MODULE 3

RESPONSIBLE DECISION-MAKING- MANAGING SOCIAL MEDIA USE AND OVERCOMING HYPERCONNECTIVITY

ERASMEDIAH

Educational Reinforcement Against
the Social Media Hyperconnectivity

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**Co-funded by
the European Union**

Lesson 3.3

Practical Tools for Responsible Social Media Engagement

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Lesson Overview

In today's session, we will explore responsible social media use by focusing on healthy boundaries, self-regulation, and critical thinking about digital interactions. The goal is to equip students with practical tools to make intentional choices about how and when they engage with social media. Through interactive activities, we will build awareness, foster self-regulation skills, and develop strategies to set and maintain healthy digital boundaries.

The workshop is organized into 4 steps:

1. Introduction to responsible social media engagement (10 min)
2: Exploring responsible social media engagement (15 min)
3: Building resilience against negative online experiences (10 min)
4: Closing Discussion & Takeaways (5 min)

Lesson 3.3

Practical Tools for Responsible Social Media Engagement

Objectives:

- Understand the importance of responsible social media engagement for mental well-being.
- Explore program ideas to promote positive online behaviors.
- Develop resilience against negative online experiences.
- Learn key tools and strategies to support responsible engagement.

Key Message(s):

- Social media is a powerful tool when used responsibly.
- Building boundaries and resilience fosters healthier habits and relationships

TYPE OF LESSON:

Introduction to responsible social media engagement

In this first step, we'll discuss how social media can be a powerful tool for connection, learning, and expression, but it also comes with its challenges. It's essential to engage with social media in a responsible way, ensuring that we maintain control over our time and mental well-being. Today, we'll explore how we can use social media responsibly, avoid harmful habits, and make mindful decisions that align with our personal values.

Let's watch the video: "Social Media and Mental Health"

Now that we've watched the video, let's talk about what we've learned!

- How does social media shape emotions or relationships?
- What challenges arise from overuse or lack of boundaries?

INTRODUCTION TO RESPONSIBLE SOCIAL MEDIA ENGAGEMENT

Social media has become a big part of our everyday lives, allowing us to **connect** with others, **share** experiences, and even **learn** new things. In fact, social media has some really positive impacts! For example, it helps us **stay connected** with friends and family, no matter how far away they are. It also provides a platform for learning, whether it's through educational videos, informative articles, or online communities. Social media can also **give people a voice**, allowing them to raise awareness about important social issues, find support for mental health, or even learn new skills and discover new interests.

However, social media can also have negative effects on our well-being if we're not careful with how we use it.

Let's reflect together:

- What are the positives of social media in our lives?
- Share findings with a partner or small group.

EXPLORING RESPONSIBLE SOCIAL MEDIA ENGAGEMENT

Objective:
Analyze the impact of social media habits on well-being.

Group reflection activity:
Discussion prompt:
- Positive effects of social media: Connecting with friends and family, sharing ideas, staying informed, discovering new interests and hobbies, building supportive communities.
- Negative effects of social media: Comparing yourself to others, feeling anxious or inadequate, experiencing social isolation despite being online, spending excessive time online, and struggling to disconnect.

Additional activity:
- Form small groups to brainstorm new programs that could help youth engage responsibly.
- Examples: social media campaigns promoting mental health, creating "unplugged" school zones.

Reflection:
- How do these positive and negative impacts shape your overall well-being?
- What changes would you like to make in your social media habits to promote a healthier, more balanced lifestyle?
- What program idea inspires you the most?
- How could these initiatives support a positive digital culture in your community?

EXPLORING RESPONSIBLE SOCIAL MEDIA ENGAGEMENT

Did you know that digital literacy empowers students to critically analyze the information they encounter online, helping them distinguish between reliable sources and fake news? It also equips them with essential tools to manage their online privacy, combat cyberbullying, and build a positive digital footprint.
On the other hand, programs focused on digital well-being and mindfulness teach students to balance their time on social media with their mental health. By practicing self-regulation and incorporating moments of disconnection, they can reduce digital stress and improve their overall well-being.

Discuss:

How can practicing digital mindfulness, such as taking time to disconnect, improve your mental and emotional well-being? Can you think of ways to incorporate this into your daily routine?

Step 3

BUILDING RESILIENCE AGAINST NEGATIVE ONLINE EXPERIENCES

Let's take a step further and define resilience and its importance in overcoming challenges such as online negativity or harmful comparisons.

