

SD72 PARENT HOME LEARNING LESSON



Digital Wellness – Who Are You Online?



PURPOSE / SKILL: Digital Wellness – Wellness Lesson #2

How can teens use social media in a way that doesn't cause unnecessary stress?



Reflect on reasons why people might create fake social media accounts and why this may cause undue stress or anxiety.

- Identify the possible results of posting from a fake social media account.
- Investigate how life on social media can be different than real life and the stressors it may create for people.
- Identify what is “fake highlight reel”.


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.

APPLY - EVALUATE

- How are you trying to represent yourself online?
- Do you use a fake highlight reel / FINSTA? How do you use it (them) differently than your “public” one?
- How are your “likes” influencing you?
- How does your online “Best-Self” make you feel about your “real” self?




Use [mentimeter](#), [padlet](#) [Microsoft Whiteboard](#) or any other type of SAFE response type software to allow your teen to brainstorm responses to these questions. This discussion could even start with the social media devices they use AND how many accounts they have for each.

ACTIVITY: Videos, brainstorming, poster, research.

APPLY - CREATE

Produce your own app screen
Create phone apps that would result in happiness rather than stress.



[App Creation Instructions](#)

POSSIBLE NEXT STEPS/EXTENSION ACTIVITIES:

- Have teens create a “vocab” list of all the words associated with the creation of second media accounts. (SPAM, FINSTAS)
- Research the health effects social media can have on teens – focus on the mental health issues such as depression or anxiety.

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