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23 process). Once you are done, please close your computers and put
24 them away, we won't need those anymore today.

25 ➤ ***(Intentional chaotic stream of thought.)***

26 Okay, so let's talk about the internet, social media, and the
27 online world as a whole. We all know it can be a fun and
28 entertaining place...I saw this video the other day where this guy
29 fed his cat ice cream and it freaked out...that reminds me, I have
30 three cats that pretend they can't stand each other but
31 sometimes I catch them secretly play together... speaking of
32 secret...did y'all hear about the latest political scandal in
33 Washington? It is a mess...And oh my, talking about messes...do you
34 guys clean your room regularly or do you just let it pile up?
35 You know, sniffing your clothes to see what's clean? I know I
36 used to avoid cleaning because I wanted to play all the time.
37 Speaking of playing, I prefer games like Minecraft versus
38 Fortnite because its more creative and you can go all, like,
39 freestyle. Speaking of which, I love people that do freestyle
40 sports and activities. That's some real skill. I saw this one
41 artist that makes paintings by swinging buckets on a string over
42 canvases and those things look so awesome....

43 Are you confused yet? What are we even talking about? How did
44 we start by talking about the internet and social media to
45 swinging buckets on a string over canvases?

46 This is exactly how most of your online activity goes. It's
47 chaotic, never ending, and highly addictive in nature. You get

48 online for one thing, and before you know it, you're on some
49 totally different site not sure how you even got there. Kind of
50 like this. . .

51 ➤ **Video: 3 Minutes on the Internet (00.18)**

52 ***Ring the Bell***

53 On one hand, the online world has become absolutely critical to
54 everything we do when it comes to daily life. What are some
55 necessary things we do in our daily life that require
56 technology? (*pay bills, search for information,*
57 *school/homework, work remotely, communicate with parents or*
58 *friends*)

59 All those things are necessary and most of those things require
60 technology, but let's face it, technology is primarily used for
61 entertainment and social interactions. Which means, we make a
62 lot of daily decisions about online activity.

63 Do you think people always make good decisions when it comes to
64 posting, sharing, or communicating in the online world? Who can
65 give me an example of bad decisions made online? (Allow student
66 response – social media challenges gone wrong, angry posts you
67 can't take back, sexting images, embarrassing moments shared,
68 etc.)

69 I think you can agree that we could benefit from setting some
70 safe boundaries and healthy practices when it comes to the
71 digital world.

72 Too often, however, we throw caution to the wind. We think,
73 “That could earn me some likes, some followers, and some
74 shares.” - so we record it, we post it, we ‘tag’ it, we share
75 it, we snap it, or we tweet it for our brief attempt at fame. We
76 all want to be online influencers these days.

77 Some of it is funny, but sadly this is our complicated reality.
78 Some of it is downright dangerous because people don’t always
79 have good boundaries. We can quickly get carried away online
80 and before you know it, someone is recording someone else
81 without permission, sharing it with the world, and now someone’s
82 private business on blast all over the internet. You don’t want
83 that someone to be you.

84 ***Ring the Bell***

85 **Why are Social Media and Online Activities so Popular**

86 Even though we all know social media can be dangerous, it’s just
87 too hard to resist.

88 Did you know the average time most teens spend online in a day .
89 . . 9 hours!!! This is not including time for homework. If you
90 are spending that much time online...then it must be *REALLY* great
91 stuff, right? So why is it popular?

92 We will look at why social media is so popular. But first, let's
93 play a game.

94 ➤ Two Truths and a Lie

95 Who's ever played "Two Truths and a Lie"?

96 Here's how you play, you say three things about yourself, but
97 one of them is a lie. The class will attempt to pick out the
98 lie.

99 I'll give you an example to get us started: My favorite color is
100 blue. I grew up in Montana. And I've been married for 20 years.

101 Which one is the lie? Now, can I get a volunteer who will go
102 next. *(Allow for 2-3 students to play the game.)*

103 ***Ring the Bell***

104 This game, Two Truths and a Lie, is one illustration of why
105 social media can be so popular.

106 **Reinvention of Self**

107 You get to be whoever you want to be on social media. It gives
108 you an opportunity to reinvent yourself. Let's face it, we all
109 have things about ourselves that we don't like, but the great
110 thing about the internet, we don't have to share the things we
111 don't like, just the things we do. We can be the best-looking
112 version of ourselves, the wittiest, the smartest. We don't have

113 to feel bad about who we are and we can be whoever we want to
114 be. This leads us to our second reason social media is so
115 popular.

