

Lesson Plan: Social Media: Juxtaposing Positive and Negative Effects on Mental Health

Date: November 11, 2019

<p>Grade(s) 10-12</p> <p>Theme Social Media Effects on Mental Health</p> <p>Duration 30 mins.</p>	<p>Objective To educate students on the positive and negative effects of social media on mental health & have them reflect on this.</p>	<p>Embedded Literacy Listening & Speaking in a lively debate where students are asked to critically think about the positive and negative effects of social media on mental health.</p>	<p>Start Here (Hook) The Effects of Social Media on teens is a much debated and sometimes contentious topic. Let's take a look at the research and decide for ourselves.</p>
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Materials: Projector screen & You Tube Links

Video #1: Is Social Media hurting Your Mental Health? Bailey Parnell

https://www.youtube.com/watch?v=Czg_9C7qw0o

Video #2: Positive Effects of Social Media

https://www.youtube.com/watch?v=qw21TeTxR_A&t=219s

Procedure:

- 1) Watch video#1
- 2) Watch video#2
- 3) Have a class debate (slide 5). Have students stand up. Students who think that social media has **mostly negative effects** on mental health go to the far left side of the classroom. Students who think that social media has **mostly positive effects** on mental health go to the far right side of the classroom. Have each group pick one spokesperson to say their main points. Teacher will pick which side won the argument who better presented their point of view.

Class Debate Activity: see above procedure

Managing Social Media: Cyberbullying & Gossip

Circle Up

- I. **Review the basic guidelines of Circles. Look in RJ circle book**
- II. **Introduce "Rounds"** A round is a pass of the talking piece around the Circle. The keeper poses a question and, as a participant, usually answers first and then passes the talking piece to the person to their left or to their right. On the first round, participants are invited to say their name as well as respond to the question. Remember, it is always okay for a participant to pass.
- III. **Round:** Tell us one or two words that come to mind when you hear the word cyberbully or words cyber harassment.
- IV. **Quick Write Activity:** Ask participants to think of a time when someone shared gossip about them via social media, or they were harassed or cyber bullied on social media. Notice the feelings that come up about that. Ask them to write down three to five feeling words associated with that experience.
- V. **Round:** What feelings did you write down? Record the feelings on the board.
- VI. **Ask Participants,** Think of a time when you spread rumors about someone else. What feelings do you notice in yourself right now, thinking about that time? Write down several of these feelings.
- VII. **Round:** What feelings did you notice thinking about that time that you spread a rumor? Record the feelings on the board.
- VIII. **Round:** What personal harm have you experienced or observed from gossip or cyber bullying?
- IX. **Round:** How can you protect yourself against cyberbullies? What have you done in the past?
- X. **Round:** Is cyberbullying a problem at this school or in middle school?
- XI. **Round:** What can we do as a school to help this problem?
Write the answers on the board. Take a picture and send it to you
Link Coordinators: Katie Brandau or Sean Hembree

***Feel free to ask your own questions as well