

What's happening in the news this week?



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Let's have a look at this week's poster!

9th - 15th February 2026



Social media



**Should children
have social media?**



Let's look at this week's story

Adults in the UK are talking about whether children under 16 should be allowed to use social media, as the government is considering new rules to help keep children safe online. Some people believe social media helps children stay connected, while others worry it can affect wellbeing and mental health. During Children's Mental Health Week, the story reminds us how important it is to look after our mental health both online and offline.



Learn more about this week's story [here](#).
Watch this week's useful video [here](#).
This week's Virtual Picture News [here](#).



How does it make me feel?



sad

despondent
disconsolate
dismal
doleful
downhearted
forlorn
gloomy
melancholic
miserable
woeful
wretched

angry

aggrieved
annoyed
discontented
disgruntled
distressed
exasperated
frustrated
indignant
offended
outraged
resentful
vexed

happy

beaming
buoyant
cheery
contented
delighted
enraptured
gleeful
glowing
joyful

confused

addled
baffled
bemused
bewildered
disorientated
indistinct
muddled
mystified
perplexed
puzzled

excited

animated
elevated
enlivened
enthusiastic
exhilarated
exuberant
thrilled

worried

agitated
anxious
apprehensive
concerned
disquieted
distraught
distressed
disturbed
fretful
perturbed
troubled
uneasy

overwhelmed

engulfed
inundated
overburdened
overloaded
saturated
submerged
swamped

afraid

alarmed
apprehensive
daunted
fearful
frantic
horrified
petrified
terrified

guilty

ashamed
compunctious
contrite
culpable
penitent
responsible
rueful

jealous

bitter
covetous
desirous
envious
envying
resentful
wary

thankful

appreciative
grateful
gratified
indebted
obliged
relieved

shocked

astonished
astounded
disconcerted
distressed
dumbfounded
horrified
staggered
startled
stunned
surprised

disgusted

affronted
appalled
horrified
repelled
repulsed
revolted
sickened

inspired

activated
encouraged
exhilarated
galvanised
influenced
motivated

embarrassed

ashamed
awkward
chagrined
demeaned
discomposd
humiliated
self-conscious
uncomfortable
uneasy
unsettled

interested

absorbed
captivated
curious
engaged
enthralled
fascinated
gripped
intrigued
riveted

This week's story looks at events related to ...





Read the information below, which explains a little more about social media and the possible changes. Do you think the changes are a good idea?

Social Media Changes

Why is it in the news?

The UK government is considering new rules that might stop children under 16 from using social media, following similar laws in other countries.

Why are people talking about it?

Some adults are worried social media can affect sleep, anxiety and friendships, so they are asking how to help children stay safe online.



What is social media?

It's online websites and apps, where people share photos, messages, and videos – examples include TikTok, Instagram, YouTube, and Snapchat.



Pictured above: Social media icons.

Source: Brandly.



Around the world

Australia has already banned children under 16 from many social media platforms, and other countries like France are thinking about similar rules.

