



War and the flood of news – lesson plan

Material for grades 4–9



MANNERHEIMIN
LASTENSUOJELULIITTO

LAPSET ENSIN

Big events, such as wars,
quickly make headlines and
fill the social media



Please remember these things



1. Talk to others. It helps to say what you think and feel out loud. You are not alone
2. News from the war zone are frightening and you can find yourself turning them over and over in your mind. Take a break from social media and the news if you feel distressed, have trouble sleeping at night or cannot think of anything else.
3. Remember to check the facts. Do not believe everything you find on social media.
4. Breathe, remember that you are safe.
5. Take care of your ability to cope, it is okay to continue with your daily life. Daily routines help you cope.
6. The war is not the fault of ordinary Russians. Be kind and friendly to Russian-speaking friends.
7. There is always hope! Focus on the good.



The media content spreading on social media is emotive and even brutal. Think before you share and consider whether the content is worth watching.



It is perfectly okay to take a break from social media.

Identify the facts in the news and on social media



1. Fact or opinion?
2. Is the source reliable?
3. Learn to recognize news coverage based on biased values.
4. Identify hate speech and discrimination.
5. Do not pass on hearsay or questionable information.
6. Limit the time you spend on social media, if necessary.



**The war in Ukraine
evokes all kinds of
emotions. But it does not
give anyone the right to
bully and discriminate
against others!**

**Be kind to every single
person – also online.**



Characteristics of bullying that happens online

- Faceless communication, anonymity, people who do not know each other
- Independent of time and place
- Physical size, strength or age does not affect the position of the bully or the bullied
- Spreading messages and content widely
- Messages and content may be hard to remove
- Lack of supervision

Bullying is never okay. If you see bullying, tell an adult about it. Defend the bullied and show them compassion. Tell the bully that their behaviour is not acceptable



A photograph of three young women in a dark, industrial-style room with peeling blue paint on the walls. The woman on the left is in profile, facing right. The woman in the center is looking slightly upwards and to the right. The woman on the right is mostly obscured by shadow, with only her face and shoulder visible as she looks directly at the camera.

When the social
media and the news
are filled with war, it
is understandable to
feel worried,
anxious, frightened
or concerned.

g

Having a daily rhythm helps you cope when you are frightened

- Spend plenty of time **outdoors**, remember to exercise
- **Talk** to your friends and parents
- Enjoy a **hobby** and do something meaningful
- **Make sure** you get enough sleep
- **Do things** that put you in a good mood, such as playing games, baking, making crafts, spending time with family and friends.

What kinds of things calm you down, make you feel good and help you cope?

Share your tips.



A photograph of a group of young people, mostly girls, leaning against a dark, textured wall. They are smiling and making playful gestures like peace signs. The background is dark and moody.

MLL phone for children and young people:
free discussion support
p. 116 111, also chat and webletter
service (finnish)

[Seksuaalisuus](#)[Ihmissuhteet](#)[Kiusaaminen](#)[Mieli ja keho](#)[Netti ja media](#)[Koulu ja työ](#)[Apuja ja tukea](#)[Osallistu](#)[Mediataidot kuntoon](#)[Kriittisesti netissä](#)[Netinkäyttö ja pelaaminen haltuun](#)[Kavereita netistä](#)[Nettikiusaaminen](#)[Seksuaalinen häirintä netissä](#)[Laki ja netti](#)[Kysyttyä netistä ja mediasta](#)[ETUSIVU](#) / [NETTI JA MEDIA](#)

support,
information and discussions (finnish).
Nuortennetti | MLL

Thank you!



MANNERHEIMIN
LASTENSUOJELULIITTO

LAPSET ENSIN