



**ARE YOU DIGI-FIT?**

**WOSU.ORG/DIGITALWELLNESS**

**Category:** Well-Being

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

**Area of Focus:** Self-Identity: Obsession on Digital Appearance

**Materials Needed:** Links below

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

- People's lives are not perfect like they appear on social media. Educate students on being yourself and understanding what they observe from others may not be realistic lifestyles

**Mini-Lesson/Content:**

- Watch this [video](#) on Social Media and Mood
  - Overall, how does social media make you feel?
  - When does it make you happiest? Be sure to explain what you're using, how you're using it, and how much you're using it when you have this feeling.
  - When does it make you the least happy? Be sure to explain what you're using, how you're using it, and how much you're using it when you have this feeling.
- After your discussion, review [Removed by artist Eric Pickersgill](#)
  - Then, discuss as a class or have students fill out this "[Are We Hooked?](#)" worksheet

**Discuss or Create:**

**Further Resources/Extending:**

- <https://www.commonsense.org/education/digital-citizenship/lesson/social-media-and-how-you-feel>
- <https://www.commonsense.org/education/digital-citizenship/lesson/can-media-be-addictive>