



Is social  
media making  
us less social?

## TAKE IT FURTHER:

### THINK

What curiosity questions can you ask?

*e.g. What has social media offered to the world that we didn't have before? Which social media sites do you like to use and why? What do they offer to you? What are the dangers of social media? Is social media a tool that we can learn to use rather than depend upon? What are the top 5 benefits and downsides of social media to your mental health and wellbeing?*

### FEEL

How might different people feel about this?

*e.g. What opportunities for connection does social media offer to people across the world? How does social media impact our mental health in a positive and negative way? What sort of feelings do you associate with social media? What does it mean to be addicted to social media?*

### CONNECT

What links can you start to make?

*e.g. How has social media changed the way we interact with each other? How important is body language in our communications? What is the 'filter bubble' and how is it affecting our understanding of the world? What impact does it have to be living our lives online?*

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# RESOURCES:



[Are we losing human connection?](#)

(Article | *Thrive Global*)

[Coronavirus drove life online](#)

(Article | *NBC news*)

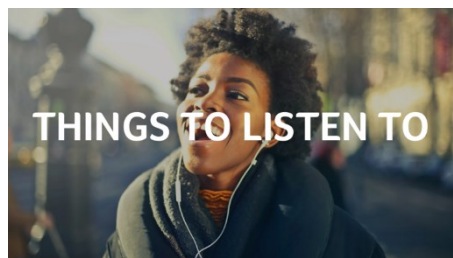


[Social Media Revolution](#)

(2 minute video | *Socionomics*)

[The Evolution of Communication](#)

(2 mins video | *Solaborate*)



[On social media: The kids are alright](#)

(Short podcast activities | *Mental Health Foundation*)

[Love in the digital age](#)

(46 minute podcast | *On Point Radio*)

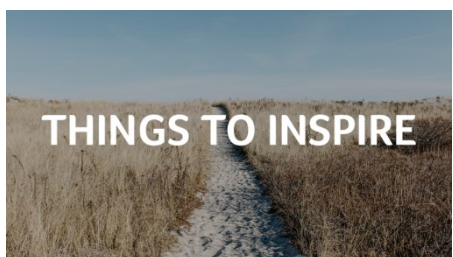


[How to have a healthy relationship with social media](#)

(Tips and guidance | *Mindwise*)

[Social Media to promote health](#)

(Tips and guidance | *Action for Healthy Kids*)



[Explore our Social Media topic](#)

(A full inquiry curriculum | *ThoughtBox Education*)

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## Activity ideas:

1. What do people use social media for?  
Think of all of the reasons that might people use social media – maybe note these down. For each one, think about whether this is a positive or negative (or neutral) addition to human communications across the world.
2. Stick a piece of paper to the back of your phone / computer and put a tick on the page every time you use a social media app. At the end of the day, count up your ticks... Does this feel excessive? Does it feel in balance? Do you have a healthy relationship with social media?

Explore our resources for ways to develop healthy relationships with social media if you feel you are over-using.

3. Introduce times in the day when you use social media, and times when you don't. Start by taking one hour every morning to put your phone or computer aside and not connect with it at all. The next day, increase this to two hours each day. Keep increasing until you are happy you have created clear times to either use or not use social media, to allow you to have a healthy lifestyle and balanced relationship with technology.

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

What other activities could you do?

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