



## Social Media

### Aims:

An assembly exploring a healthy use of social media

### Preparation and materials:

- Social media breakup song video <https://www.youtube.com/watch?v=z20S73B1yIg> (I wrote a song about my addiction to social media) [Accessed 06-20]
- Social media quiz answers

### Assembly:

1. Play the students the social media breakup song which touches on several key issues for young people and social media.
2. Use the social media quiz resource that is attached to the social media lesson. Ask questions to students and take answers. Ask students if there are any statistics that they were shocked at?
3. Ask students some questions about their use of social media. What are the benefits of using social media? How does social media enable your relationships to flourish?
4. Interview a group of students to discuss their experiences of social media. What have their negative experiences been with social media? What advice would they give to their peers listening to best handle social media well? How have they been able to develop their character by using social media? What virtues/traits have they had to develop and how has this helped them?
5. Encourage students to consider what would happen if they reduced their social media use? If students spent some of the time they spend on social media to pursue learning a new skill or developing a relationship with a friend what might they be able to achieve?

### Reflection:

Think about the amount of time you spend on social media in a typical week. How might you begin to change the way you use it? Are you happy with the amount of time you spend engaging with your friends in person?

### Challenge:

Challenge yourself to think how you might cut down on your social media usage? What will you achieve with the time you have saved yourself?

