



Video Discussion

What You'll Need: • [Video](#) • [Student Handout](#) • [Student Handout \(Spanish\)](#)

Activity Steps

1. **Introduce** the video topic to students by saying: *Today we're going to watch a video exploring how social media affects our relationships.*
2. **Show** the video [Teen Voices: Friendships and Social Media](#) (3:00 minutes). Note: Use the video player to turn on subtitles in Spanish.)
3. **Lead** a class discussion exploring the questions below.

Distance learning option: Have students watch the video and complete the handout. If there's time, have students share their responses during a video meeting.

Discussion Questions

1. *What do you think are some benefits of social media?*

Sample responses:

- You can:
 - connect with friends
 - share pictures of what you are doing or thinking
 - share exciting things you're doing
 - stay up-to-date on the latest happenings
 - connect with people or groups who have interests similar to yours

2. *What are some problems or drawbacks of social media?*

Sample responses:

- It's distracting from other things you need to do (such as homework).
- You may feel pressure to constantly check it.
- You may feel pressure to show yourself as perfect or make your life look great.
- You might compare yourself to others.
- It can make you feel sad or even depressed.

3. *How does or how can social media affect your friendships?*

- Answers will vary.