Practical strategies

- Mindful technology use: Teach participants to pause and reflect before reacting impulsively online.

- Support networks: Encourage connecting with trusted peers for advice and emotional support.

- Reframing negative experiences: Transform negative comments into opportunities for growth and learning.

- Positive and purposeful content creation: Instead of mindless scrolling, use social media to learn new skills, share educational content, or spread awareness about issues that matter to you.

BUILDING RESILIENCE AGAINST NEGATIVE ONLINE EXPERIENCES

- **Set healthy boundaries:** Limit social media use during certain hours, like before bed or during homework time, to reduce stress and distractions.

Turn off notifications to avoid the constant urge to check your phone.

- **Prioritize digital well-being:** Pay attention to how social media makes you feel. If certain accounts or content trigger negative emotions (like comparison or stress), consider unfollowing or muting them.

Follow accounts that inspire positivity, motivation, and learning.

- **Build empathy and respect online:** Use social media as a space to show kindness, support others, and raise awareness about important causes.

Scenario activity:

- Present scenarios like critical comments or FOMO (fear of missing out) triggers.
- Groups discuss and present positive, resilient responses.

Reflection prompts:

- What strategies can you use to protect your mental health online?
- How can support systems help in dealing with online negativity?

CLOSING DISCUSSION

To wrap up our session, let's take a moment to reflect on what we've explored today and how we can apply it in our lives. Raise your hand if you've ever found yourself scrolling for longer than you intended or feeling like social media has impacted your mood. For those who relate, what's one strategy from today's discussion that you think could help you set better boundaries? Now, think about how we can support each other—how might you encourage a friend to be more intentional with their social media use? Remember, even small changes can lead to healthier habits and a more positive relationship with technology. Thank you all for your thoughtful participation today!
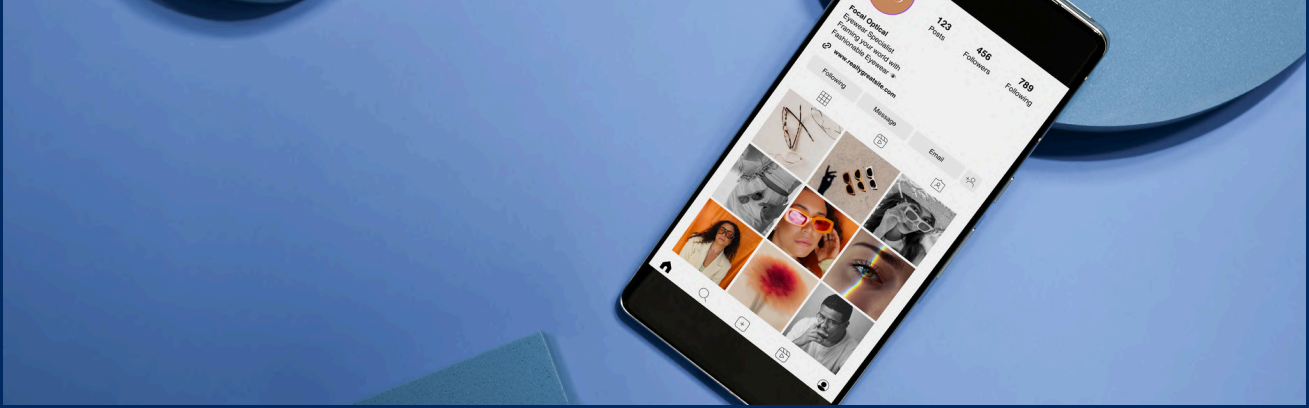
Key Takeaway Summary

- Social media as a tool: When used responsibly, social media can foster connection, learning, and self-expression. Intentional use ensures its positive impact on mental well-being.

- Building boundaries: Setting limits around social media use helps create balance, reduce stress, and protect mental clarity. Strategies like time limits, tech-free zones, and muted notifications can foster healthier habits.

- Resilience against negativity: Developing resilience allows individuals to cope with challenges like harmful comparisons or negative comments online. Mindful responses, support networks, and reframing negativity are key strategies.

- Creating positive online spaces: Initiatives like respect campaigns, digital detox challenges, and positive content creation inspire responsible engagement and contribute to a healthier digital culture.

- Support and community: Encouraging peers and engaging in collective efforts builds a supportive environment where everyone can thrive responsibly in the digital world.

Instructions for youth workers, educators, and teachers

Objectives

- Explore practical tools to promote balanced social media use.
- Learn strategies to build resilience against negative online experiences.
- Encourage students to develop critical thinking for mindful digital habits.
- Inspire positive online behavior through community-based initiatives.

