



Discussion points for: Navigating Social Media Influence

About this episode:

The following prompts are inspired by a thoughtful discussion from the podcast "Chatter Matters" and are designed to foster meaningful dialogue among young people. Whether you are a student, a parent, an educator, or simply someone interested in exploring this vital topic, these questions provide an excellent starting point. By delving into these inquiries, we can gain insights, share perspectives, and contribute to a balanced understanding of social media's role in our lives. Let's embark on this journey of exploration and reflection together.

Use these questions to encourage thoughtful dialogue and reflection among young people, exploring the multifaceted relationship between social media and our lives.

Discussion prompts

- **Social Media's Role:** How does social media influence your daily life? Do you agree with the speakers' comments on the positive and negative impacts of social media? Explain why or why not.
- **Time Spent Online:** How much time do you spend on social media each day? What activities on social media consume most of your time? Reflect on whether this is a healthy amount.
- **Reality vs. Perception:** The podcast touched on the contrast between real life and what's portrayed on social media. Why do you think people often portray a happier version of themselves online? Have you ever felt pressured to do the same?
- **False Information:** Discuss the problem of misinformation on social media platforms. Can you recall any examples of false information you've encountered? How do you personally verify the truth of information you find online?
- **Mental Health and Social Media:** The speakers discussed the way social media can affect mental health, both positively and negatively. What are your thoughts on this, and what can be done to promote a more authentic and supportive online environment?
- **Influence of Celebrities and Influencers:** How do celebrity lifestyles and social media influencers shape our values and desires? Do you think this is a healthy influence? Why or why not?
- **Social Media and Self-Worth:** Some speakers mentioned that people measure their self-worth by likes and followers. Do you think this is common among your peers? Have you ever felt this way?
- **Addictive Nature of Social Media:** The podcast explores how social media is designed to be addictive. Do you agree with this sentiment? Have you ever felt addicted to social media, and if so, how did you handle it?
- **Positives of Social Media:** Despite many criticisms, the podcast also mentions the positive aspects of social media. What are some positive aspects of social media that you have experienced? How can people maximize these benefits?
- **Personal Responsibility and Social Media:** Finally, how can individuals take responsibility for their social media use to make it a more positive experience for themselves and others? Share strategies and personal practices that you think can lead to a healthier relationship with social media.