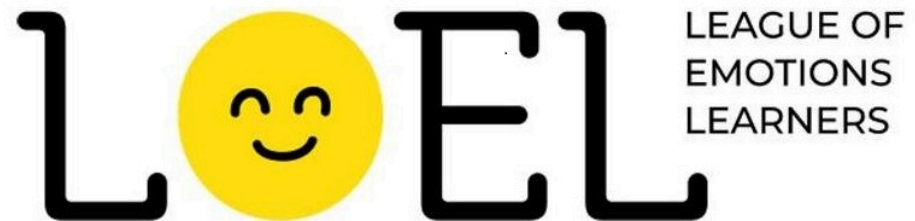
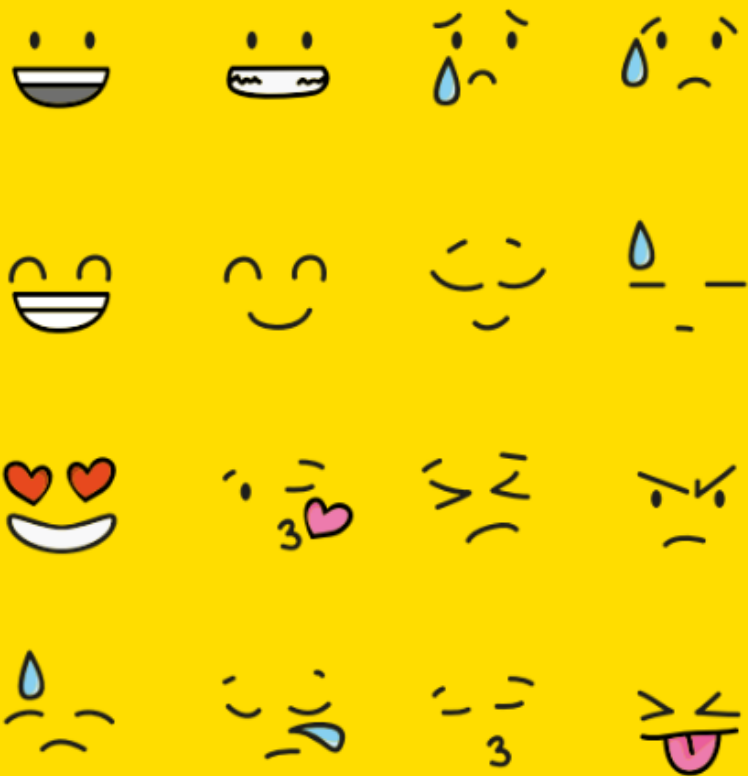




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# Learning Activity

## Social networks



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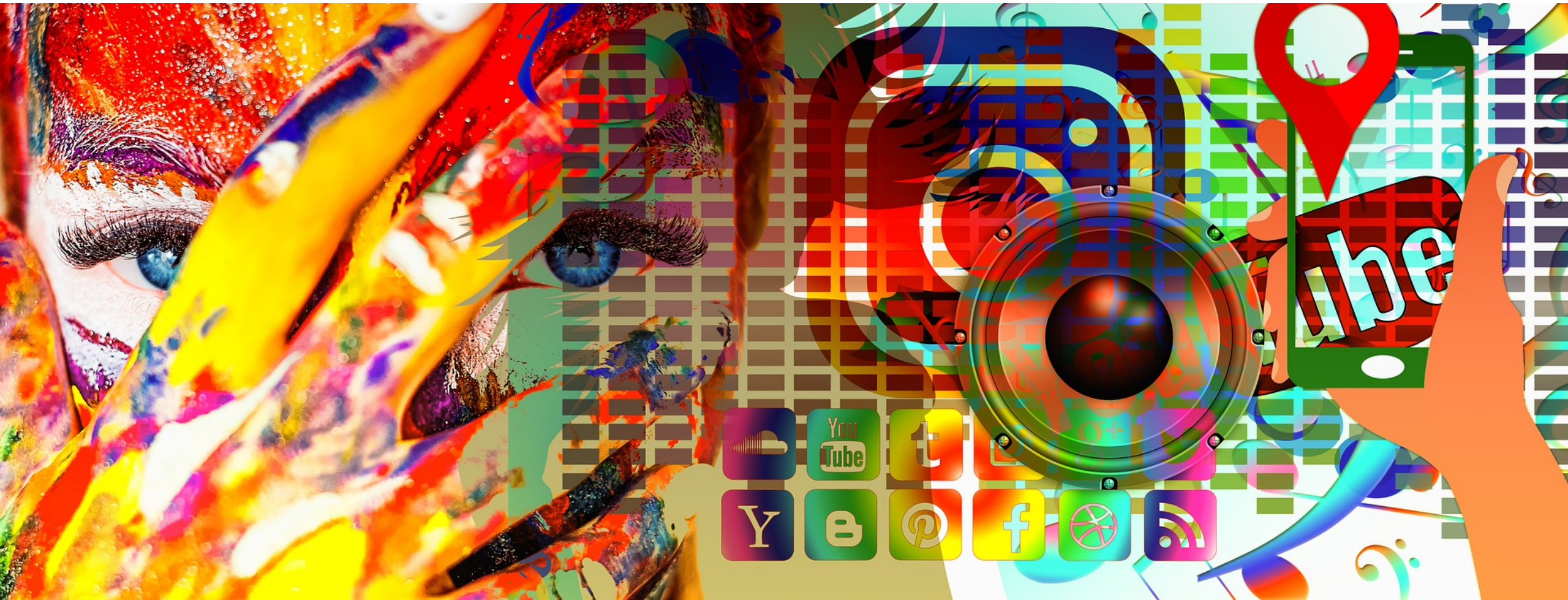
*How many  
social  
networks  
profile do  
you have?*