Different opinions

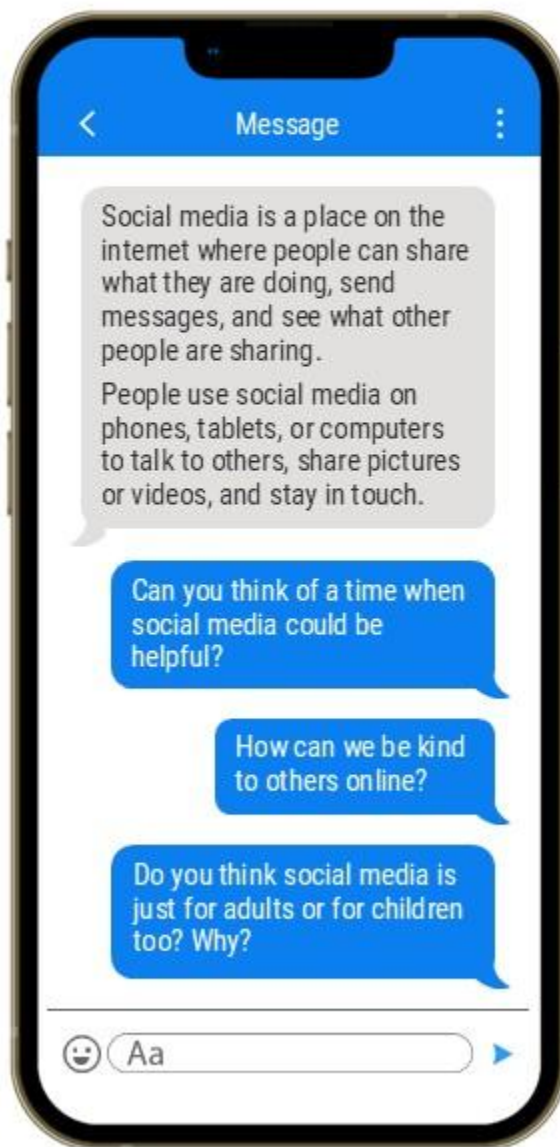
Not everyone agrees a ban is the best answer. Some think children should learn how to stay safe online when using social media instead.



Look at the resource below, which shows what social media is and what it is used for.



Video chat with friends or family.



Taking and sharing photos.



Sharing or listening to music.



Sending messages.



Learning new things.



Look at the resource below, which shares some information about Children's Mental Health Week and ways we can look after our mental health.

What is Children's Mental Health Week?

Children's Mental Health Week is a time when people focus on children's mental health and wellbeing.

When is it?

Children's Mental Health Week takes place from 9th - 15th February.

Why is it important?

Mental health affects how we feel, think, and manage everyday life. Talking about mental health can help children understand their feelings and know where to find support.



Talking to someone we trust.



Being kind to ourselves and others.

How can we look after our mental health?



Taking breaks from screens.



Spending time in places where we feel safe.



Doing things we enjoy.

Where is your safe place? Is it:



at home



at school



in a club or group



with friends or family

Why?

Can online spaces feel like a 'place' too? If so, how?



Social media



**Should children
have social media?**

Reflection



Technology can make us feel many different things. It's important that we feel safe, supported, and able to talk to trusted adults. We should remember that looking after our mental health matters both online and offline.



Media Literacy

I know to ask a trusted adult if I am unsure about a story.



Explanation: Let's consider how we can make sure we are using the internet in both a safe and positive way.



Analyse



Evaluate



Research



Act

Questions to Discuss

- What are some things that might make you feel unsure about what you are reading, watching, or listening to online?
- Who are the trusted adults in your life? What is a good way to start a sentence when you want to ask for help?
- Is it better to ask a trusted adult right away, or wait until you have finished watching, reading or listening? Why?

Reflection

Whenever you are unsure about something online, telling a trusted adult can help keep you safe.

Activity

In pairs, consider the following scenarios. Discuss what you would do in each online situation:

- Someone you do not know has asked you where you live.
- Something you have seen has made you feel uncomfortable.
- You have shared your password with a friend.



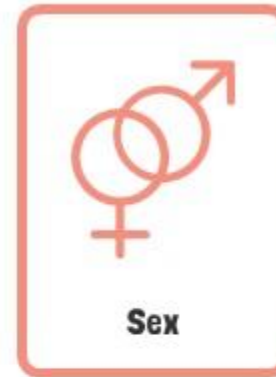
Rule of Law

The government is considering changing the law to protect young people's mental health and safety online. Laws are important because they provide clear rules that keep us safe from harm, ensure everyone is treated fairly, and help us live together.

Protected Characteristics



People should not be treated unfairly because of their age, however, sometimes rules are created to protect younger people from harm.





UN Rights of the Child



Children have the right to access helpful information from the internet and other sources of media. Adults have a responsibility to make sure the information is not harmful.