116 **To Find Self-worth**

117 We love getting notifications. Research says that 65% of teens
118 on social media have had an experience that made them feel good
119 about themselves. We base our self-worth on the number of
120 likes, followers, shares, and comments you get. We love getting
121 notifications, it boosts our self-confidence every time someone
122 comments or likes our post.

123 **Live Video Streaming**

124 People love to video themselves and post it online. And they'll
125 video themselves doing just about anything these days. Dancing
126 in the bedroom, baking a cake, giving instructions on the proper
127 way to tie a shoe. Anything goes, as long as it gets them
128 attention.

129 **To Find Information**

130 You can get online and find just about anything these days.
131 What does a platypus eat? How to make sushi at home? Who was
132 the 23rd president? Just google it. You'll find it.

133 **Online Gaming**

134 Gaming is widely popular. It is highly social in the online
135 community. Games like Call of Duty, Minecraft, Fortnite, they
136 bring people together from all over the world. You can be
137 playing with someone from Indonesia or Australia. It opens the

138 door to the whole world and provides endless hours of
139 entertainment.

140 **Social Networking**

141 Social networking first became popular as a way for soldiers
142 overseas to see their families, or for distant relatives/friends
143 to stay in touch. Now social networking is the new norm for how
144 we make friends, communicate with one another, and interact with
145 our peers.

146 **Dating**

147 Online dating has become widely acceptable and common today. It
148 seems a lot less intimidating to scroll through a list of
149 profiles and pick and choose the ones you like than actually
150 having to get to know someone through verbal communication.

151 **Sex**

152 Let's get to the heart of it. Sex makes social media and online
153 activities hugely popular. 30% of all internet business is
154 pornography. The online porn industry makes over \$3,000 per
155 second. So it took me about four seconds to say that sentence,
156 which means some online porn company just made \$12,000 dollars.
157 The reason it's a multi-billion dollar industry is because
158 online porn is so popular. Now that we've discussed why social
159 media is so popular, but let's talk a little on what makes it so
160 dangerous.

161 ***Ring the Bell***

162

The Dangers of Social Media

163 Let's look back at each one of these and talk about the damage
164 it can have in our lives.

165 **Reinventing of Self**

166 Let's look again at the dangers of reinventing ourselves online.

167 ➤ **Video: Are You Living a Lie? (02:43)**

168 Here's the problem with reinventing yourself online. It's a
169 lie!!! You were created and designed to be unique. The things
170 you like to do, your talents and abilities, they all fit
171 together on purpose and no one else in the universe is exactly
172 like you. So why try and be something you're not. The more you
173 live out this false, virtual, online self, the more you lose who
174 you really are.

175 **To Find Self-Worth**

176 Remember, we like social media because it makes us feel good
177 about ourselves. That is, until we don't. Did you know the use
178 of social media is directly linked to teen depression? And
179 whether you get a "like" can have a direct effect on your mental
180 health. When we base our self-worth on the number of likes we
181 get or comments to our page, what happens when we don't get
182 enough likes, or we lose followers, or someone posts a hate
183 comment. Research shows that social media causes a 30% increase
184 in depression in guys and a 100% increase in girls. Why do

185 think social media causes an increase in depression? (Allow
186 students response)

187 ➤ Comparing ourselves to others

188 This is huge. We do this without social media, but even
189 worse with social media. We forget that people reinvent
190 themselves so most everything on social media isn't even
191 real about that person. But we feed on the lies of other
192 people's lives and wonder why ours isn't so great. Another
193 cause of depression from social media is FOMO...

194 ➤ Fear of missing out

195 How many times has social media made you feel left out of
196 something? You see a picture of your friends hanging out
197 and wonder why you weren't invited. You see someone on an
198 awesome vacation and feel jealous because you've never been
199 anywhere like that. You see people at a party and feel bad
200 because you weren't there. So we can become depressed when
201 we compare ourselves to others online, when we fear missing
202 out and lastly, when our posts receive hateful comments.

203 ➤ Hateful comments

204 Let's face it, people are vicious online. Maybe it's
205 because they're protected behind their devices and they
206 think they can say anything hateful and get away it.
207 Really, if you were to look at someone and tell them you're
208 so stupid I bet you think a quarterback is a refund, you
209 might get slapped or punched in the face. But online, the
210 hate is real. We have kids telling other kids to do the

211 world a favor and go kill themselves. No wonder depression
212 has increased.

213 ➤ **Video: Social Media and Teenage Self-Esteem (03:39)**

214 ***Ring the Bell***

215 **Live Video Streaming**

216 Let's look again at live video streaming. Sure, it can be fun,
217 goofy and highly entertaining. But is this really how we want
218 to be remembered?!

