



Media Influence



Self-Management, Module 2




AGENDA



1. Brainstorm popular trends on social media platforms (such as Facebook, Instagram, Twitter, TikTok, Snapchat, etc.)



2. Activity: In a group, complete the worksheet on different positive and negative influences in media.



3. Reflect and consider the apps and internet searches on your personal device: Are they positive? Do they align with who you want to be?

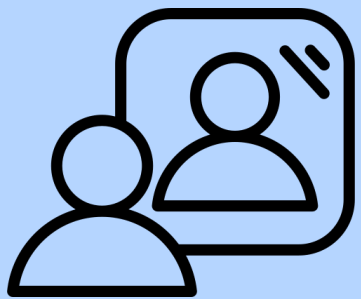
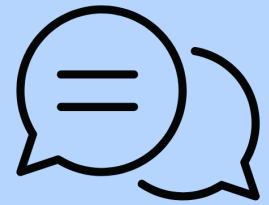


BRAINSTORM



In a group, brainstorm popular trends on social media platforms (such as Facebook, instagram, twitter, tiktok, snapchat, etc.)

Ask yourself: what topics are trending and popular right now? Such as dance trends, style, types of humor, comedy bits, etc. What are you being exposed to?

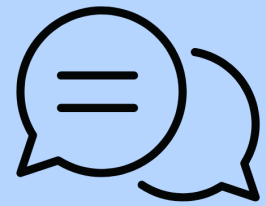


DISCUSS



As humans, we are designed to be social. Each civilization has its own cultures, traditions shared within the social group or community. In our modern day, we have the internet to provide additional social groups. These groups can provide a sense of community or belonging. As we continue to build our vision of who we want to be, we need to consider how we allow others to influence our choices.

