

# Oversharing and Your Digital Footprint

15  
minutes

What You'll Need: **Video** • **Student Handout**

## CASEL FOCUS: Self-Awareness

### Learning Objectives

- Reflect on how being on social media can impact their emotions and behavior online.
- Identify ways to make the most of social media while still caring for themselves and others.

### Activity Steps

1. **Ask:** *How would you describe your experiences with social media, either for yourself or for people you know? Good, bad, or in the middle?*

Invite students to share their reactions with a thumbs up, down, or to the side.

2. **Share** the trends you observe in the classroom by saying, *It looks like most people's experiences have been ...* and *There are a handful of people whose experiences have been ...*

If time permits, invite students to share why they feel that way.

3. **Say:** *How you use social media can have a big impact on whether your experience is positive or negative. We're going to watch a video hearing from teens about their experiences on social media and how oversharing has impacted them. As you watch, think about what oversharing means to you.*

Optional: Distribute the **Student Handout** and have students complete Question 1 as they watch the video.

4. **Show** the video **Teen Voices: Oversharing and Your Digital Footprint** (3:19 minutes).

After showing the video, invite students to share out.

5. **Lead** a class discussion exploring the discussion questions below.

Optional: Have students complete Questions 2 to 4 on the **Student Handout** independently before having a group discussion.

### Discussion Questions

**Say:** *The teens in the video talked a lot about the concept of **oversharing**, which is sharing personal feelings, information, or experiences that later make someone feel uncomfortable or regretful.*



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**Ask:** Why do you think it is common for people to overshare on social media?

Sample responses:

- You might feel pressure to make your life seem cool/exciting if you see others doing the same.
- If you are used to connecting and getting attention from others online (with likes, views, etc.), you might feel pressure to post more content or share more about yourself.
- If you are used to using social media as an outlet for your emotions or to express yourself, you might feel comfortable sharing anything that comes to your mind.

**Ask:** Think about your own experience on social media. Have you ever overshared or seen others overshare? How do those experiences make you feel about yourself?

- **when you witness others oversharing you may feel:**
  - Sad that you are missing out
  - Self-doubt about who you are or what you are doing in your life
  - Jealous of others
- **when you overshare you may feel:**
  - Frustration at focusing more on capturing a moment rather than living it
  - Regret for saying/sharing something that might have been inappropriate
  - Anxious for revealing or sharing sensitive information
  - Conflicted about how you present yourself online and who you are in real life

**Ask:** What are ways you can reduce the negative impact that oversharing could have in your life?

Answers will vary, but be sure to highlight both mindset and platform-specific strategies

- **Mindset strategies:**
  - Consider how what you share online can impact you and how others view you.
  - Keep your posts positive.
  - Reflect on when and why you post something online.
  - Be mindful of how what you post makes you feel.
  - Talk to your friends about your boundaries for tagging or posting about each other.
- **Platform-specific practices:**
  - Share only certain information with close friends.
  - Use your device settings to limit the amount of time you can spend on social media.
  - Manage your notification settings to avoid being tempted to go online.
  - Mute posts of people who cause you to have negative feelings.

Send home the family conversation starter for this activity, available in **English** and **Spanish**.

To go deeper on this topic, check out the full lesson: **Social Media and Digital Footprints: Our Responsibilities**.