*How many of those do you use on a daily basis?*





# Which one is your favorite?





***How much time do you spend daily in social media?***



*Last, for what purposes do you use them?*





**But** LOEL LEAGUE OF EMOTIONS LEARNERS  
*is not (only)  
about us, it is  
about  
youngsters*

***Did you know...***

***That people under 13 are  
not allowed to have a  
social media account?***



SO...

*Are you able to guess  
which is the most popular  
app among young  
people?*



**YES,  
you  
are  
right**



**Again, visual communication is preferred**



***AND...***

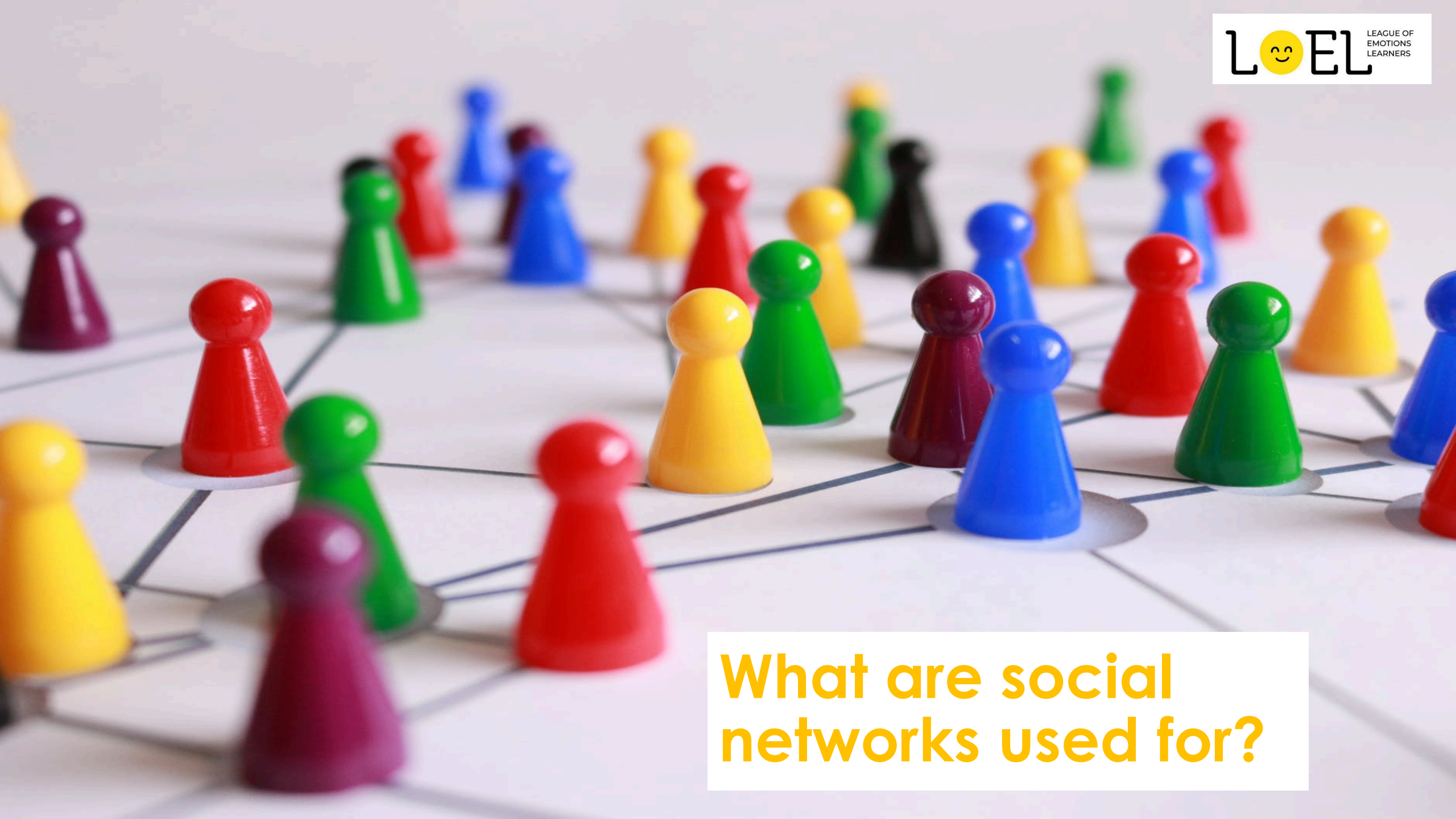
***What about the time they  
spend in social networks?***