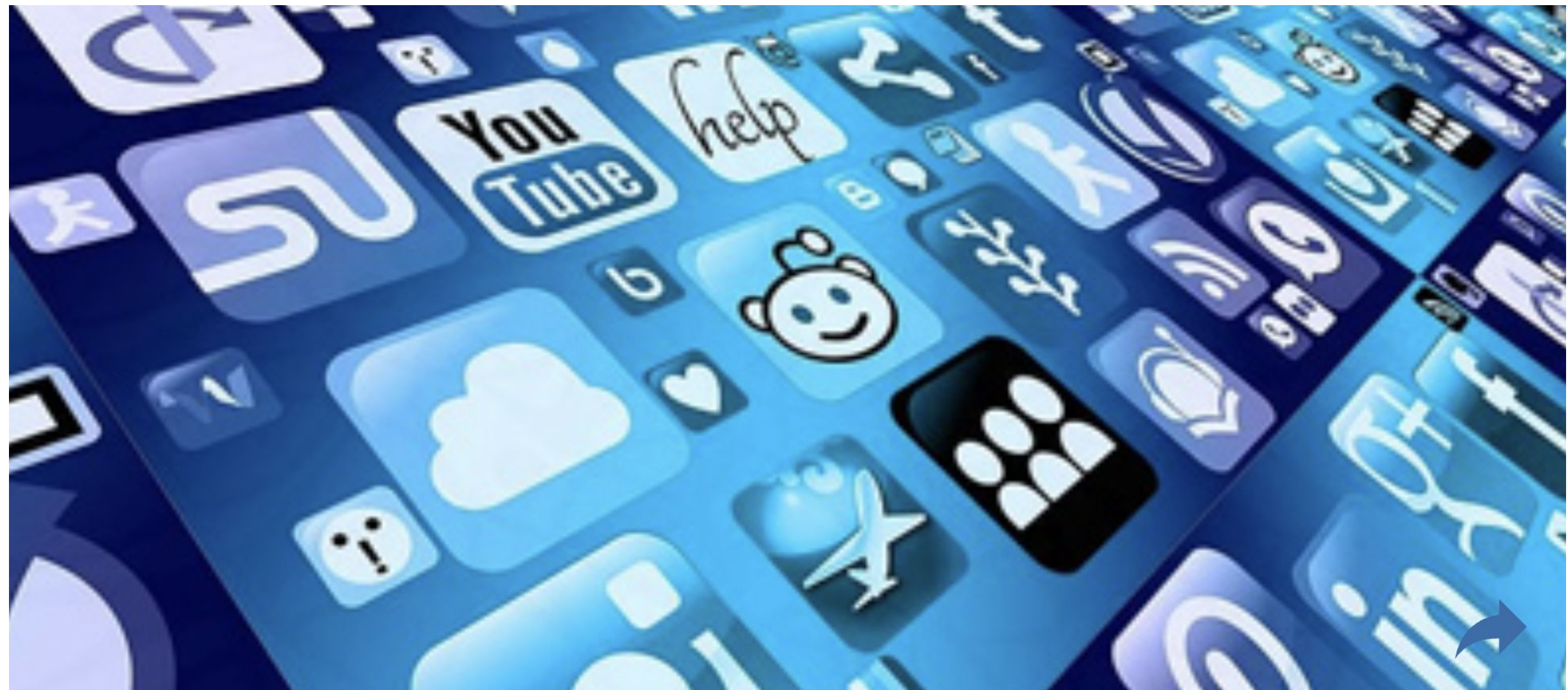


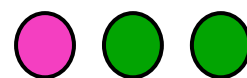
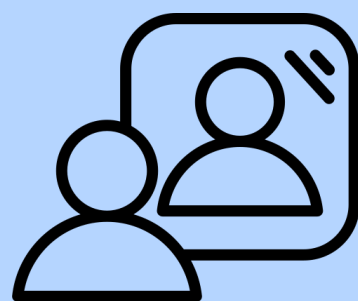


DIVE IN



To support your personal growth, you need to intentionally choose the influencers you follow and why you follow them. The internet provides infinite possibilities for information.



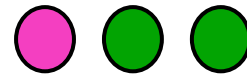
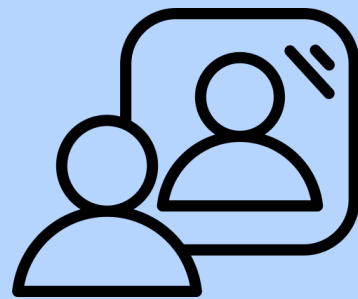
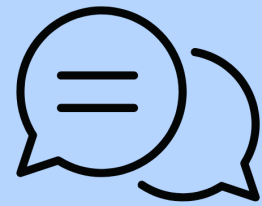


DIVE IN



Using the internet should be a tool to find information and resources.



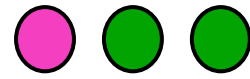


DIVE IN



Just like with research for an assignment, you should evaluate the integrity of the source.



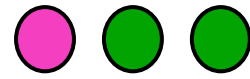
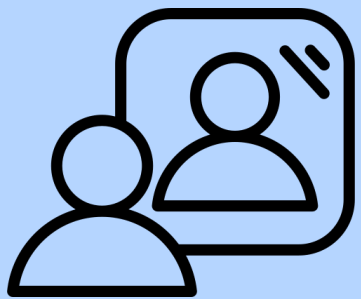
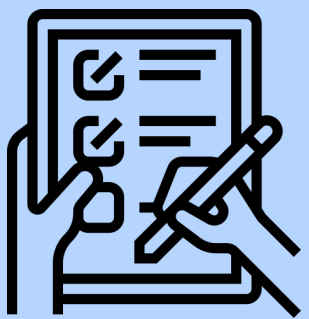
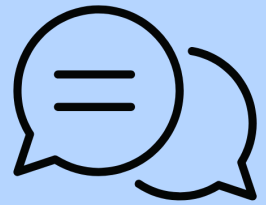


DIVE IN



Remember, just because it is on the internet, does not mean it is accurate or beneficial.

