



**ARE YOU DIGI-FIT?**

**WOSU.ORG/DIGITALWELLNESS**

**Category:** Well-Being

**Level:** High School (9-12)

**Area of Focus:** Fear of Missing Out (FOMO)

**Materials Needed:** Links below

**Big Idea and The Why** (what should students remember after the lesson?):

- Students concerns of being excluded (FOMO) or not receiving likes is a chronic concern of social media usage

**Mini-Lesson/Content:**

- Read The following two articles:
  - [An Instagram with No ‘Likes’ Could Have a Big Impact on Mental Health](#)
- Use Common Sense Media’s Lesson [Curated Lives](#)

**Further Resources/Extending:**

- [Instagram will remove ‘likes’ from posts for some US users](#)
- [Rewarding Relationships](#)