Useful Vocabulary



Anxiety

A natural feeling of worry or fear to protect you from something that feels scary, difficult, or uncertain.

Some adults are worried social media can affect sleep, **anxiety**, and friendships.

Mental health

How you think and feel about yourself and the world, which shapes how you relate to others and make choices.

Some people believe social media helps children stay connected, while others worry it can affect wellbeing and **mental health**.

Online

When an electronic device is connected to the internet, allowing you to talk to others, play games, and find information from all over the world.

The story reminds us how important it is to look after our mental health both **online** and offline.

Platform

A digital space or website where people can interact.

Australia has already banned children under 16 from many social media **platforms**.

Social media

A collection of apps and websites where people can create their own profiles to share photos, videos, and messages while chatting with friends and family online.

Adults in the UK are talking about whether children under 16 should be allowed to use **social media**.

Wellbeing

The practice of taking care of your mind and body so that you feel happy and healthy.

Some people believe social media helps children stay connected, while others worry it can affect **wellbeing** and mental health.

Can you use them in your conversations this week?

Picture News



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- Share what you know about social media already. Talk about its purpose and some of the channels you are aware of, e.g., YouTube, Facebook, TikTok.
- Read the information found on the **assembly resource**, which explains a little more about social media and the possible changes. Do you think the changes are a good idea?
- What do you think life was like before social media? Think about how people were entertained or how they shared information.
- Explain that some people think social media is a good thing for children, as it allows people to stay connected and you can learn from it. Others think that it can lead to spending too much time online and seeing information that is untrue. What do you think are some of the positive parts of social media and what do you think are some of the negatives? Can you make a list?
- Watch this week's useful video clip, which explores different views about social media. What do you think would be a good age to use social media? Do you think different sites should have different ages?

Reflection

Technology can make us feel many different things. It's important that we feel safe, supported, and able to talk to trusted adults. We should remember that looking after our mental health matters both online and offline.

Picture News



KS1 focus

What is social media?



- Think about the term 'social media'. What do you think it means? The word 'social' means spending time with other people or sharing. The word 'media' means ways of sharing information. This means that social media is about sharing and connecting online.
- Think about how you share things with friends or family at home or school. Can you give some examples? E.g., showing a drawing, telling a story, sending a message.
- Look at **resource 1**, which shows what social media is and what it is used for. What can you see people doing? Have you tried any of these before?
- People use social media for lots of reasons, e.g., to talk to friends, see what others are doing, watch videos, or share music. Can you think of other reasons people might share things online?
- Have you ever had something shared with you online or been shown an online message? How might that be different from sharing in-person?
- What are some of the things you should never share online? E.g., where you live, your passwords.
- Sometimes social media can make people feel happy, and sometimes it can make them feel upset. Can you think of ways to make sure sharing online is nice for everyone?

Reflection

Social media helps people stay connected and share what they are doing. If we think about how we use it, how it makes us feel, and how we can be kind online, we can enjoy sharing safely with others.

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KS2 focus

What is Children's Mental Health Week?



- This year Children's Mental Health Week's theme is 'This is My Place', which is about having a space where we feel safe, and able to be ourselves. What makes a place feel like yours?
- Think about your own special place. It could be at home, at school, or somewhere else. What makes this place feel safe and comfortable? What might stop a place from feeling like that?
- Look at **resource 2**, which shares information about Children's Mental Health Week and ways we can look after our mental health. What is one small thing that helps you look after your mental health?
- The places we spend time in can affect how we feel and how we treat others. How might school, home, and online spaces affect people in different ways?
- The UK government is discussing how social media can affect children's mental health. How might online spaces feel like a safe place for some people, but stressful for others? How is social media different from seeing people face-to-face? What problems might it bring?
- What do you think could be done to prevent anyone feeling unsafe online? Is a ban from social media the only option?
- Think together about how you can look after your wellbeing and enjoy your special places during Children's Mental Health Week, and beyond!

