



Social Media: Be Real & Be Healthy (🧠 A Social Health Story)
(5th Grade – 10-11 yrs.)
Skit-Role Play: What Would You Do?



STORY CONNECTION – SLIDE 5 (Approx Time: 30-45 min)

When social media is used in a bad way, there can be a bunch of negative consequences. You do not know if the information you are getting is real or true. You cannot “see” the effects of what you are sharing with others – you may be hurting someone’s feelings when you did not intend to do that. It takes time away from you interacting with people in real life. Sometimes social media trends encourage you to participate in dangerous behaviors...it is like getting a dare from someone you do not even know!!! And we know that when you are “dared” or “challenged” – there is usually something that can be potentially dangerous involved. Social media tools are affecting our ability to read and write. There is a whole other language!!!

Materials needed:

- Tricky Technology Scenario Cards (include below)
- Scissors
- Chart paper or white board
- Markers

Preparation needed:

- Print out the Tricky Technology Scenario Cards and cut them apart.
- Have the Negative Consequences of Social Media listed on the chart paper or board for reference
- Determine how the student(s) are going to be grouped for the skits/role plays.
 - There should be about the same number of student(s) in each group.
- Determine an appropriate amount of time for student(s) to plan and practice their skit.
 - 10 minutes should be enough time for the student(s) to create their skit.
- Determine if student(s) will present at the same time of practicing or during follow-ups.
 - Feel free to break up the activity over different days or times
 - Do what works best for your student(s)

Instructions:

1. In this activity, student(s) will review some of the negative consequences of social media and role play different scenarios that will challenge them to do the right thing.
2. Using the chart already created or the list on the board, review the different negative consequences from the story that can occur when social media is used in a bad way. Have student(s) give a “real life” example of each of the consequences. They are:
 - You do not know if the information you are getting is real or true.

- You cannot “see” the effects of what you are sharing with others – you may be hurting someone’s feelings when you did not intend to do that.
 - It takes time away from you interacting with people in real life.
 - Sometimes social media trends encourage you to participate in dangerous behaviors.
 - Social media tools are affecting our ability to read and write.
3. Next, explain to the student(s) that they are going to work in small groups. (Facilitators working with an individual student can either “act out” or discuss the scenarios with the student.)
 - Each group is going to randomly draw a Tricky Technology Scenario Card.
 - The groups will have a specified amount of time to read the card and make a short skit to act out what the card says.
 - Everyone in the group should be involved in the skit in some way.
 - Each small group will present to the whole group.
 - The whole group will try and determine which negative consequence of social media this skit depicts.
 4. Once time is up, bring the groups back together to share their skits.
 5. Groups can volunteer to perform.
 6. When each skit is complete, the whole group
 - determines what is happening.
 - discusses what negative consequence the skit is demonstrating.
 - discuss what the person in the scenario could do in this situation to keep it from going in the wrong direction.
 7. In closing, reiterate that social media is just a tool, it is not good or bad. How it is used is either good or bad. However, when used inappropriately, it can have negative consequences. These negative consequences can cause can be hurtful and even dangerous. By being a good digital citizen and using social media as a tool for good, the brain will be healthy, happy, and SPEctacular!

After school, you go online and see that one of your friends posted something mean about one of the teachers at your school.

You open your favorite social media app and there is a message saying you won a \$100 gift card! All you must do is click a link and give them some personal information.

Some kids at school are pranking kids, taking pictures, and posting pictures on social media. They want you to like all the pictures so more people will see them.

You are with your best friend, and they start laughing about things going on in a group text. The problem is you are not in the group text.

You are hanging out with your friends after school and one of them starts to show pictures of one of their “friends.” The pictures make you feel uncomfortable.

Your teacher passed back your latest writing assignment and you see a big “D” on the top of it with the comment “We do not write the way we text! I could barely understand this!”

You and your friends are taking silly pictures after school. They want to post them, but you do not think they should be posted.

Someone you do not know sent you a friend request. They look nice and they are about your age. From the profile it looks like you have a lot in common.

Sam has been your friend since kindergarten. You used to do things all the time. Now Sam does not have time for you due to the hundreds of other “friends” that take up so much time.