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| Describe how social media helps you when  you are sad  Accept: Move 2 steps forward  Reject:  Move 2 steps backward |  | Tell the other players about a time you were harassed or bullied on social media  Accept: Move 5 steps forward  Reject:  Move 5 steps backward |
| Share what you do to limit your use of social media  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |  | Tell the other players about a time you reported or blocked someone’s social media account  Accept: Move 4 steps forward  Reject:  Move 4 steps backward |
| Explain how social media helps you in your daily life  Accept: Move 2 steps forward  Reject:  Move 2 steps backward |  | Tell the other players which platform is your  favorite and why  Accept: Move 1 step forward  Reject:  Move 1 step backward |
| Tell the other players about your favorite  content to watch/create  Accept: Move 2 steps forward  Reject:  Move 2 steps backward |  | Talk about the standards that social media  imposes on you  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |
| Talk about insecurities you have  due to social pressure  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |  | Share how social media has helped you  overcome your fears/ insecurities.  Accept: Move 4 steps forward  Reject:  Move 4 steps backward |

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| Share how social media has helped you  improve your social skills  Accept: Move 3 steps forward  Reject:  Move 3 steps backward  Reject: Move 3 steps backward |  | Tell the other players how social media has  impacted your mental health  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |
| Tell the other players a time when you felt  insecure after seeing a social media post  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |  | Tell the other players about a time you felt  body shaming after seeing a social media post  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |
| Could you stay away from social media for 24 hours?  Accept: Move 1 step forward  Reject:  Move 2 steps backward |  | Could you stay away from social media for a week?  Accept: Move 1 steps forward  Reject:  Move 2 steps backward |
| Tell the other players about a time you felt  lonely or depressed because of social media  Accept: Move 4 steps forward  Reject:  Move 5 steps backward |  | Define cyberbullying to the other players  and give a real life example  Accept: Move 3 steps forward  Reject:  Move 5 steps backward |
| Tell the other players about a time you felt  a fear of missing out because of a social media post  Accept: Move 4 steps forward  Reject: Move 6 steps backward |  | Your friend is addicted to social media. As a group, come up with three ways you can help him/her  Accept: Move 1 step forward  Reject:  Move 2 steps backward |

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| Share a time you reported someone on social media  Accept: Move 1 step forward  Reject:  Move 2 steps backward |  | Share three positive influencers you follow  on social media and why  Accept: Move 2 steps forward  Reject:  Move 2 steps backward |
| Name three positive effects of social media    Accept: Move 1 step forward  Reject:  Move 2 steps backward |  | Name three negative effects of social media  Accept: Move 4 steps forward  Reject:  Move 4 steps backward |
| Look at the other players. Which person posts the most positive content on social media?  Accept: Move 1 step forward  Reject:  Move 2 steps backward |  | True or false: I spend more time on social media than talking face-to-face with my friends. Explain why  Accept: Move 6 steps forward  Reject:  Move 7 steps backward |
| Tell the other players about a time you missed something important in real life because of social media  Accept: Move 4 steps forward  Reject:  Move 4 steps backward |  | Tell the other players about a time your phone died because of using social media and you missed something important  Accept: Move 1 step forward  Reject:  Move 2 steps backward |
| Tell the other players three ideas for dealing with depression after using social media  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |  | Tell the other players about a post  you are very proud of  Accept: Move 1 step forward  Reject:  Move 2 steps backward |

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| Share the moment when social media helped you reconnect with someone that lives far away from you  Accept: Move 1 step forward  Reject:  Move 1 step backward |  | Share the moment when you were catfished by someone in real life  Accept: Move 2 steps forward  Reject:  Move 2 steps backward |
| Tell the other players about having unhealthy sleeping patterns because of staying up late scrolling on social media  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |  | Share a time when you were tricked into purchasing a fake designer label  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |
| Talk about a time when you shared a post/story and did not even read the story yourself  Accept: Move 2 steps forward  Reject:  Move 2 steps backward |  | Talk about a time where you compared yourself with another person on Instagram or Facebook and how did you managed to stop those feelings  Accept: Move 3 steps forward  Reject:  Move 3 steps backward |
| Talk about a time where you felt jealousy for your partner when they interacted with an ex-partner on social media  Accept: Move 2 steps forward  Reject:  Move 2 steps backward |  | Share a moment when you felt socially isolated despite being connected to a wide network of online friends and family  Accept: Move 2 steps forward  Reject:  Move 2 steps backward |
| Share a moment when you started following online lessons or learning a new language with the help of social media  Accept: Move 1 step forward  Reject:  Move 1 step backward |  | Tell the other players a time when social media inspired your creativity and  encouraged self-expression  Accept: Move 2 steps forward  Reject: Move 2 steps backward |

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