



SOCIAL MEDIA

Before the Meeting: Preparation

None

Step 1: Introductions and Icebreakers

Say:

We are going to start with an activity to connect with others. We will get to know each other and find out how our weeks have gone so far.

Good, Bad & Connect Activity:

Everyone shares something good that's happened, something bad that's happened, and how they connected with someone.

Close the Activity by Saying:

We are going to talk about social media today and how we share our life and connect with others using social media. Social media has become a way of life for us teenagers. Today we are going to talk about social media, how we can manage our social media to limit the feelings of depression, anxiety, suicide, etc. and how we can better connect with others.

Watch this Video: <https://www.youtube.com/watch?v=Z7dLU6fk9QY>

Step 2: Discussion

Ask these in order and allow everyone to respond to each question before moving to the next question:

- What stood out to you about that video?
- What types of social media do you use? What is your favorite and why?
- How does social media help you connect with others?
- How does social media isolate us?
- When do you feel alone? How do you feel when you are alone?
- What might someone's social media look like if they were depressed or thinking of suicide? What would be missing from someone's social media if they were depressed or thinking of suicide?
- How can you approach or help someone that used social media to ask for help?
- If you needed help, how might you use or not use social media to get help?
- How do you show someone that you care about them?

Step 3: Closing (End) the meeting.

- What is the most important thing you heard or learned today about social media?
- What is one thing you can do tomorrow to manage your social media in a helpful way?
- How can you help someone else that is struggling with depression, anxiety, or thoughts of suicide from using too much social media?