

Lesson 1: My Social Media Life



Essential Question

How does social media affect our relationships?



Directions

What percentage of people in this class do you think are on social media, like Instagram, Snapchat, or something similar?
Show what you think by raising your hand:

5 fingers = most or all



3 fingers = about half



1 finger = few or none





Social media

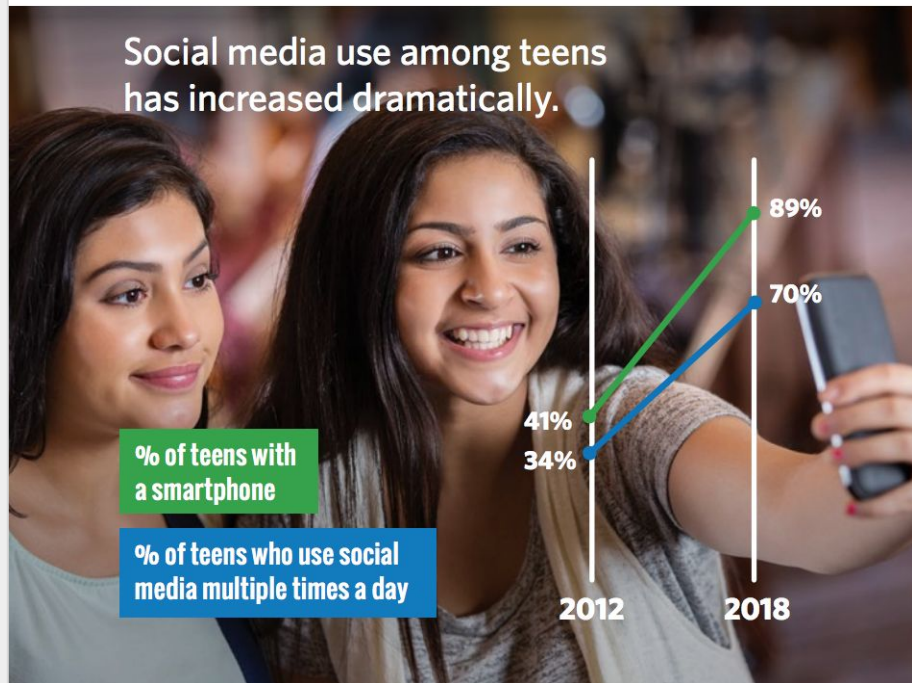
Websites and applications that enable users to create and share content or to participate in social networking



Social Media, Social Life 2018

Among 13- to 17-year-olds
in the United States

Social media use among teens
has increased dramatically.



Teens overwhelmingly
choose Snapchat as their
main social media site.

Percent of teens who say they use each
social media site the most:



41%
Snapchat



22%
Instagram



15%
Facebook



WATCH + DISCUSS



To watch this video on the Common Sense Education site, click [here](#).

Discuss:

- What did teens say were some benefits of social media?
- What did they identify as problems or drawbacks?



Red flag feeling

When something happens on digital media that makes you feel uncomfortable, worried, sad, or anxious



Feel-Identify-Reflect-Enact

Feel. Take stock of your emotions. Are you feeling sad, anxious, jealous, excluded, or uncomfortable? If not, what emotion captures how you feel?

Identify. Think about what caused you to have this feeling. What happened? Was it something you—or someone else—said or did?

Reflect. Consider possible responses. What choices of action are available to you? What are the benefits or drawbacks—for you and for others—of each step you might take?

Enact. Take steps to act. How can you move forward to address the situation in a way that is positive and productive—for you and for others?

We know the power
of words & actions.