Reflection

Everyone needs places where they feel safe, supported, and able to be themselves whether online or offline. When we look after our mental health, those places become stronger for everyone.

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KS2 follow-up ideas

Option 1

In pairs, discuss the positives and negatives of being online.

Split the class into two teams. One team will argue that social media should be banned for under 16s and the other team will argue against social media being banned.

In your teams, debate whether social media should be banned for under 16s.

Use some argument starters, e.g., 'We disagree because...!', 'While the other team claims that...we think...!'

At the end, vote for whether a ban should take place or not.

Did anyone change their minds from their initial thoughts after hearing the arguments? Why?

Option 2

Discuss that, if you fall and scrape your knee, we can all see the injury. However, with our minds, it can be harder to see and understand.

Introduce the five pillars of mental wellness.

1. Connect: talking to friends and family.
2. Be active: move your body.
3. Take notice: think about what you see, smell, hear.
4. Keep learning: try something new.
5. Give: do something kind for others.

Draw an outline of a jar. In the jar, write down some practical ideas for each of the five pillars. E.g., be active – go for a walk, take notice – think of three different sounds you can hear.

Walk around and look at other jars. If there are any ideas you like, add them to your jar! Are there any ideas you might like to try this week? Why?

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KS1 follow-up ideas

Option 1

Discuss who is responsible for making sure you stay safe when you are at home or out and about, e.g., crossing a road or cooking. Will this stay the same as you grow up? Who is responsible for making sure you stay safe online? Why?

Discuss some different ways we can stay safe online.

Create a set of instructions, informing children how to stay safe online. Include information on when and how to tell an adult if something online makes them feel uncomfortable.

Option 2

What is the weather like today? Is it the same as it was yesterday? Does anyone know what the weather will be like next week? Discuss the fact that the weather changes.

Explain that we can talk about our feelings using the weather, e.g., a sunny day might be happy or excited, and a stormy day might be angry or frustrated.

On a paper plate or a piece of paper divided into four sections, draw four different weather feelings.

With a partner, point to the section on the plate that matches your current feelings and explain why. Discuss that the weather changes, and so do our feelings.

Think about:

What would happen if it was sunny or rainy all the time? Why do we need the weather to change? What might this tell us about our changing feelings? How might this help us if we are having some 'rainy' days?

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This week's useful websites

This week's news story

www.bbc.com/news/articles/cz0pnekxp8o

This week's useful video

Social media ban in Australia
www.youtube.com/watch?v=nPm46HLnPAc

This week's Virtual Picture News

www.picture-news.co.uk/discuss

This week's vocabulary

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TAKEHOME

9th - 15th
February



Should children have social media?



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Things to talk about at home ...

- > What rules or agreements can help us feel safe when using technology at home?
- > Can you think of ideas for families to help balance screen time and other activities?
- > What are some of the activities that you do online? Do you do different things online to others at home?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



Snow Much Olympic Fun!

The Winter Olympics is back for 2026, and lots of people are starting to get excited! The Games will be held in Italy, in two places called Milan and Cortina. The Winter Olympics is a special sports event, where athletes compete on snow and ice. Sports include skiing, skating, and snowboarding. The first Winter Olympics was held over 100 years ago, in 1924, and the Games take place every four years. Italy has hosted the Winter Olympics before. Cortina last welcomed the Games in 1956, so the snowy town is getting ready to welcome athletes again after many years. Teams from countries all around the world will take part, including Team GB. Some



Pictured: A skier on the slopes. Skiing is one of the Winter Olympic sports. **Source:** Canva.

athletes will be going to the Olympics for the very first time, which is a big moment for them. The Games will run from 6th - 22nd February. Co-founder of the International Olympic Committee, Pierre de Coubertin, once said, 'The important thing is not to win, but to take part.'

Which sport would you most like to watch or try?

