

The Impact of Social Media on Mental Health Secondary Lesson Plan

Created by:



All parts of the lesson are imbedded in a PowerPoint slide show.

Warm-Up Questions (*Write on the board; students discuss in small groups*)

- Do you know what the most addictive item in the world is?
- How many people have social media?
- How many hours do you use social media a day?

Share everyone's answers as a group.

Show full Video: The Social Media Dilemma saved onto the slide, after reading the content warning:

Read to students: This video discusses topics such as social media addiction, mental health challenges, emotional well-being and mentions suicide. Some content may feel uncomfortable or triggering.

If at any point you feel upset or need a break, please let your teacher know or you can visit guidance. You are not required to share any personal experiences. Remember that if you are struggling you can reach out to any caring adult here at school or call or message Kids Help Phone 686868.

Discussion After Video (Takeaways)

1. What are your biggest takeaways from this video?
2. The highlight reel: Do you post your highlights? How does this affect you? Others? What if we posted the everyday as well?
3. Social currency: How do you feel when you get likes? When you don't get likes? How does this affect your day?
4. What steps could you take to have a better social media experience?
 - What activities could be alternatives when social media causes stress?

Need Help? You're Not Alone.

If social media or technology use is causing stress, anxiety, or affecting your mental health, here are some places to get help:

- **School Resources:** Speak to your teacher, guidance counsellor, or mental health lead.
- **Kids Help Phone:** Call **1-800-668-6868** or text **CONNECT** to **686868** (available 24/7 in Canada).

- **Wellness Together Canada:** <https://wellnesstogether.ca> – Free mental health and substance use support.
- **Local Crisis Lines:** If you feel unsafe or overwhelmed, reach out to your local crisis hotline.

Student Activity

Create Your Own Positive Apps

- Design apps that would make screen time more enjoyable and positive.
- Draw the app design and give it a name.
- Colour your phone and apps.

Share: Students present their app ideas to the class.

Debrief Questions

- How would your mental or emotional health be affected by using these apps instead of traditional social media?
- What steps can you take after today to reduce stress caused by social media?

Instructions for Students:

- Think about things, people, or activities that bring you peace and calm.
- Create apps to represent those things that benefit your mental health.
- Draw symbols and name your apps.

#stressmanagement

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