



What is gained
and lost when
communicating
through
screens?

TAKE IT FURTHER:

THINK

What curiosity questions can you ask?

e.g. What are some of the positives and opportunities that communication via screens is bringing to the world? How has it impacted your life? What are some of the potential or current issues of too much screen time?

FEEL

How might different people feel about this?

e.g. What feelings might be lost when spending time with someone on a screen rather than in real life? What is the effect of not having human touch or sharing energy in relationships? How does body language help you to communicate? Does this lessen when using a screen?

CONNECT

What links can you start to make?

e.g. What is the impact on our animal brain when communicating via a screen and only seeing someone's face? What opportunities has online communication opened up to staying connected across the world? How has digital communication changed countries and communities in different parts of the world?

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Activity ideas:

1. For many people during this state of 'hibernation' our methods of communication have changed and we are spending a lot of time on screens. Take a piece of paper and make a list with three columns:

Activities on a screen | Positives of screen-time | Negatives of screen-time

Now write down all of the different activities in your daily life that happen via a screen. For example lessons at school. Now write down some of the positives of going to school through a screen and some of the negatives.

Continue this for all of the different ways in your life right now that you are using a screen. When you have finished, talk about or reflect on what is being gained and lost in each area of your life.

2. Are you the same person online as you are offline? For some people, communicating online allows them to feel more confident in sharing opinions or revealing more of their personality, and they may become a very different person. For others, the communication habits are the same. What about you? Do you feel or share in a different way when you are online to offline? Why might this be?
3. How important is it for us to have face to face communication in our daily lives? Thinking about body language, energies and the importance of touch, talk about why each one is an important ingredient in our lives. Now read this article about the importance of touch in our lives and think about or talk about your responses: [Touch saved me from loneliness – what will we become without it?](#)

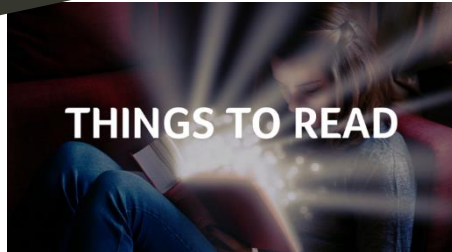
USE THE **THINKER'S GUIDE TO HELP YOU*

What other activities could you do?

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RESOURCES:



[Pros and cons of screen time](#)

(Article | *Henry Ford Live Well*)

[The reason zoom can drain your energy](#)

(Article | *BBC News*)

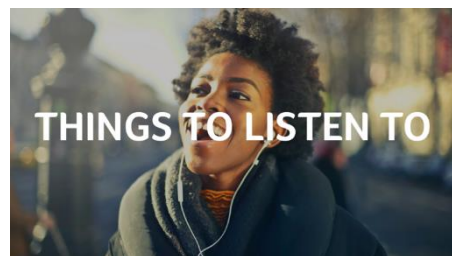


[The impact of too much screen time](#)

(2 minute video | *Time Magazine*)

[The Evolution of Communication](#)

(2 mins video | *Solaborate*)



[The dark side of screen time](#)

(26 minute podcast | *American Psychological Association*)

[Love and apps](#)

(46 minute podcast | *NPR OnPoint Radio*)



[How to have a healthy relationship with social media](#)

(Tips and guidance | *Mindwise*)



[Explore our Social Media topic](#)

(A home-learning topic for 5-18 year olds | *ThoughtBox*)

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