Cooking Up A Little Help

A community group in Meir, Stoke-on-Trent, England, is giving out free air fryers. The group, Meir Matters, wants to help people learn how to cook healthy food. An air fryer is a kitchen machine that cooks food using hot air. It can be quicker than an oven, uses



Pictured: An air fryer. **Source:** Canva.

less energy, and does not need lots of oil to cook food so can be a healthier way to make meals. The idea comes after research was conducted by the University of Staffordshire. The findings showed that more people in the area need help with what they eat. Michelle Swift, who helps run Meir Matters, described the project and said its aim is to 'help people save money, eat healthy, do it on a budget and reduce waste at the same time.' Michelle talked about the project's impact on families, which 'saves them time and ... gets the family involved in cooking.'

Do you like to help cook at home? What is your favourite meal?

Does how we behave matter as much as how well we play?



Yes! Just because you are very good at football does not mean you can be mean or disrespectful.

Donna

Sending your name around the Moon!

NASA's Artemis campaign is sending four astronauts to fly around the Moon and back on the Artemis II rocket. The mission is to test NASA's deep space capabilities, as humans travel on the Space Launch System rocket and Orion spacecraft for the first time. NASA invited everyone to join in and feel part of the flight, by sending their name into space and getting their own boarding passes!



Pictured: An example of an Artemis II boarding pass. **Source:** NASA's Marshall Space Flight Center on Facebook.



Pictured: NASA's Artemis II rocket at the launch pad. **Source:** NASA's Marshall Space Flight Center on Facebook.

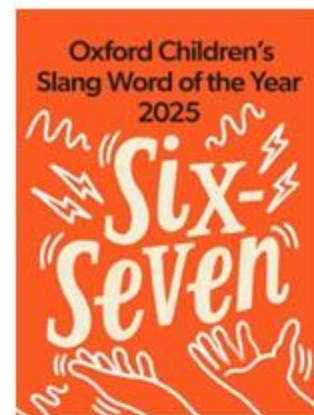
Over 3.5 million people will have their name launched around the Moon, alongside NASA astronauts Reid Wiseman, Victor Glover, Christina Koch, and Canadian Space Agency astronaut, Jeremy Hansen. Submitted names have been added to an SD card that will fly inside Orion, as the Artemis II mission launches to fly around the Moon! NASA says this flight is a step toward crewed missions to the lunar surface and will help the agency prepare for future astronaut missions to Mars.

Do you think this is a good way to help people feel involved and interested in space missions?

Where would you like to send your name?

'Six-Seven'

'Six-seven' has been named children's slang word of the year in a survey by Oxford University Press (OUP). 5,000 children from 6 to 14 years old were asked about their favourite slang words. Almost half (46%) chose 'six-seven' as their winner! 'Aura' came second (24%), followed by 'Delulu' in third place (7%). 'Aura' can refer to a person's vibe, with someone able to 'lose aura points' for uncool behaviour or 'gain aura points' for impressive acts. 'Delulu', comes from the word delusional, meaning believing things that are not real or true. Despite being voted the favourite word, 1 in 10 children who took part in the survey said they don't think 'six-seven' has a real meaning! Experts are divided as to its actual meaning, but say slang words can be used to help people feel connected, build a



Pictured: Six-Seven announced as Children's slang word of the year 2025. **Source:** University of Oxford on Facebook.

sense of belonging and identity, and promote communication and expression. Andrea Quincey, from OUP, said the phrase had brought 'laughter and joy and connection with friends.' They explained, 'We see how important it is for children to have agency over their language away from the grown-up world and share words that adults can't understand.'

Do you think that slang words are important? Have you ever said 'six-seven', 'aura', or 'delulu'?

Does how we behave matter as much as how well we play?



I think everyone should always be nice to people, but sometimes professional footballers feel a lot of pressure and can get annoyed.

James

Let us know what you think about this week's news



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help@picture-news.co.uk



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