework there and students can see their grades
- Additionally, the school uses Microsoft Teams to communicate and other Office programs

Non-digital:

- There's a social pedagogue available



How does the social network look like at our schools?

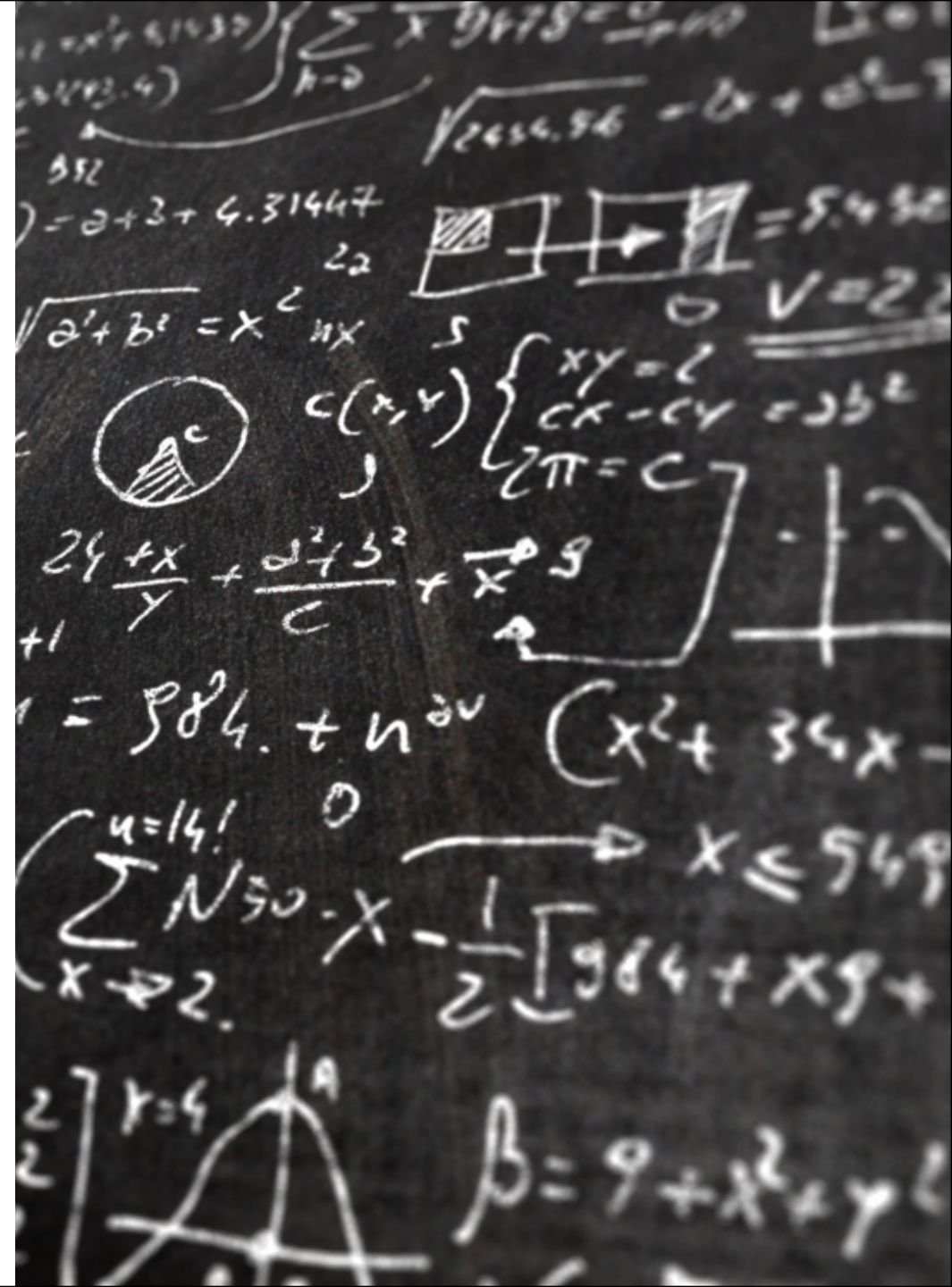
Verona:

Digital:

- They use Google Classroom, that means every student has an email, a classroom group to share digital content.
- They use an online register to communicate with families, make appointments online, and register marks

Non-digital:

- During the school periods you can speak with a psychologist about problems at school and in your private life to find solutions together
- There is a class tutor for each class to manage everyday problems