Materials needed

- Projector and screen: For video and visual presentations.
- Speakers: To ensure clear audio during discussions and videos.
- Laptop or device: For video playback and lesson facilitation.
- Handouts: Include strategies for boundary-setting, resilience-building, and activity guides.
- Chart paper or whiteboard: To collect group ideas and reflections.
- Notebooks or paper: For participants to write down reflections and plans.
- Pens or pencils: For note-taking and written activities.

Step 1: Introduction to responsible social media engagement (10 min)

Welcome and introduction: Greet the participants warmly and set an inclusive, engaging tone for the session. Explain the goal of this step: to explore the role of social media in everyday life and how responsible engagement can contribute to well-being and positive communication. Provide a quick overview of the session's flow, emphasizing the interactive nature of the discussions and activities.

Video screening or discussion starter: Suggested Video: "Social Media and Mental Health" (use Edpuzzle, and include questions for students to answer while watching the video, helping them internalize the key points of the lesson).

Explain the purpose: This part of the session aims to ignite curiosity and raise awareness about the role social media plays in shaping thoughts, behaviors, and emotions. Participants will learn how responsible engagement with social media can improve their mental well-being and how setting boundaries helps maintain balance in their online interactions.

Key discussion points:

1. How does social media impact your emotions and relationships?
2. What are the challenges of engaging responsibly on social platforms?

Instructor preparation

Materials needed:

- Projector or screen for video viewing
- Chart paper or whiteboard for listing key discussion points
- Markers or digital tools for brainstorming
- Handouts or slides summarizing key ideas on responsible social media engagement
- Edpuzzle

Step 2: Exploring responsible social media engagement (15 min)

Welcome and introduction: Greet participants with enthusiasm, setting an open and collaborative tone for the session. Introduce the objective: to explore the positive and negative impacts of social media on well-being and to discuss potential strategies for more responsible engagement. Emphasize the importance of understanding both the benefits and challenges of social media and how we can work together to create healthier habits online. Provide an overview of the session, highlighting key activities and discussions.

Activity: designing a social media responsibility program

- Distribute handouts
- Provide participants with a template to outline their own social media responsibility program. The template should include sections for identifying challenges, setting goals, and defining specific actions.
- Reflection prompts: Ask participants to reflect on and write down:
  - Challenges: What are the most common issues youth face when using social media (e.g., cyberbullying, overuse, FOMO)?
  - Goals: What positive outcomes would you like to promote (e.g., inclusivity, mental well-being, constructive dialogue)?
  - Actions: What specific steps can students take to address these challenges (e.g., sharing encouraging messages, organizing detox days)?

Step 2: Exploring responsible social media engagement (15 min)

- Small group brainstorming:
  - Divide participants into small groups and ask them to create a program that promotes responsible social media use.
  - Encourage creativity and specificity. Examples might include:
    - Creating positive content: A challenge where students post meaningful, uplifting messages for one week.
    - Digital detox campaign: Organize a day where everyone unplugs and focuses on offline activities.
    - Online respect campaign: Raise awareness about inclusivity and respectful communication, with students sharing tips to avoid harmful behaviors like cyberbullying.
- Group sharing:
  - Have each group present their program to the class, explaining its purpose, key actions, and expected outcomes.
  - Encourage participants to think critically and discuss how these programs could create a healthier online environment.
- Facilitation and discussion:
  - Highlight recurring themes and unique ideas.
  - Discuss how participants can implement these programs in their schools or communities.
  - Encourage thinking about sustainability and how students can maintain engagement over time.

Step 2: EXPLORING SOCIAL MEDIA HABITS AND TRIGGERS (15 min)

Facilitation tips for instructors
- Materials Needed:
    - Projector or screen for app demonstrations.
    - Handouts or digital templates for the "Digital Boundary Plan."
    - Internet access for live app demonstrations.

Wrap-up discussion:
Conclude the session by summarizing the key takeaway: Building a digital boundary plan empowers you to take control of your social media habits and prioritize well-being. Encourage students to revisit and refine their plans regularly as they explore different ways to manage their online habits. Remind them that creating healthier digital habits is an ongoing process that requires self-awareness and consistency. Thank the participants for their contributions and encourage them to put their digital boundary plans into practice.

Step 3: Building resilience against negative online experiences (10 min)

- Explain resilience as the ability to recover and maintain confidence despite facing online challenges, such as negative comments, harmful comparisons, or digital conflicts.
- Highlight why resilience is crucial for mental well-being and fostering a healthier relationship with social media.

