



WP2 - PR.I.S.C.I.LLA EDUCATIONAL PROGRAMME FOR YOUTH WITH I.D.

Module 1 - Introduction to Social Media

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Module: Introduction to Social Media

Module Summary

Social media offers wonderful opportunities to connect and share but must be used thoughtfully.

Feel confident and in control during the online interactions by:

- Practicing safe behaviors
- Seeking help when needed
- Understanding the tools at their disposal
- Identify the main social media platforms and their functions.
- Understand the reasons people use social media and the timing/patterns of online interactions.
- Recognize how social media can both benefit and challenge their social lives.

Learning Outcomes of the module

Educational principles adopted

Positive Risk-Taking: Emphasizing that safe and thoughtful exploration online can lead to personal growth and meaningful connections.

Self-Determination: Empowering participants to make informed decisions about their social media use.

Sense of Control: Helping participants feel confident about navigating challenges on social media.

Promotion of Independence: Encouraging participants to develop strategies for managing online interactions responsibly.

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Contents of the module

What is Social Media?

A place online where people share messages, pictures, and videos, or talk to each other.

Why do we use Social Media?

- To connect with friends and family.
- To share interests (e.g., photos, hobbies, and ideas).
- To learn new things or enjoy entertainment (e.g., watching funny videos).

Ask participants to share their answers on the following questions:

Which social media do you know?

Do you use any of these social media?

What do you enjoy the most when using them?

Main Social Media and how they work

Overview of Popular Social Media Platforms:

Facebook: Connecting with friends and family, sharing updates, joining groups.

Instagram: Sharing photos and videos, following interests, and connecting visually.

TikTok: Creating and watching short videos; engaging through trends and entertainment.

Snapchat: Sending disappearing messages and pictures; creating "Stories."

WhatsApp/Messenger: Private messaging and group chats.

YouTube: Watching and uploading videos, subscribing to channels, and learning new skills.

Twitter/X: Sharing short updates, engaging in real-time conversations.

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Social Media Insights: Why, When, and How We Connect

By using Social Media:

- We stay in touch with family, friends, and classmates.
- We share thoughts, feelings, hobbies, and creativity (e.g., posting photos or videos).
- We enjoy fun videos, games, or we learn new skills.
- We meet new people or develop romantic connections.

Discuss with participants why they like using social media and write their answers on a board or flipchart.

When Do We Use Social Media?

- In daily life by sharing updates about what we are doing or seeing what others are up to.
- In special Occasions when celebrating moments like birthdays or holidays.
- During free time: Watching funny videos, chatting with friends, or browsing pictures.

How Do We Connect on Social Media?

Practical Advice on Connecting with Friends

Start with People You Know, family, classmates, or friends you already trust.

Project number: 2023-2-RO01-KA220-YOU-000174271





Always use kind and encouraging words when messaging or commenting.

Reply to messages from friends promptly but politely ignore or block messages from strangers.

Participate in online groups where you can share your hobbies or join events

Practical Advice on Posting About Interests

Post pictures, videos, or short stories about what you enjoy.

Make sure only your friends can see what you share.

Share things that make you happy or proud and avoid sharing things you wouldn't want everyone to see.

Avoid sharing personal details like your address, phone number, or private photos.

Positives of Connection:

Finding friends who share interests.

Getting support from people we trust.

Sending kind messages and receiving compliments.

Risks of Connection:

Strangers trying to get personal information.

Cyberbullying: Mean comments or harmful messages.

Pressure to share private or inappropriate pictures.