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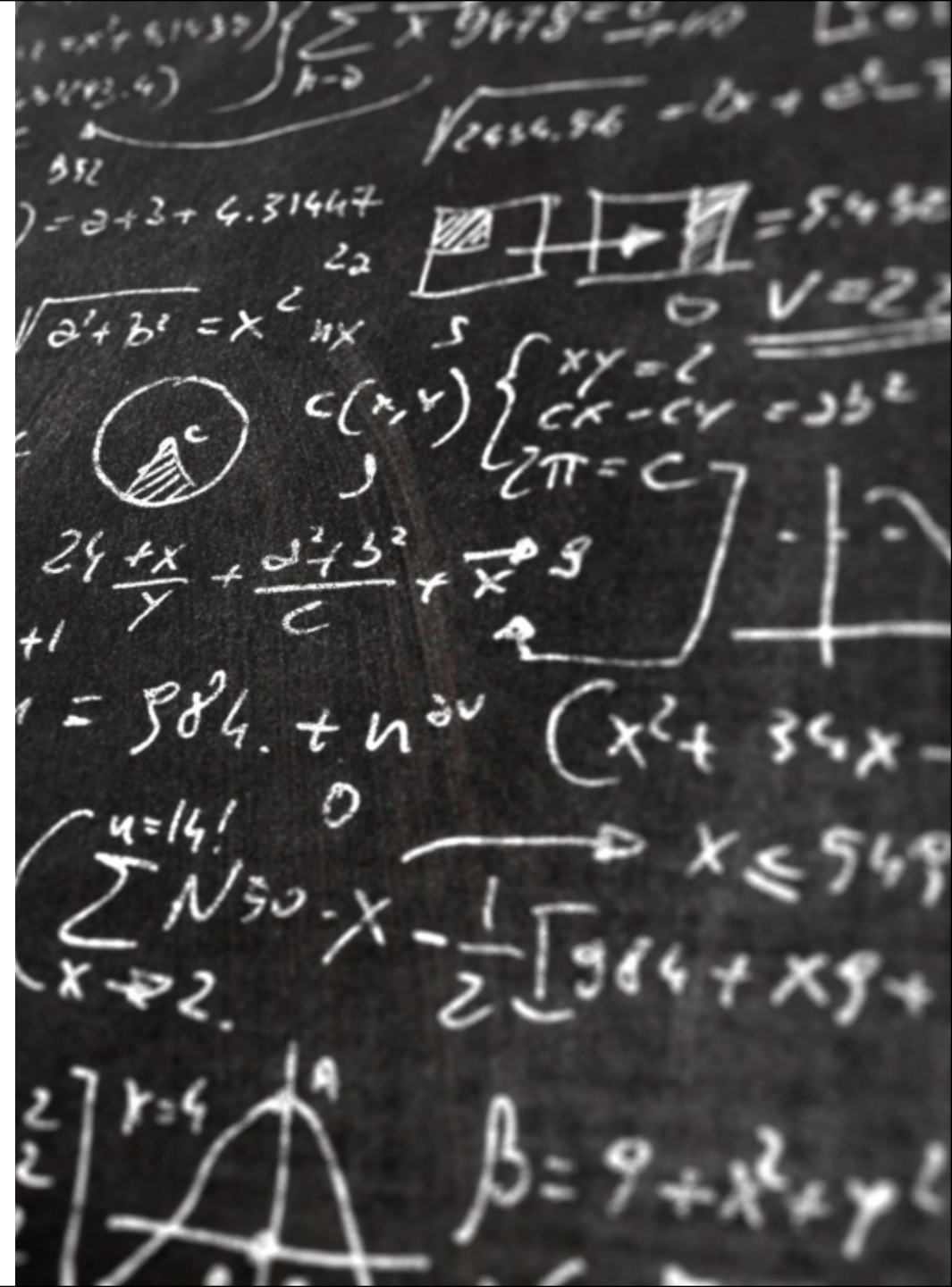
Xàtiva:

Digital:

- School email to do homework

Non-digital:

- Speaking to teachers in school
- There is a psychologist and a councillor available to talk about problems



Positive aspects

- It's easier to catch up when you missed some lessons
- You can more easily get in contact with people when you don't have their phone number
- It's easier to do group projects at home
- When you have problems (at school or anywhere else) you have the chance to get help and support at school (especially when you cannot talk to your parents about these problems)





