



Social Media: Be Real & Be Healthy (🌍 A Social Health Story)
(5th Grade – 10-11 yrs.)
Worksheet: Dare to Compare?



STORY CONNECTION – SLIDES 6-7 (Approx Time: 25-30 minutes)

Social media is a tool and there are some good ways to use it and there are some potentially bad ways to use it. One way that social media is different from other tools is that people use it to define who they are or who they should be. People see other people on social media, and they want to be like them, act like them or look like them. We should decide who we are and what we like. We should not let social media tell us. Social media is a tool, and you can use it to find out what others are doing, saying, and feeling. Or you can use it to see what others are wearing or what they look like. One thing that you need to remember is that what you see on social media – may not be what is real. This means that you may be trying to be like or look like or act like things that are not real. There is LOTS of software to change what you see and hear on social media. You can add filters to pictures. You can take pictures or videos from certain angles to appear a certain way. You can edit and touch up photos and videos. You can change what is around you, what you look like or where you are.

Materials needed:

- When FOMO Meets JOMO Video Link:
 - https://wonderopolis.org/wonder_video/Vimeo/192370705/ (1:40)
- Equipment to show online video
- Dare to Compare reflection sheet (included below- optional) or paper
- Chart paper or whiteboard
- Tape
- Markers
- Sticky notes (optional)
- Pencils

Preparation needed:

- Preview the video prior to the activity
 - Determine points of discussion (suggestions listed in Step #11)
- Write each of the following questions on a separate sheet of chart paper or on the whiteboard with room for responses under each one.
 - What is the most important thing about real life friendships?
 - What is the most important thing about online friendships?
 - What are the positives of social media?
 - What are the negatives of social media?
 - How can social media affect the way people feel?

- Determine allotted amount of time for student(s) to respond to the questions.
 - Suggested time is about 10 minutes for the student(s) to circulate and answer the questions.
 - Do what works best for your student(s).
- Determine if student(s) will use Dare to Compare reflection sheet.
 - If so, print 1 copy per student
 - If not, have paper for the student(s) to write their reflection and the quote/question ready to display for student(s).

Instructions:

1. In this activity, student(s) will think about and reflect on how much they are influenced by social media in a three-part activity. The concept of FOMO (fear of missing out) will be explored, and student(s) will write a personal response as a reminder that comparing themselves to others online can rob them of joy and happiness in real life.
2. Begin by reminding the student(s) that social media is a tool.
 - It is not good or bad.
 - How people use the tool can, however, be considered good or bad.
 - One of the negatives of social media is we never really know what is real and what is fake.
 - We also never really know the intentions of the person who posts.
3. Ask the student(s) the following question and allow them to answer out loud:
 - Why do people post things online?
 - Answers might include to entertain, to inform, or to persuade.
 - Encourage student(s) to give examples to go with their responses.

Part I: Response to Questions

4. Next, direct their attention to the charts hung around the room or the board with the questions on them. Go over each question prior to starting this part of the activity
5. Explain to student(s) they will have an allotted amount of time to think about each question and write a response independently. They will add their responses to the chart paper.
6. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
7. Next, have the student(s) use markers to write their answers directly on the chart paper or board or give them sticky notes to write on and stick them on the chart paper or board.
8. When time is over or all student(s) have responded, discuss what the student(s) wrote about each question and discuss as a group.

Part II: FOMO Video

9. The next part of the activity explores FOMO or fear of missing out. Ask student(s) to share out loud what they know about FOMO.
10. Next, play the short video.
11. After the video, discuss the video as a group.
 - Suggestions for Discussion
 - Do you think kids your age experience FOMO? Why or why not?
 - What advice could you give someone who is stressed out due to FOMO?
 - Do you think social media and FOMO go hand in hand? Why or why not?
 - In your own words, what is JOMO (joy of missing out)?
 - Do you think kids your age have a tough time with JOMO? Why or why not?
 - The quote at the end of the video talks about being alone, not lonely. What is the difference? How does this apply to FOMO and JOMO?
12. Lastly, review from the story...
 - So much of what we see on social media is not real!
 - Filters, camera angles, and edits make everything look better.
 - A lot of social media influencers are paid by companies to sell their products.
 - The more people buy them, the more money they make.

- Many influencers only use the product for the post to get you to buy it.
- Comparing yourself to people you only know online can be exhausting and unhealthy.
- It can also rob you of the joy of the people you know IRL (in real life).

Part III: Reflection Sheet

13. Pass out the Dare to Compare reflection sheet.

14. Read the quote, but do not discuss it with the student(s).

15. Explain their task.

- They can write, draw, or a combination to tell/show what this means to them.
- Assure them that this is for them and that the facilitator will not look at it unless they are asked to.
- This should be a thoughtful and personal response and something they can reference when they are experiencing FOMO or other stress related to social media.

16. In closing, review that they should not let social media tell them what they should do, look like, act like, or be like. It is near impossible to tell what is real and what is fake online. Staying true to themselves is good for their Social Health and this makes the body and brain healthy, happy, and SPECtacular!

Activity Idea Credit: <https://healthyschoolscp.org.uk/>

Activity Idea Credit: <https://wonderopolis.org/wonder/what-is-fomo>

Dare to Compare Reflection Sheet

Name:

"Comparison is the thief of joy."

--Theodore Roosevelt

Use words, illustrations, or both to show what this quote means to you. No one will look at your response unless you ask them to. Be thoughtful and complete in your response.