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/can-media-be-addictive