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| **LESSON SIX – THE IMPACT OF TECHNOLOGY AND SOCIAL MEDIA ON MENTAL HEALTH AND WELLBEING** |
| **STARTER TASK:** List all of the technologies you have used in the last 24 hours |
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| **STARTER TASK** |
| **Which item of technology is the most important to you? Why?** |
| **TASK ONE:** Intelligent Graffiti Wall |
| **Is technology good or bad?** Record your group ideas in the space below using a range of labelled pictures.  |
| **TASK TWO:** Sort the statements on the board into positive and negative impacts of technology |
| **POSITIVE** | **NEGATIVE** |
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| **LESSON SIX – THE IMPACT OF TECHNOLOGY AND SOCIAL MEDIA ON MENTAL HEALTH AND WELLBEING** |
| **SOCIAL MEDIA QUESTIONNAIRE –** TO PREPARE OUR SURVEY DISCUSS THE FOLLOWING  |
| WHICH SOCIAL MEDIA PLATFORM DO YOU WANT TO ASK PEOPLE ABOUT? |
| Facebook |  | Instagram |  | Snapchat |  | Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
| 1. ASK A QUESTION ABOUT AGE? REMEMBER TO GIVE OPTIONS AS ANSWERS? GIVE FOUR OPTIONS IN THE SPACE BELOW |
|  |  |  |  |  |  |  |  |
| 2. ASK IF THEY HAVE HEARD OF THE SOCIAL MEDIA PLATFORM. GIVE OPTIONS IN THE SPACE BELOW.  |
|  |  |  |  |  |  |  |  |
| 3. ASK WHETHER THEY HAVE AN ACCOUNT ON THIS SOCIAL MEDIA PLATFORM. GIVE OPTIONS IN THE SPACE BELOW |
|  |  |  |  |  |  |  |  |
| 4. ASK IF THEY HAVE AN APP FOR THIS SOCIAL MEDIA PLATFORM ON THEIR PHONE. GIVE OPTIONS IN THE SPACE BELOW |
|  |  |  |  |  |  |  |  |
| 5. ASK HOW OFTEN THEY USE / CHECK THIS SOCIAL MEDIA PLATFORM. GIVE OPTIONS IN THE SPACE BELOW |
|  |  |  |  |  |  |  |  |
| 6. ASK HOW THEY FEEL ABOUT HOW OFTEN THEY USE SOCIAL MEDIA – E.G. TOO MUCH ETC. GIVE OPTIONS IN THE SPACE BELOW  |
|  |  |  |  |  |  |  |  |
| 7. COME UP WITH YOUR OWN QUESTION WITH OPTIONS |
|  |  |  |  |  |  |  |  |
| 8. COME UP WITH YOUR OWN QUESTION WITH OPTIONS |
|  |  |  |  |  |  |  |  |
| 9. ASK SOMETHING ABOUT THE BENEFITS OF SOCIAL MEDIA. GIVE OPTIONS |
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| 10. ASK SOMETHING ABOUT THE PROBLEMS OF SOCIAL MEDIA. GIVE OPTIONS |
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