

PART A Group Interaction

This article appeared in an online magazine:

How to use social media to spread positivity

Social media has taken the sharing of knowledge to an entirely new level, but we face so much information we often don't know what to do with it. Here are some ways to reduce the impact of social media on your mental health and help you use social media to spread positivity instead.

1. Be intentional about using social media.

When you show up to use a social media platform, such as Instagram, ask yourself, 'Why am I here?' If you don't have any need to be on that platform then, close the app.

2. Filter the noise.

Go through your feeds and delete anyone who isn't contributing to a positive environment. You can't change the way people act but you can change your experience using these platforms quite easily.

3. Don't use it to fill time and space.

If you are using social media to kill time, you might want to ask yourself why. Why do I have to be entertained every second of the day? There's nothing wrong with being bored standing in line.

4. Remove yourself from the negativity.

At the end of the day, if you feel like you can't handle it or social media is really impacting your happiness in a negative way, it might be a better idea to remove yourself from it entirely. You might be surprised by how little you miss it after a while. You can always come back to social media when you feel like you are ready to be there again.

You are members of the Mental Health and Wellness Club. Your group has been asked to discuss the impact of social media on students' well-being. You may want to talk about:

- what kind of people are popular on social media
- the negative effects of social media on users
- what the club can do to help promote better social media habits
- anything else you think is important

PART B Individual Response

1. Do you use social media?
2. Would you like to be popular on social media?
3. How do you feel when someone "likes" your social media posts?
4. Do social media posts show someone's real life?
5. Do people become addicted to social media?
6. How do you control your use of social media?
7. Do you agree there is a lack of compassion on social media?
8. Does social media impact people's self-esteem?

Note Grid - Your Notes for the Discussion

1. what kind of people are popular on social media	2. the negative effects of social media on users
3. what the club can do to help promote better social media habits	4. anything else you think is important

Note Grid - Your Notes for Part B Individual Response Questions

Question: _____	Question: _____
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