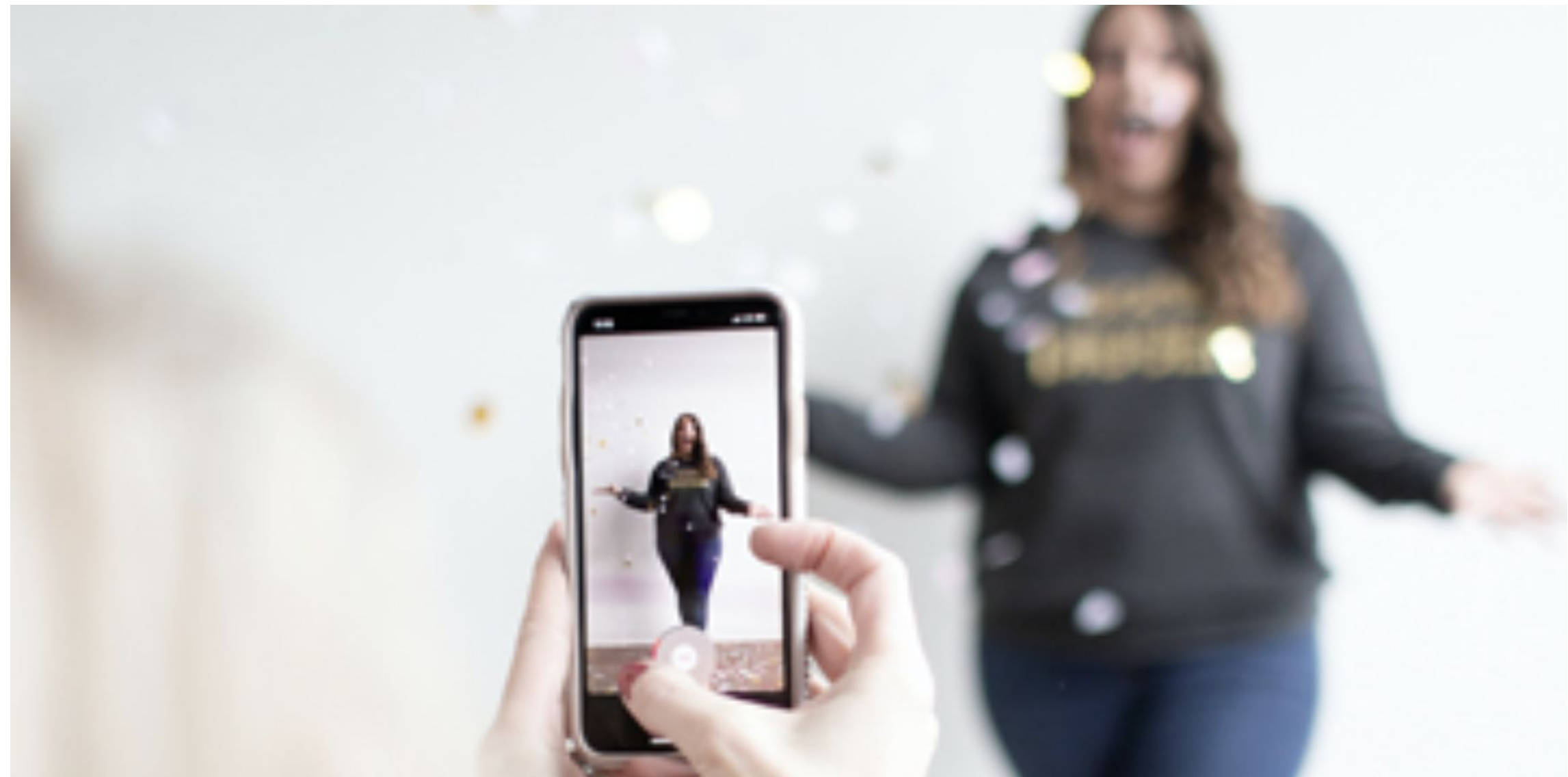


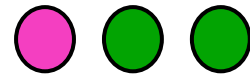


DIVE IN



Similar to the pressures for negative addictive behaviors, there can be pressure to participate in social media trends, or other media influences.



