

# Navigating Social Media

Communication Skills, Module 3



# AGENDA



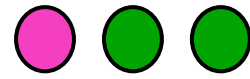
1. Brainstorm: How much time do you think the average teen spends on social media every day? Do you think that the time spent on social media is the same for boys and girls?



2. Activity: Independently, fill out the sheet to keep track of your social media usage for the week.



3. Reflect: How much time do I spend on social media? Could I be spending too much time? If I were to decrease the amount of time I spend on social media, what might I do instead? How would this benefit me?



# BRAINSTORM



How much time do you think the average teen spends on social media every day? Do you think that the time spent on social media is the same for boys and girls?





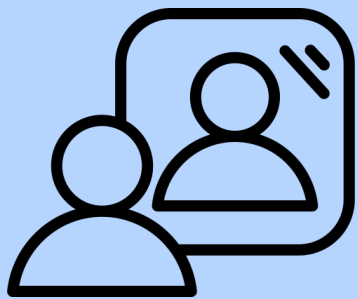
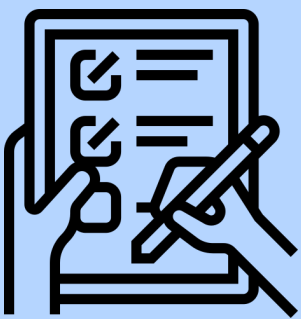
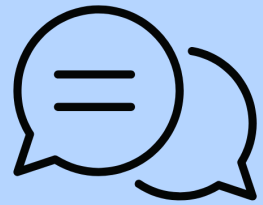


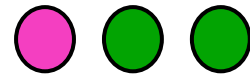
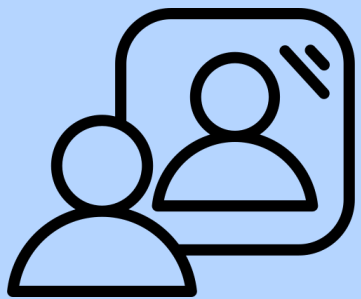
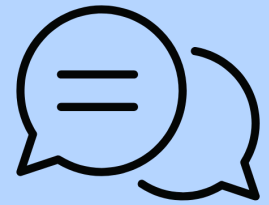
# DISCUSS



What are your thoughts on this study?

According to the Common Sense study, which surveyed 2600 young people, teens are spending nearly 9 hours a day on social media. That's more than one-third of their day! Teens are also using social media to learn how to do something new, create something and share it with friends and family. Social media has been instrumental in staying connected and socializing.





# DISCUSS



**84%**

say that social media  
keeps up their mood

**91%**

say that social media  
has been important for  
having fun

**83%**

say they use social  
media to stay  
connected with friends  
and family

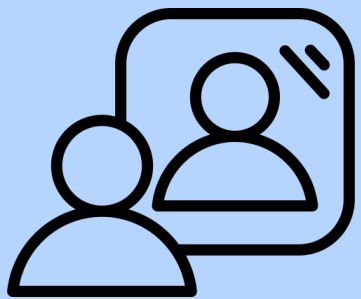
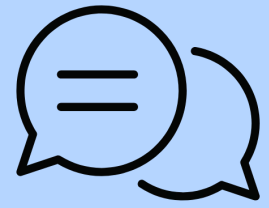
## TEENS ON SOCIAL MEDIA



Over 70% of boys played  
video games with their  
friends online as compared  
to only 41% of girls.



