

## Student Viewing Guide

### Social Media Animation

#### Before Watching:

Do you ever find it hard to step away from social media?

YES

NO

SOMETIMES

Why do you think that is?

Do you think that the posts and videos that you see on social media influence you in any way?

YES

NO

SOMETIMES

Explain:

Do you feel the need to try to get people to like your posts on social media?

YES

NO

SOMETIMES

Do you try to post the “perfect” picture or video?

YES

NO

SOMETIMES

Do you think that what is posted on social media is always truthful?

YES

NO

SOMETIMES

Do you have any idea of how much time you spend on social media each day?

YES

NO

SOMETIMES

## Watch the 3-minute animation.

The teens in the first video discussed how frequently they felt the urge to check their phones. Can you relate to what they said? Explain.

Why do you think it is common to feel the need to check your phone or login to social media?

What is one new thing that you learned from the video about how social media use impacts the brain?

At the end of the animation, Clyde's mom mentions balance. What do you do to try to keep a balance in the amount of time you spend on social media or on your phone in general?

Have you ever kept track of the amount of time that you were spending on-line?

YES

NO

How can you use goal setting to help achieve better balance?

Try these strategies for keeping track of time spent on devices and for creating more balance. Keep a running list of tally marks of how many times you check your phone. Try it for one day and then set some goals to help you bring that number down.

Install an app that can track how much time you are spending on various social media apps. Use that information to make changes if needed.

If you cut back on social media use and find an extra 1-2 hours each day, how would you choose to spend that time?

Is your news feed getting overloaded? Maybe you are following too many pages and people or belong to too many groups. Use your goals and values to determine who and what you truly want to follow. Do an inventory and unfollow those pages that aren't relevant to you.