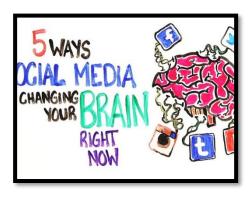
SD72 PARENT HOME LEARNING LESSON

Digital Wellness – Is Your Brain Ready for Social Media?



PURPOSE / SKILL: Digital Wellness – Wellness Lesson #1

When is your brain ready for social media?



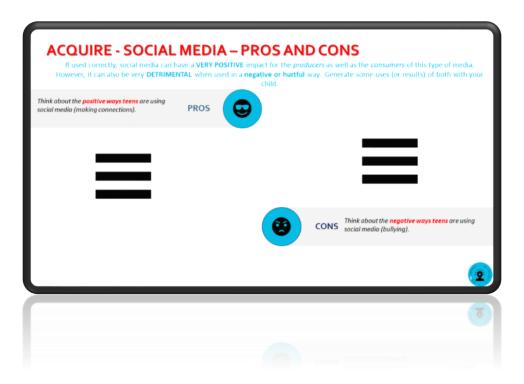
- Identify the role of social media in their lives.
- Reflect on the positive and negative effects social media use has their lives.
- Recognize "red flag feelings" when using social media and develop strategies to get them thinking about ways to handle them.

MATERIALS: Lesson PowerPoint – Link <u>HERE</u>; 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.



ACTIVITY: Videos, brainstorming, poster.





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.

