GRADE 7: MY SOCIAL MEDIA LIFE

Video Discussion

What You’ll Need: • Video • Student Handout • Student Handout (Spanish)

Activity Steps

1. **Introduce** the video topic to students by saying: *Today we're going to watch a video exploring how social media affects our relationships.*

2. **Show** the video *Teen Voices: Friendships and Social Media* (3:00 minutes). Note: Use the video player to turn on subtitles in Spanish.

3. **Lead** a class discussion exploring the questions below.

**Distance learning option:** Have students watch the video and complete the handout. If there's time, have students share their responses during a video meeting.

Discussion Questions

1. **What do you think are some benefits of social media?**
   Sample responses:
   - You can:
     - connect with friends
     - share pictures of what you are doing or thinking
     - share exciting things you're doing
     - stay up-to-date on the latest happenings
     - connect with people or groups who have interests similar to yours

2. **What are some problems or drawbacks of social media?**
   Sample responses:
   - It's distracting from other things you need to do (such as homework).
   - You may feel pressure to constantly check it.
   - You may feel pressure to show yourself as perfect or make your life look great.
   - You might compare yourself to others.
   - It can make you feel sad or even depressed.

3. **How does or how can social media affect your friendships?**
   - Answers will vary.