

# SD72 PARENT HOME LEARNING LESSON



## Digital Wellness – Is Your Brain Ready for Social Media?



**PURPOSE / SKILL:** Digital Wellness – Wellness Lesson #1

**When is your brain ready for social media?**



- Identify the role of social media in their lives.
- Reflect on the positive and negative effects social media use has their lives.
- Recognize "red flag feelings" when using social media and develop strategies to get them thinking about ways to handle them.

**MATERIALS:** Lesson PowerPoint – Link [HERE](#); Pen; Paper; Poster Paper





**INSTRUCTIONS:** Follow the instructions included in the PowerPoint – they are presented in a step-by-step fashion with all the links for videos and handouts included.


**ACQUIRE - SOCIAL MEDIA – PROS AND CONS**

If used correctly, social media can have a **VERY POSITIVE** impact for the *producers* as well as the *consumers* of this type of media. However, it can also be very **DETRIMENTAL** when used in a **negative or hurtful** way. Generate some uses (or results) of both with your child.

Think about the **positive ways teens** are using social media (making connections).

**PROS** 

**CONS**  Think about the **negative ways teens** are using social media (bullying).



**ACTIVITY:** Videos, brainstorming, poster.

**APPLY – FOMO RED FLAG FEELING SOLUTIONS**

**MEME**

CREATE YOUR OWN MEME THAT WILL BE POSTED IN THE HOME PROVIDING A **SOLUTION** TO FOMO SITUATIONS. (NOT JUST A STATEMENT ABOUT FOMO)



### **POSSIBLE NEXT STEPS/EXTENSION ACTIVITIES:**

- Do research on how many Apps the students use have a 13+ user policy.
- Create a poster similar to [THIS](#) one about the security of the different apps.
- Introduce AND talk about Producers vs Consumers of Social Media.

*Tips and Tricks, Extension activities and Additional Information for Parents are located on the last two slides.*