

Social Media and Well-being

Positivity, popularity and
the pressure of the feed

DSE 2023 Paper 4 Set 4.3 • Lesson 5

How to use social media to spread positivity

1. Be intentional about using social media.
2. Filter the noise.
3. Don't use it to fill time and space.
4. Remove yourself from the negativity.

How much is too much?

Two questions to get you talking



QUESTION 1 (Student A)

Do you use social media?

QUESTION 2 (Student B)

Would you like to be popular on social media?

Your discussion task

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



Q1 Who becomes popular?

SUGGESTED IDEAS — noun phrases

- accounts with an extreme opinion
- the perfect-looking lifestyle
- the fastest, shortest content



Q2 The negative effects on users

SUGGESTED IDEAS — noun phrases

- **anxiety from constant comparison**
- **lost concentration and lost sleep**
- **a lack of compassion in the comments**
- **a false picture of other people's lives**

Q3 What the club can do



SUGGESTED IDEAS — noun phrases

- a no-phone hour or a screen-time challenge
- a peer-led workshop on spotting fake lives
- a quiet space and someone to talk to

Part B – Question 7



Do you agree there is a lack of compassion on social media?

SUGGESTED IDEAS — noun phrases

- **AGREE:** the comment sections make it plain
- **AGREE:** anonymity removes the consequences
- **DISAGREE:** every crisis brings an outpouring of support
- **DISAGREE:** compassion just looks different online

Part B – Question 8



Does social media impact people's self-esteem?

SUGGESTED IDEAS — noun phrases

- **YES: comparison is built into the app**
- **NO: the impact depends on how you use it**



Say it like this — from the lesson

My screen time is out of control — I check my feed out of habit.

I am chasing the approval of people I barely know.

There is a real lack of compassion in the comment sections.

Constant comparison damages users' self-esteem.

Anonymity removes the consequences of what people write.

Curating your feed turns a harmful app into a useful one.

One more scroll at midnight costs an hour of sleep.

The club could raise awareness of screen time with a no-phone week.