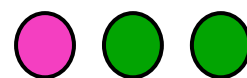
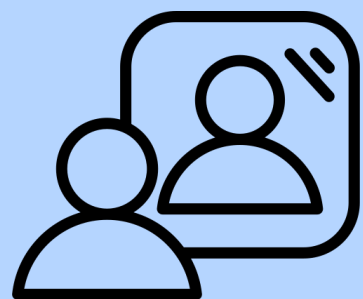


DIVE IN



There are positive and negative messages available.



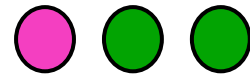
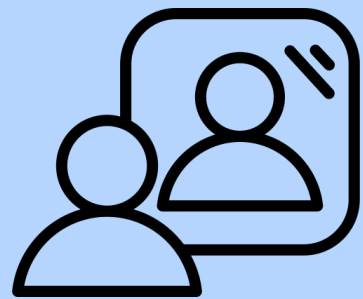
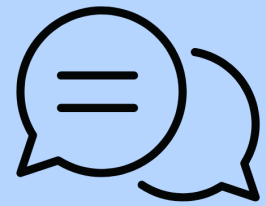


DIVE IN



As you continue to build the vision of the person you want to be, it is important to consider the influences you allow.



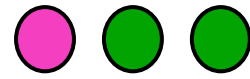
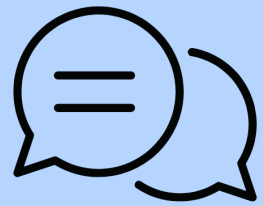


DIVE IN



Our media exposure can sometimes alter our self-image or how we feel about ourselves.





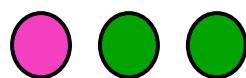
DIVE IN



Definitions

Your **self-image** is how you **see** yourself. Ideally you are seeing all the positive traits about you.

Your **identity** is what you **believe** about yourself.



ACTIVITY



In a group, complete the worksheet on different positive and negative influences in media.



High School

Worksheet

Name: _____

Date: _____

Media Influences

Using your list from our warm up, divide into categories

You Tube, Instagram, Snapchat	Political influencers, memes, etc.	Celebrities

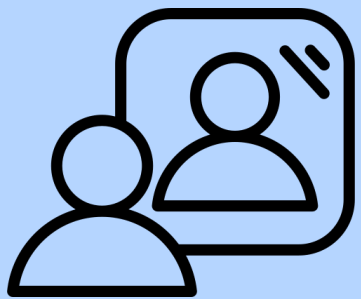
2. Select one from the first column of social media:

Title/Name: _____

As you evaluate the source, ask the following questions to determine if the source is a positive influence for you:

Who is the person behind the source? Are they credible? Are they a positive influence that will help me become the person I want to be?	
What is the motivation or purpose for the source? Is it positive?	
What do they want from you as the viewer or listener?	
How does it make you feel? Is it a positive feeling?	

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REFLECT



Consider the apps and internet searches on your personal device: Are they positive? Do they align with who you want to be?



Home Connection



High School

Home Connection

Media Influences

Dear _____,

Today in class, we learned that Your self-image is a small part of your identity. Your self-image is how you **see** yourself. Ideally, you will see all the positive traits about yourself. Your identity is what you **believe** about yourself. We explored how you allow social media or other media sources to shape your self-image and identity.

Please encourage your student to continue to review their social media influences and evaluate if the sources are positive influences or negative.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



If you are not familiar with the social media trends, or media influences your students listed, spend some time reviewing the titles. Sharing a common interest with a student is a way to build a connection with a student, particularly if the student has a unique interest.





Further Study

Child Mind Institute: How Using Social Media Affects Teenagers
Social Media Use and Its Connection to Mental Health: A Systematic Review





Lesson Complete!