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<p>Additional Material</p> <p>Resources</p>	<p>https://connectability.ca/2014/01/28/how-to-support-someone-in-using-social-media-safely/</p> <p>https://connectability.ca/2014/01/28/how-to-support-someone-in-using-social-media-safely/</p> <p>https://www.mercycare.org/bhs/employee-assistance-program/eapforemployers/resources/6-tips-for-healthy-social-media-use/</p>
<p>Name of the Activity</p> <p>Objectives</p> <p>Learning Methodologies</p> <p>Time allocated for the Activity</p> <p>Resources Needed</p>	<p>Activity of Module</p> <p><i>"Kind Comments: How Does It Feel?"</i></p> <p>o help participants recognize and reflect on positive online interactions.</p> <p>To encourage emotional awareness and communication about how comments on social media make them feel.</p> <p>Learning by Doing:</p> <p>Storytelling</p> <p>Discussion</p> <p>45m</p> <p>A printed or projected version of the scenario:</p> <p>"You post a picture of your dog, and a friend comments, 'That's so cute!' How do you feel?"</p> <p>Visual aids (e.g., an image of a dog and a sample social media post with the comment).</p> <p>A flipchart or whiteboard for noting responses.</p>

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Instructions

Colored cards or emoji cards for participants to express emotions (e.g., happy face for “happy,” neutral face for “okay,” sad face for “unhappy”).

Introduction

Social media is a space where we share moments from our lives, such as photos or thoughts, and receive feedback from others. This activity explores how positive interactions, like receiving kind comments, can affect our emotions and relationships online.

Explain to participants:

“When we share something on social media, like a picture of our dog, we often get comments. Sometimes, these comments can make us feel happy and supported. Today, we’ll practice thinking about how positive comments make us feel and how we can share kind words with others.”

Warm-Up Activity: Good or Risky?

Share Your Joy"

Ask each participant to think about one thing that makes them happy—this could be a hobby, a favorite pet, or an activity they enjoy.

Go around the group and have each participant share their happy thought or moment.

Encourage others to respond with a kind comment about what was shared. For example:

Participant 1: “I love playing soccer.”

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Participant 2: "That's so cool! I bet you're a great soccer player!"

Warm-up objective: Get participants comfortable sharing personal experiences and giving kind feedback.

Explanation of How the Activity Works

Scenario Setup:

Show the participants a visual aid, such as a printed or projected image of a cute dog with a caption: "Here's a picture of my dog. What do you think?"

Share the scenario: "Imagine you posted this picture on social media, and your friend comments, 'That's so cute!' Let's think about how this comment might make you feel."

Goal:

Explore how kind comments affect emotions.

Practice making and receiving positive comments.

Steps: Participants will first share their feelings about the scenario, then practice giving kind comments in a fun, interactive way.

Main Activity: Roleplay Scenarios

"Positive Comment Practice"

Step 1: Sharing Feelings

Ask participants: "How would you feel if someone wrote, 'That's so cute!' about your post?"

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Provide options to guide their responses (e.g., happy, proud, excited).

Use visual aids like emoji cards (happy face, heart, thumbs up) for participants who prefer non-verbal communication.

Write their feelings on a whiteboard or flipchart.

Step 2: Roleplay Scenarios

Divide participants into small groups.

Provide each group with a different sample post, such as:

A picture of someone's pet.

A drawing or craft project.

A photo of someone playing a sport or baking a cake.

Instructions for Groups:

One participant "posts" their picture or idea to the group.

Others take turns giving kind comments about the post (e.g., "That's so creative!" or "I love your dog—it looks so happy!").

Rotate roles so everyone has a chance to "post" and respond.

Encourage creativity in comments while keeping them positive and uplifting.

Discussion and Reflection

Group Reflection:

Ask participants how it felt to receive kind comments.

"Did it make you feel good about what you shared?"

"How does it feel to know others liked your post?"

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Discuss how giving kind comments also feels good.

“Did you enjoy telling others something nice about their post?”

“How do you think kind comments make others feel?”

Building Awareness:

Highlight that positive comments build trust and happiness in online friendships.

Ask participants to think about one kind comment they can make the next time they’re on social media.

Conclusion

Remind participants:

“Kind comments make social media a positive place for everyone. Whether it’s a friend, classmate, or someone new, sharing kind words helps build strong and happy relationships.”

Encourage them to practice kind commenting whenever they connect online.

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