Step 3: Building resilience against negative online experiences (10 min)

Activity: scenario-based group work

Materials needed:
- Whiteboard or chart paper to record group insights.
- Markers or sticky notes for brainstorming.
- Handouts summarizing the resilience strategies discussed.

Activity breakdown:
- Scenario distribution:
- Provide groups with scenarios that reflect common online challenges, such as:
  - Receiving a critical comment on a post.
  - Feeling left out after seeing friends' posts (FOMO).
  - Comparing yourself negatively to influencers or peers.

Discussion questions:
- Ask each group to identify the emotional impact of the scenario on well-being.
- Brainstorm ways to respond positively using resilience strategies:
  - Mindful response: What could you say or do instead of reacting impulsively?
  - Seeking support: Who could you talk to for advice or encouragement?
  - Reframing: How can you reinterpret the situation to make it less harmful?
- What strategies can you use to maintain your self-esteem and emotional health online?
- How might mindfulness or reframing negativity help you manage online challenges?

Step 4 Closing discussion (5 min):

To reflect on the session's learnings, share insights, and reinforce the importance of mindful social media engagement. Encourage participants to consider how they can apply the strategies discussed and inspire others to develop healthier digital habits.

Activity breakdown

- Group sharing: Invite students to share one key takeaway from the session. Ensure participants feel comfortable sharing by emphasizing that there are no right or wrong answers—this is a space for learning and growth.
- Reflection questions:
  - What was the most surprising thing you learned about your digital habits today?
- Key takeaways: Recognizing personal triggers for excessive screen time is the first step to creating change. By modeling healthy habits, participants can encourage others to adopt mindful technology use and foster a supportive digital culture.
- After the group discussion conduct a short quiz on **Kahoot!** to assess what students have learned and review key concepts such as the benefits of setting boundaries for social media use and resilience strategies.

Closing message

Thank participants for their openness, curiosity, and engagement throughout the session.

Remind them: "Even small changes can lead to big transformations in how you interact with technology and prioritize your well-being. By taking these steps, you're not only helping yourself but also inspiring those around you to approach social media with intention and mindfulness. Let's continue to support each other as we build healthier habits together."

Follow-up and at-home activities

- Summary writing: Have students write a short summary of what they learned in their own words.
- Online practice: Share links to online exercises or videos for students to reinforce the lesson at home.
- Real-world application: Ask students to research how the lesson's concepts apply in real life and present their findings.
- Review game: Create a fun, interactive quiz (e.g., Kahoot) for students to review the material.
- Family reflection: Encourage students to explain the lesson to a family member and write about the experience.
- Related reading/video: Assign a related article or video and have students respond to specific questions or share their thoughts.
- Learning journal: Ask students to keep a journal to reflect on each lesson and note any areas for improvement.

Tips for teachers:

- Encourage active participation: Involve students by asking open-ended questions and encouraging group collaboration.
- Use diverse teaching methods: Incorporate role-plays, discussions, and technology to keep students engaged and enhance understanding.
- Provide positive reinforcement: Always give positive feedback, even for incomplete answers, to motivate participation.
- Clarify with examples: Use real-life examples to make concepts easier to understand.
- Allow reflection time: Dedicate time at the end of the lesson for students to reflect and summarize their learning.
- Adapt to different levels: Offer extra support for struggling students and challenge advanced learners with additional tasks.

Tools

Kahoot

An interactive game-based learning platform that allows teachers to create quizzes, surveys, and polls to reinforce the concepts taught in Lesson 3.3. It's a fun way to review material while promoting student engagement and real-time feedback.

kahoot.com

Edpuzzle

A platform that allows teachers to create interactive video lessons by embedding questions, notes, and quizzes into videos. Teachers can use Edpuzzle to reinforce key concepts from the lesson by integrating multimedia and assess students' understanding through the embedded questions.

edpuzzle.com

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QUIZ

1What is one of the main goals of responsible social media use?
A) To spend more time on social media
B) To avoid sharing personal information online
C) To maintain mental well-being and set boundaries
D) To increase the number of followers

2. Which of the following is a practical strategy to build resilience against negative online experiences?
A) Ignoring negative comments entirely
B) Reacting impulsively to negative posts
C) Pausing to reflect before responding to online negativity
D) Blocking all online interactions