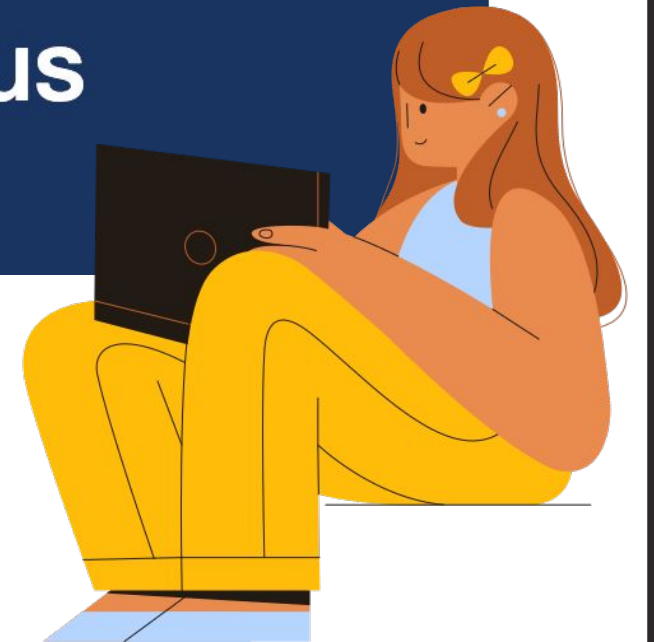
40% of girls participated in  
video hangouts with their  
friends as compared to  
only 31% of boys.



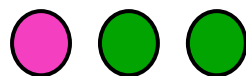
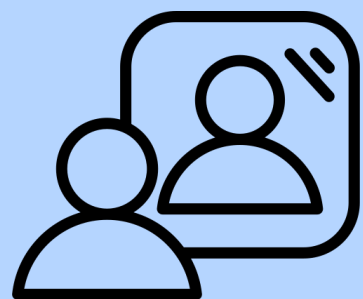
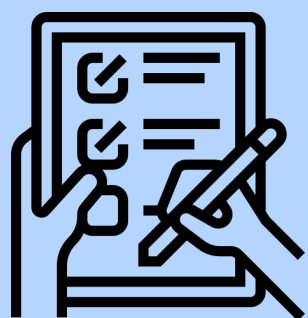
# DISCUSS



Studies show that social media use can become addictive. Although there are some risks, there are also some rewards. We need to learn to navigate this experience and make it work for us rather than against us



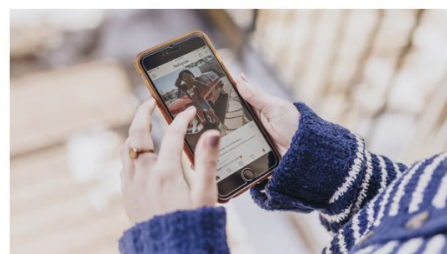




# DIVE IN



## — Set an intention!

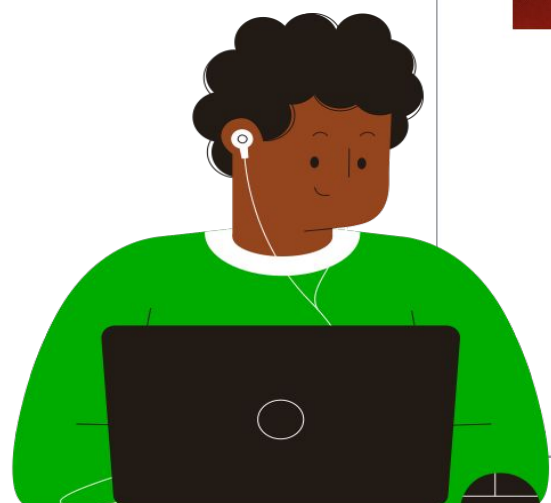


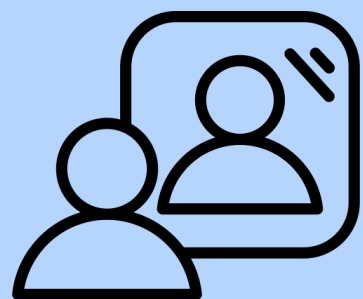
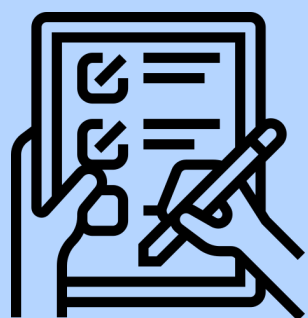
Before you start scrolling, think about why you are there. How am I feeling while I'm spending time on social media? How does what I'm seeing affect how I think about myself? My friends? My family?

