



Video Discussion

What You'll Need: • Video • Student Handout • Student Handout (Spanish)

Activity Steps

1. **Introduce** the video topic to students by saying: *Today we're going to watch a video that explores how to build and maintain positive and healthy friendships.*
2. **Show** the Teen Voices: Friendships and Boundaries video (4:49 minutes). (Note: The video is also available in Spanish, and you can also use the video player to turn on subtitles.)
3. **Lead** a class discussion exploring the questions below.
Optional: You can also distribute the Student Handout and have students respond to the questions prior to group or whole-class discussion.

Discussion Questions

1. *In the video, how did teens say devices and social media affect their friendships? Is it more positive or negative?*

Sample responses:

- The teens shared both benefits and drawbacks about using devices and social media to connect with their friends.
- Positive aspects: feeling connected to one another and being able to get support from friends more easily.
- Negative aspects: invasion of privacy and overcommunicating, which can be irritating and overwhelming if there are no boundaries.

2. *How do you think your friendships have been affected by digital devices and social media?*

Sample responses:

- Answers will vary.

3. *What boundaries do you want to create when communicating with friends online?*

- Answers will vary.



RELATIONSHIPS & COMMUNICATION

**We know the power
of words & actions.**