Negative aspects

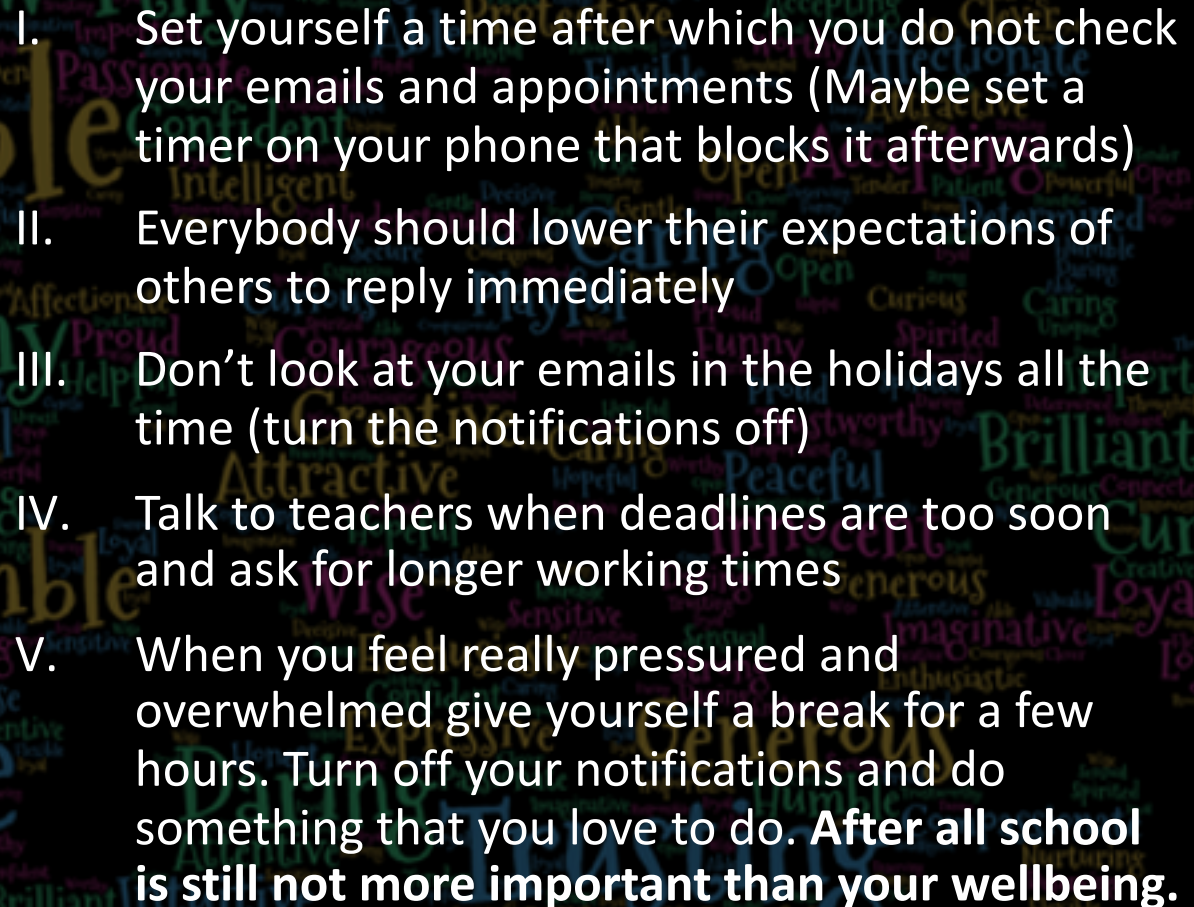
- We are all always connected since most of us can read their emails/see their appointments on their phones
- A lot of students and teachers expect from others to respond immediately at any time
- It is hard to take a time-out or break
- It can also lead to a lot of pressure and social stress

What is social stress and what are its effects?

- Social stress is caused by social problems like isolation, difficult relationships or discrimination
- It can also be caused by social pressure and feeling overwhelmed
- Apart from the normal symptoms of stress like headaches, constant social stress causes serious mental illnesses like depression or anxiety
- The brain releases a lot of chemicals and hormones to cope with stress. A huge amount of those, over a long period of time, lead to illness



**5 things
everybody
can do to
reduce the
negative
effects of
stress at
school**

- 
- I. Set yourself a time after which you do not check your emails and appointments (Maybe set a timer on your phone that blocks it afterwards)
 - II. Everybody should lower their expectations of others to reply immediately
 - III. Don't look at your emails in the holidays all the time (turn the notifications off)
 - IV. Talk to teachers when deadlines are too soon and ask for longer working times
 - V. When you feel really pressured and overwhelmed give yourself a break for a few hours. Turn off your notifications and do something that you love to do. **After all school is still not more important than your wellbeing.**



Social resources

Outside school

How does our social network look in general?

