



Video Discussion



Quick Activity

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 exploring how social media affects our relationships.*
2. **Show** the video Teen Voices: Friendships and Social Media (3:00 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. *What do you think are some benefits of social media?*

Sample responses:

- You can:
 - connect with friends
 - share pictures of what you are doing or thinking
 - share exciting things you're doing
 - stay up-to-date on the latest happenings
 - connect with people or groups who have interests similar to yours

2. *What are some problems or drawbacks of social media?*

Sample responses:

- It's distracting from other things you need to do (such as homework).
- You may feel pressure to constantly check it.
- You may feel pressure to show yourself as perfect or make your life look great.
- You might compare yourself to others.
- It can make you feel sad or even depressed.

3. *How does or how can social media affect your friendships?*



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- Answers will vary.



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