3. What is a key benefit of conducting a "Digital Detox Challenge"?
A) It increases screen time for educational purposes
B) It helps students reconnect with real-world activities and reduce hyperconnectivity
C) It encourages constant social media engagement
D) It improves the ability to multitask

QUIZ

4. What should students do to protect their mental health while using social media?
A) Share everything online to build connections
B) Set time limits for social media use and stick to them
C) Follow as many people as possible to feel included
D) Always react immediately to online comments

5. Why is it important to create and share positive content online?
A) To increase personal visibility and followers
B) To foster a positive and inclusive online community
C) To compete with others in terms of popularity
D) To promote consumerism and brand awareness
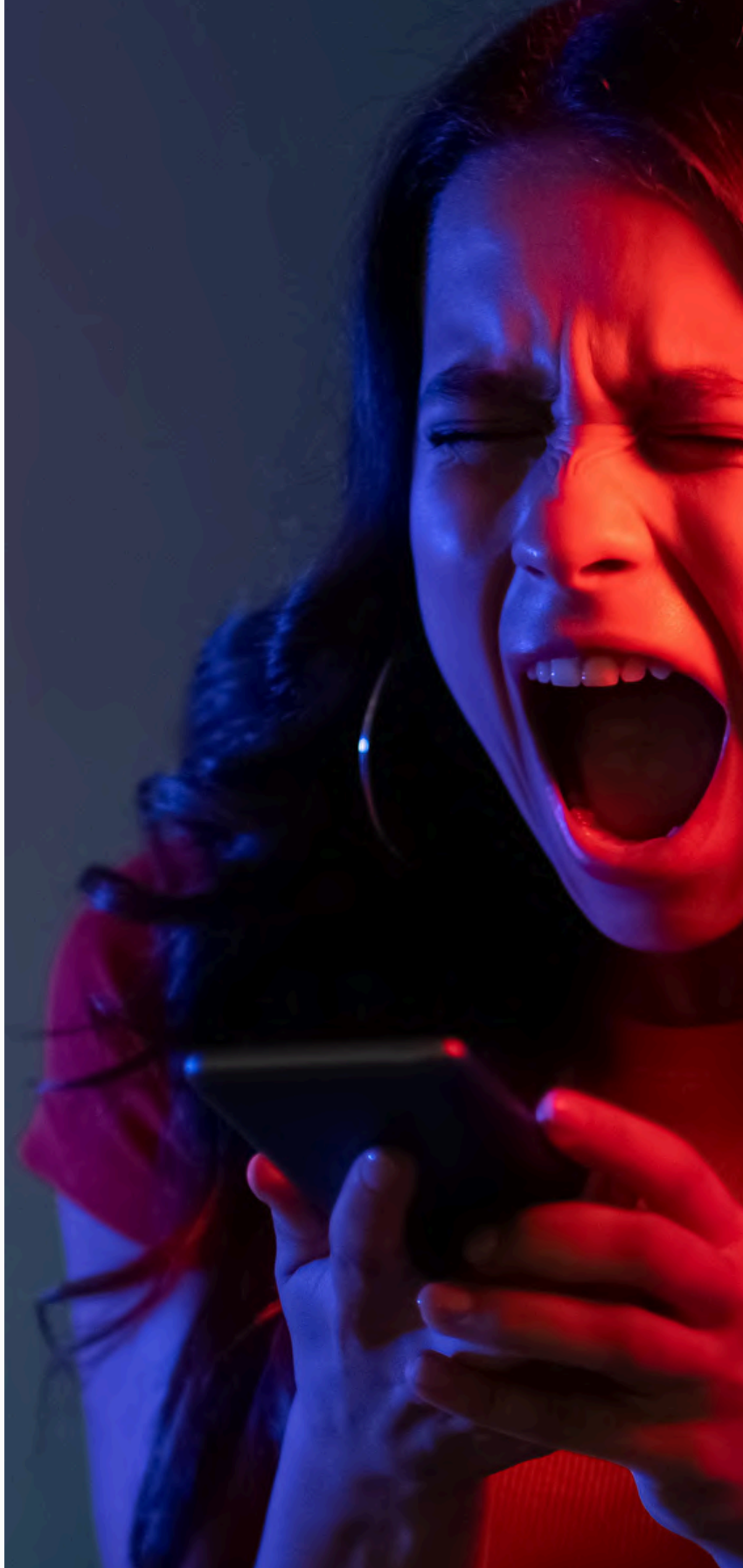
Solutions

Question 1: C
Question 2: C
Question 3: B
Question 4: B
Question 5: B

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