## — Set a time limit!



A study published in the Journal of Social and Clinical Psychology indicates that people who limit their time on social media feel happier! Ask yourself a few questions so that you don't get lost in the social media vortex and lose hours of your day. What am I looking for? How long can I afford to spend time on social media right now?





# DIVE IN

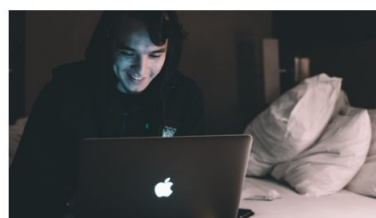


## — Does this make me happy?



Be deliberate about what you choose to view. If it doesn't make you happy, why choose to follow it? Make a habit of limiting negative posts and comments, even if it means unfollowing, blocking or muting things or people that are upsetting.

## — Remember your body budget and get enough sleep!



The blue light from phones and tablets impacts our sleep patterns, so limit your screen time before bed.

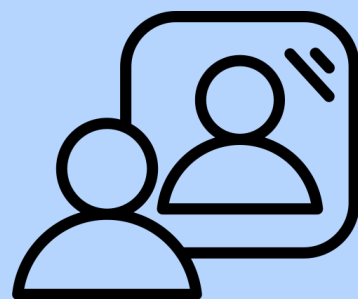
## — You're in charge!



If social media is impacting your happiness, take charge and take a break. Do something that brings joy!







# ACTIVITY



Activity: Independently, fill out the sheet to keep track of your social media usage for the week.

**emozi High School**

Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Navigating Social Media**

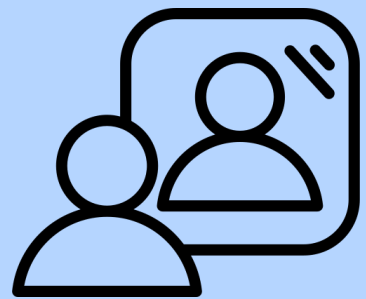
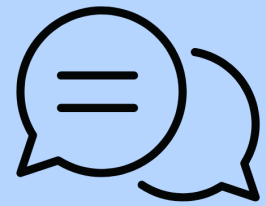
Date	Start time	Stop time	Intention	Feeling

Average # of hours per day (total hrs divided by # of days) \_\_\_\_\_

My feelings on average were: Positive Negative Neutral

**Reflect:** How much time do I spend on social media? Could I be spending too much time? If I were to decrease the amount of time I spend on social media, what might I do instead? How would this benefit me?

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# REFLECT



- How much time do I spend on social media?
- Could I be spending too much time?
- If I were to decrease the amount of time I spend on social media, what might I do instead?
- How would this benefit me?



# Extend & Enrich

## Extend and Enrich

Why is social media addictive? Have students research what the effects of social media have on the brain and present to the class their findings.

Stanford blog post

<https://scopeblog.stanford.edu/2021/10/29/addictive-potential-of-social-media-explained/>

Addiction Center <https://www.addictioncenter.com/drugs/social-media-addiction/>

Washington Post article July 19, 2021

<https://www.washingtonpost.com/outlook/2021/07/19/social-media-addiction-social-science/%C3%A7>





# Home Connection



## Home Connection

### Navigating Social Media

Dear \_\_\_\_\_,

Today in class, we learned that teens spend nearly 9 hours a day on **Social Media**. We talked about the benefits of social media, such as how to learn something new and to stay connected. However we also learned that it can be addictive and we must learn to navigate the risks and rewards.

After tracking our social media usage for the week, we reviewed a guideline to help make informed decisions about social media use.

Please encourage your student to share the guidelines we talked about and their social media usage tracking.

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

Best,

\_\_\_\_\_

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## Professional Development



Take 5 minutes to consider how much time you are spending on social media. How does it make you feel? Is it bringing you joy? Could you be spending your time more productively?







# Further Study

## For Further Study

Social media and bullying

<https://cyberbullying.org/>

<https://www.stompoutbullying.org/>

<https://www.safekids.com/safety-advice-tools/>

<http://www.troll-busters.com/>

<https://www.ofsms.org/>

<https://www.childrenandscreens.com/>







**Lesson Complete!**