- We communicate with friends & family when we see them in person
- We use a lot of messaging (via WhatsApp etc.)
- There's the possibility of calling (video chatting or phone calls)
- We also communicate through Social media



Positive aspects

- We're always able to connect with our loved ones
- We can communicate with people even if we are far away from them
- We feel more connected with friends and family
- It's easier to stay up-to-date on someone's life
- We can easily share memories and parts of our lives with others

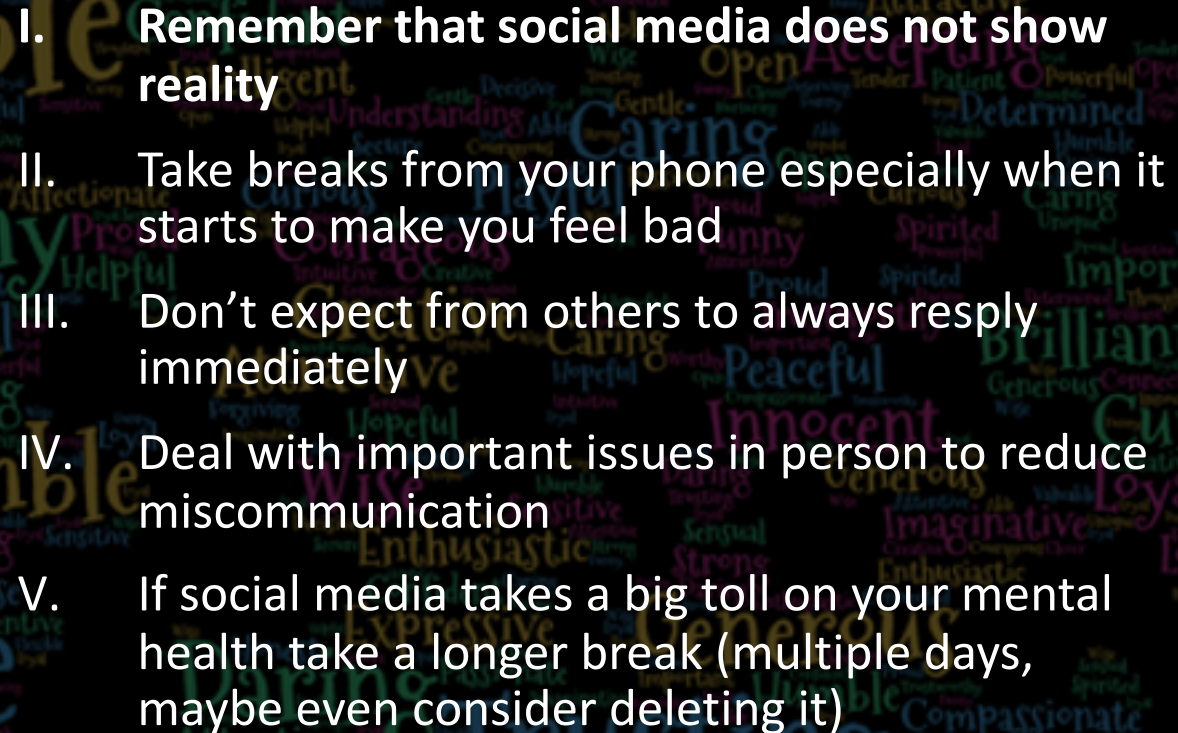


Negative aspects

- There is a huge pressure to be always available because it's so easy to communicate
- Since a lot of our communication is over messages there is a bigger chance to miscommunicate because things like facial expressions are not visible there
- Social media confronts us with seemingly perfect lives (it only shows people's good sides, not the bad ones). That can lead to a wrong body imagine
- We are also confronted with a lot of bad things both in the news and in other people's personal stories that are shared on social media (Our mind is not made to deal with that many bad things)



**5 things
everybody
can do to
reduce the
negative
effects of
stress from
social media**

- 
- I. Remember that social media does not show reality
 - II. Take breaks from your phone especially when it starts to make you feel bad
 - III. Don't expect from others to always reply immediately
 - IV. Deal with important issues in person to reduce miscommunication
 - V. If social media takes a big toll on your mental health take a longer break (multiple days, maybe even consider deleting it)

A large, dense network of stylized human icons (men and women of various ethnicities and ages) connected by a web of dashed lines, representing a global or interconnected community. The background is a light gray gradient.

Thank you for listening