

WHAT'S ON YOUR MIND? WITH DR ALEX: FOLLOW UP DISCUSSION POINTS & ACTIVITIES



REDUCING SCREEN TIME

Discussion 1: What are the benefits and challenges of being online to emotional wellbeing?

- Consider – what are all the benefits to young people's emotional wellbeing of being online (and using social media in particular)? You have three minutes to list as many positive ideas as you can.
- Next, cover up your answers, and make a list in the next three minutes focusing on all the challenges to young people's emotional wellbeing from being online (and using social media in particular).
- Finally, think about any interesting facts or questions you have about being online and mental health. Write a list of these and share some ideas with your peers and/or the class.

Discussion 2: What advice do you have for social media companies?

Reflect on what advice you would give to social media companies to help them promote young people's emotional wellbeing.

- What could be done to improve young people's experience of social media in general?
- How can social media be used to celebrate people's individuality and self-expression?

Discussion 3: Which apps or sites improve or worsen emotional wellbeing?

- Discuss in pairs – are there any particular apps or sites which are better or worse for emotional wellbeing? Why?

