

Ethics of Social Media and Mental Health

Discussion Activity

Video Captioning Alert

Ensure all videos are well captioned with good sentence structure. This activity includes two YouTube videos. Before assigning, please verify that closed captions are accurate, use proper punctuation, and reflect specialized vocabulary correctly. YouTube auto-generated captions frequently contain errors. Consider providing written transcripts as supplemental resources.

Discussion Activity Directions

Before participating in this discussion, please read all assigned articles and watch all videos included in the activity. Your responses should be thoughtful, well-developed, and demonstrate your understanding of the content.

When answering the discussion questions:

- Write a minimum of **300 words** total.
- Use complete sentences and summary form (no bullet points).
- Incorporate evidence and examples from the assigned articles and videos to support your ideas.
- Be sure your answers clearly reflect the key concepts presented in the materials.

Your goal is to show that you have engaged with the readings and videos and can apply what you have learned to your discussion responses.

Required Resources

Please review the following resources before responding to the discussion questions.

Resource 1: [COS Psychological Services Page](#)

Visit the College of the Sequoias (COS) Psychological Services webpage to learn about the mental health resources available to students.

[COS Psychological Services Page](#)

Resource 2: [Surgeon General Says Social Media Should Come with Health Warnings for Teens](#)

Watch this video to learn about the Surgeon General's recommendation for health warning labels on social media platforms for teens.

[Surgeon General Says Social Media Should Come with Health Warnings for Teens – YouTube Video](#)

Resource 3: More Than a Dozen States Sue TikTok over Children's Mental Health

Watch this video to learn about the legal actions being taken against TikTok regarding its impact on children's mental health.

[More Than a Dozen States Sue TikTok over Children's Mental Health – YouTube Video](#)

Discussion Questions – Due Friday by 11:59 PM

Respond to all of the following questions. Write a minimum of 300 words total using complete sentences and summary form.

Question 1: Define the term Social Comparison.

Question 2: Define the term Social Capital.

Question 3: Define the term Social Construct.

Question 4: Visit the COS Psychological Services webpage (Resource 1 above). List three things you learned from the Psychological Services website at COS.

Question 5: What do you think each person's appearance and personal style say about them?

Question 6: Is there anything you feel prevents you from sharing your self-identity through your appearance? Please explain.

Question 7: Has social media impacted your mental health in any specific way? For better or worse?

Question 8: Do you think brands advocating for and profiting off mental health awareness cause more good than harm? Explain in detail.

Question 9: Do you believe that if kids and people were sort of "forced" to take a break from social media it would change them as a person? Please elaborate on how this may change someone.

Question 10: Do you agree with the Surgeon General wanting to include a digital warning label on social media sites for new users? What do you think a good age would be for kids to be allowed to have access to social media and why?

Peer Response – Due Sunday by 11:59 PM

Respond to one of your peers' discussion posts on **Question 10**. Read another peer's response to Question 10. Do you agree or disagree with their recommended age that kids should be allowed to have access to social media? Discuss why you agree or disagree with your peer and provide specific reasons for your recommendations.

Submission Timeline and Late Policy

Requirement Discussion Questions (Questions 1–10)	Due Date Friday by 11:59 PM	Late Policy Late points will be deducted if submitted after the due date.
Peer Response (Question 10)	Sunday by 11:59 PM	10 points deducted if not submitted on time. No late submissions allowed.
Final Deadline for Discussion Questions	7 days after the original due date	A grade of zero will be assigned if submitted after 7 days.

Mental Health Support Resource

If any of the topics discussed in this activity affect you personally, please know that support is available. Visit the [COS Psychological Services Page](#) or contact your campus health services office for confidential assistance.

Instructor Accessibility Checklist

Before distributing this document, please complete the following:

- Verify that both YouTube videos have accurate closed captions enabled. Review captions for proper grammar, punctuation, and specialized vocabulary.
- Consider providing written transcripts for both videos as supplemental resources.
- Replace all raw URLs in the original document with descriptive hyperlink text. For step-by-step instructions, visit [Create Accessible Links in Word – Microsoft Support](#).
- Use built-in heading styles (Heading 1, Heading 2, Heading 3) rather than manually formatting text with bold or font size changes. Include titles, subtitles,

and all important information in the main body of the document, not in headers or footers. For guidance, visit [Use Built-In Title, Subtitle, and Heading Styles – Microsoft Support](#).

- Use accessible font formats such as Arial or Calibri at 11pt or larger. Avoid decorative or script fonts. For guidance, visit [Use Accessible Font Format and Color – Microsoft Support](#).
- Ensure the submission timeline table has the first row marked as a header using native Word table tools for screen reader accessibility.
- Run the Microsoft Word Accessibility Checker before distributing. Go to **Review > Check Accessibility**. For guidance, visit [Make Your Word Documents Accessible – Microsoft Support](#).