

TEACHER LESSON PLAN

Social Media Animation

Objectives	<p>Students will be able to:</p> <ul style="list-style-type: none"> • Develop self-awareness around personal use of social media. • understand how the brain’s reward pathway is triggered through social media use. • Identify potential negatives to constant phone/social media use. • Understand that social media platforms are money-making businesses. • Identify strategies to find balance between social media use and other activities that one enjoys.
Duration	<p>45-60 minutes</p>
Materials	<p><i>Social Media Survey</i> <i>Social Media Animation</i> <i>Student Viewing Guide</i></p>
Activity Outline	<ol style="list-style-type: none"> 1. Assign the Social Media Survey to students to complete (can be assigned as homework before the classroom lesson). 2. As a class, share responses and thoughts regarding various survey responses and general impressions after completing it. <ol style="list-style-type: none"> a. What surprised them? b. Did they learn anything new about their use of social media? 3. Distribute the Student Viewing Guide. 4. Ask students to complete the questions under the section marked “Before Watching.” 5. Watch the 3-minute animation. 6. Ask students to complete the remainder of the Student Viewing Guide. 7. As a whole class, discuss the animation and the questions from the Guide. 8. Read and discuss the tips for finding balance. <ol style="list-style-type: none"> a. Is there a strategy on the list that anyone has tried? b. Anything that someone would like to try? c. Does anyone have other ideas or suggestions?