*There is a lot of different data and studies with regards to this topic, but it goes from*

***2hours (as minimum) up to 6 hours***

*And... it has significantly increased over the years*



**What are social networks used for?**



- ✓ *Use for socialising*
- ✓ *Allow to keep contact with people that live/are far away*
- ✓ *Keeps you updated about events/news of our interest*
- ✓ *It may also be used for professional purposes: marketing, selling/buying, to find a job...*

# RISKS

[Video: Ted Talk about social media](#)



**TED<sup>x</sup>RyersonU**  
x = independently  
organized TED event

# Top 3 Diagnoses on University Campuses

- 1. ANXIETY**
- 2. DEPRESSION**
- 3. STRESS**





*"I would like to look like this"*

*"He is perfect"*

*"I can't afford that"*

*"Wish I had the chance to go there"*

*"She is always having fun"*

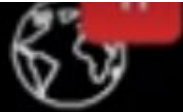
*"I can also do that"*

*Even if there is new regulation in place,*

*overexposure and data protection is also a topic*

*young people should be aware of.*





# 4 STRESSORS ON SOCIAL MEDIA

**1** Highlight Reel

**2** Social Currency

**3** Fear Of Missing Out (F.O.M.O)

**4** Online Harassment



## 4 Steps to Social Media Wellness

1

Recognize the problem.

2

Audit your social media diet.

3

Create a better online experience.

4

Model good behaviour.

# Recognize the problem -self-awareness

1. Analyse your social media usage
2. Is this how do you want it to be?



# *Audit your social media diet*

- Choose those medias you want to spend some time in and committ to a concrete amount of time/per day
- Rewards/penalty system
- Screen time control tool  
Apps to block the notifications for a concrete amount of time



# ACTIVITY

## Surfing on social networks





**EvansSu**  
@sussiEvans



 Follow

@selenagomez I love you so much!! I'd kill to meet you and know how to be like you, you're perfect! #idol



3:24 PM - 28 June 2016



**Lucke**

@Luckeee10



Following

@BeccaJ you are the reason I smile every morning, thank you for making my life perfect by your side. You are my Everything! #foreverandever



6:48 PM - 1 May 2015



Jessica Marsh

Yesterday at 2:07pm · 🌐



...

Like · Comment · Share

👍 48 people like this.

🔄 6 shares



Write a comment ...







mike\_cooper · Following



Liked by luckee10 and 136 others

**mike\_cooper** "Our reward is in the effort and not in the result. Full effort is full victory" - Mahatma Gandhi 💕🗨️

💪 ... more

[View all 16 comments](#)



[Add a comment...](#)

6 August



Liked by ricky6 and 196 others

**lissa\_26** 🥰💕🌍 ... more

View all 1 comment

**ricky6** What a sunny day! It must be really warm. I'm sure you'd be more comfortable with less clothes, and your followers would be happier 😊😏😘

 Add a comment...

30 September



**Nick Tracy**

Yesterday at 01:55am · 🌐



Every day is a nightmare from which I wake up when I fall asleep...

Like · Comment · Share

👍 2 people like this.

↪️ 3 shares



Write a comment ...





Lillian\_Mi · Follow



Liked by chriss6 and 120 others

Lillian\_Mi Last summer pic 📷 ... more

View all 4 comment

**Zeze12** OMG, you're so ugly that you always need to cover your face. Thanks for doing it!



Add a comment...

24 October



*You may think there are  
exaggerations...*

***But... some news***

# 'The Big Gay Musical' creator kills himself, aged 41, after posting a lengthy and chilling suicide note on Facebook



- Fred Caruso, 41, an Off-Broadway producer and film director, died Monday in an apparent suicide in Las Vegas
- He scheduled the letter to go live Monday night on the Facebook page for the 2009 film, 'The Big Gay Musical', which he co-wrote and co-directed
- Caruso said that in his final moments he had found 'peace' and begged his friends not to post memorial posts on social media
- The letter detailed the painful turmoil he suffered internally for years

By REGINA F. GRAHAM FOR DAILYMAIL.COM

**PUBLISHED:** 17:08 BST, 15 June 2016 | **UPDATED:** 16:36 BST, 16 June 2016



An Off-Broadway producer and film director died Monday in an apparent suicide in Las Vegas after posting a chilling and long note to say goodbye on **Facebook**.

## **New Zealand shooting: More than 200 users watched live stream video of Christchurch mosque attacks, but nobody reported it, says Facebook**

- The video on Facebook was reported only 12 minutes after the broadcast ended, said the tech company

*It is not about stop using social media but to use them wisely.*