219 ➤ **Video: TikTok Dancing (00:31)**

220 Social media has created a narcissistic society filled with
221 people obsessed with themselves. Most people don't realize that
222 anything they post on the internet, and I mean anything, is
223 stored on the internet forever. Wait, you mean when I delete
224 that ridiculous and embarrassing post of myself, it doesn't go
225 just magically disappear. No! You may think when you hit
226 delete, that means it's gone forever, but the truth is, if you
227 post it online, it's forever stored in the internet's memory
228 bank.

229 And then there's the latest trends or challenges on live video
230 streaming that can be dangerous. You've got people filing their
231 teeth with a fingernail file or seeing how much salt they can
232 swallow, to life-threatening trends like the Black Out
233 Challenge. Why would anyone think it is a good idea to choke

234 themselves until you lose consciousness? Are we so obsessed
235 with how many likes we can get that we're willing to risk our
236 lives?!

237 **To Find Information**

238 Yes, it's true that the internet has opened us up to a world of
239 information at our fingertips. We can find out just about
240 anything and everything in the time it takes to type it in our
241 search engine. Having such a wealth of knowledge and
242 information at our fingertips has got to make us one of the
243 smartest generations that has ever lived, right?

244 ➤ **Video: What the Internet is Doing to Our Brains (03:23)**

245 So now we know why we post ourselves doing the latest tiktok
246 dance moves or intentionally cause ourselves to lose
247 consciousness. The internet is actually making us dumber, not
248 smarter.

249 **Online Gaming**

250 So we looked earlier at why online gaming is so popular. You
251 can play with your friend down the street or with someone on the
252 other side of the world. Here's the problem with gaming, it's
253 highly addictive in nature. We're going to talk more about the
254 nature of addiction tomorrow, but for now, let's just look at a
255 few of these dangerous statistics with gaming. Two-thirds of
256 the U.S. population are gamers with the average age being in
257 their mid-30s. What does this mean? You get hooked as a kid to
258 gaming, and then you're in your 30s still doing the same thing

259 you did as a kid. An addiction to gaming causes a disruption to
260 sleeping habits which leads to insomnia, a disruption to eating
261 habits leading to poor nutrition and an unhealthy lifestyle, and
262 a disruption in normal socialization, leading to isolation,
263 increased anxiety and depression and a lack of motivation. No
264 wonder 50% of young adults still live with their parents.

265 ***Ring the Bell***

266 **Social Networking**

267 This leads us to social networking. Online gaming is just one
268 aspect of networking. Apps and social media play a huge role as
269 well. Social media is how we interact with our friends.
270 Unfortunately, the skills that make us good at online
271 communication don't translate into the real world. So your
272 15,000 TikTok followers or 8,500 friends have little to do with
273 real-life connections.

274 ➤ **Video: Social Media is Fake (00:51)**

275 Not only is it smoke and mirrors, in other words, your number of
276 friends online does not translate to real life, but social
277 networking has also made it harder to interact in real life
278 social settings because we haven't learned basic social skills
279 of human interaction.

280 So now instead of this: ***Show slide of friends walking/talking,***
281 we have this: ***Show friends engrossed in their phones.***

282 Or instead of this: **Show a guy and girl talking on a date,**
283 you've got this: **Show guy and girl on their phones on a date.**

284 Or how about this one.

285 ➤ **Video: Sorority Girls on their Phones (00:22)**

286 You see what I mean. We don't talk to one another anymore or
287 hang out with our friends. We live our lives almost solely
288 through our devices.

289 **Dating**

290 This makes dating especially hard. Whatever happened to meeting
291 a girl, talking to her on the phone, getting to know her,
292 meeting her parents, going to pick her up for a date, taking her
293 out to somewhere romantic. Those days of dating are gone,
294 replaced with an endless scrolling of profiles until you find
295 someone you like.

296 **Ring the Bell**

297 The risk of online dating is that someone may have
298 misrepresented themselves online, you know reinvented
299 themselves. They pretend to be more attractive, smarter, or more
300 accomplished than they really are, which makes us feel
301 disappointed by the real-life version of that person. Or, we
302 fear the other person will be disappointed by the reality of who
303 we really are. Either way, it makes dating that much harder.
304 Add to the mix the crazy number of "hook-up" apps out there and

305 instead of it being easier to meet someone, in reality, online
306 dating has made it even harder.

307 **Sex**

308 Speaking of hooking up, that brings us to the conversation of
309 how social media and online activity has distorted our view of
310 sex. We're going to save this discussion for tomorrow, where
311 we'll talk all about sex and social media.

312 For now, let's recap from today.