

# Lesson 5: **FEELING GOOD ABOUT YOURSELF AND STRENGTHENING RELATIONSHIPS ON SOCIAL MEDIA**

## LESSON OBJECTIVE:

Students will learn how to use social media in ways that uplift themselves and others while strengthening relationships.

## RESOURCES NEEDED:

- Video segment 5: "Feeling Good About Yourself and Strengthening Relationships on Social Media,"
- Access to the following YouTube videos:
  - "Look Up" <https://www.youtube.com/watch?v=Z7dLU6fk9QY>
  - "Dove Real Beauty Sketches" <https://www.youtube.com/watch?v=litXW91UauE>
- Paper and pen/pencil for each student



"Look Up" <https://www.youtube.com/watch?v=Z7dLU6fk9QY>  
"Dove Real Beauty Sketches" <https://www.youtube.com/watch?v=litXW91UauE>

## LESSON INTRODUCTION: Review lesson 4, "Why I use Social Media -Using Social Media for the Right Reasons"

- Did the students go through their friend list and delete or unfollow those who do not uplift them?
- Have any students noticed a difference in how they feel since making changes to their social media use?
- Did they talk to someone about using social media for the right reasons?

## SHOW VIDEO SEGMENT 5: "FEELING GOOD ABOUT YOURSELF AND STRENGTHENING RELATIONSHIPS ON SOCIAL MEDIA"



Give the students several minutes to write a journal response to any of the following questions that fit the needs of your class. After they finish, ask the students to pair-up and share their written responses. Reconvene the class and ask pairs to report back on their conversations-encourage discussion.

## QUESTIONS:

- Have you had a personal experience with posting something positive? How did it make you feel? How did it strengthen your relationship?
- Have you had a personal experience with a negative post? How did it make you and others feel? How did it affect your relationships?
- What are some ways we can show the "real you" when posting on social media?
- How can we use social media to actively engage with real people?

## ASSIGNMENT SUGGESTIONS:

- Encourage the students to make any changes necessary to "own their social media story".
- Have the students journal commitments they would like to make to make their social media experience one that is uplifting and productive and encourage them to regularly monitor their social media use and commit to owning their own story.

Show the following video which reinforces the importance of having a proper self-image. <https://www.youtube.com/watch?v=litXW91UauE>

Show the following video emphasizes the importance of making authentic connections. <https://www.youtube.com/watch?v=Z7dLU6fk9QY>