



**HEALTH IS WEALTH**

# SOCIAL MEDIA CHECK



# INTRODUCTION

In today's lesson, we will watch a rap video about technology's effects on humans.

Too much phone use can lead to stress, lack of sleep and low self-esteem. Young people deserve time to reflect on their phone and social media usage. There are plenty of ways to have healthy relationships with our phones.

GET READY TO **CHECK YO SELF!**



# SEL CONNECTION



Today we will practice **self-awareness** by reflecting on our own social media habits and **self-management** by considering healthy phone habits.





# ICEBREAKER

# STEP UP TO THE LINE



# ICEBREAKER



WATCH A VIDEO

## STEP UP TO THE LINE

1) Watch the following video from Prince EA.

2) Consider as you watch:

- What is he saying about technology?
- Do you agree with his rap? Why or why not?



# ICEBREAKER

➤➤➤ GET MOVING!

## STEP UP TO THE LINE

### GAME INSTRUCTIONS:

- If you agree with a statement, then stand up to a line created by your teacher
- If you do not agree with the statement, remain standing in your original position

LET'S PLAY!  
STEP UP TO THE LINE IF...





# LESSON PART ONE

# SOCIAL MEDIA AUDIT



# LESSON: PART ONE



WATCH A VIDEO

## SOCIAL MEDIA AUDIT

(OPTIONAL)



# LESSON: PART ONE

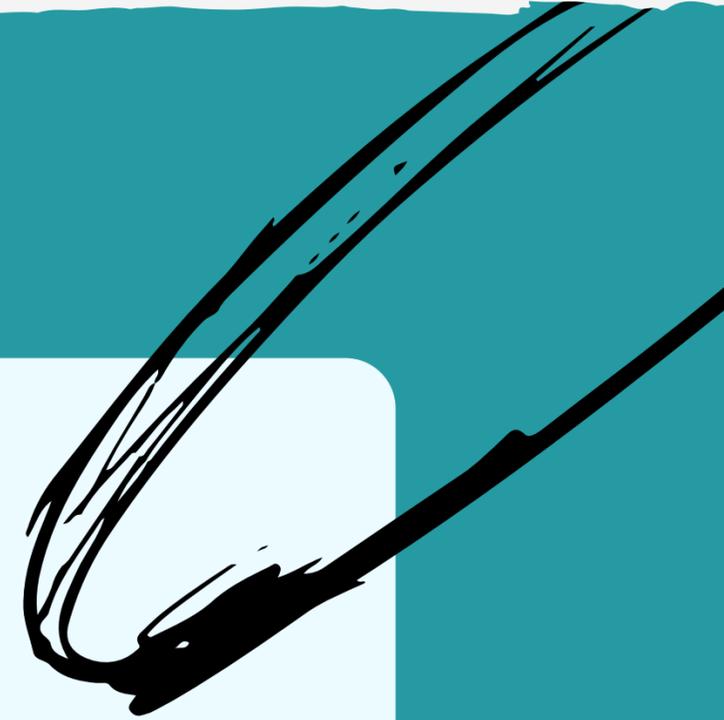


DEFINITION

## SOCIAL MEDIA AUDIT

**OVERSHARE**

to share or reveal too much information





## SOCIAL MEDIA AUDIT

### GOALS:

- Find a partner to interview about their social media habits.
- Use the graphic organizer to track your thinking and partner's responses.
- You will have 6 minutes to work. [Here's a timer to support.](#)





## SOCIAL MEDIA AUDIT

### REFLECT AND DISCUSS

- What did you notice about your partner's phone use?
- What did you notice about your own social media use?



# LESSON: PART ONE

## SOCIAL MEDIA AUDIT

*\*Remember, there are plenty of healthy ways to use social media.*

### CHOOSE ONE TO TRY:

- ☆ Have no phone zones (set times where you're not on your phone).
- ☆ Try a social media cleanse (set aside a few days where you take a break from social media).
- ☆ Turn off notifications and turn on Do Not Disturb.
- ☆ Set phone down and go outside. Be present in the moment.
- ☆ Give yourself time to wake up and go to sleep without using your phone.

