



#FontanaTogether

Apps I Need On My Phone?

Purpose of this activity is for students to see how social media affects their mental health and how they aren't alone in facing social media. Students will identify and answer the question: How does social media affect your mental and emotional health?

Materials:

Social Media and Teenage Self-Esteem

<https://youtu.be/nxolrIIWEMQ>

Instructions:

1. Watch TED Talk Video
2. Answer and Reflect upon the questions below
3. Students can go through all their apps and do a sweep/cleansing of apps that they feel are not contributing to their well being.

Examples: Delete apps/ Block pages or users that are constantly showcasing negativity/ Unfollowing pages or users/Using social media responsibly(private account/no pics of self/only accept requests of people you know/set time limits on apps)

Ask Questions:

1. Can social media have positive and negative influences?
2. If you don't use social media can it still affect your health?
3. Can you get addicted to social media?

After a week of reduced use of social media, has it helped your mental health? Did you actually not use certain apps/pages? How are you not having unnecessary influence on social media?

Reflection take away:

Feel empowered to take a break from social media for your health? Have an open discussion with friends via Zoom or between family members if they feel comfortable to share and talk about their social media interaction/experiences (both positive and negative)?

