

CRITICAL THINKING

POSITIVITY & SOCIAL MEDIA

Use the following critical thinking questions to help foster an open, student-led discussion on the theme(s) discussed in this episode of The Harbor.

1. **MIKE BELIEVES THAT MOST PEOPLE ON SOCIAL MEDIA ARE WASTING THEIR TIME BY JUST MINDLESSLY SCROLLING THROUGH ANYTHING AND EVERYTHING THAT THEY SEE.**

Do you agree with this statement? Why or why not? What motivates you to go on and stay on social media? Are you a mindless or mindful scroller? What are three things you could do to be more mindful online?

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2. **MIKE ALSO SAYS THAT A LOT OF OUR SCROLLING IS SPENT LOOKING FOR, “. . . A TRAINWRECK OR SOME DRAMA TO GET INVOLVED WITH, . . . SOME FUNNY OR INSPIRING VIDEO, . . . ” OR SOMEONE WHOSE LIFE WE WISH WE HAD OR WERE A PART OF.**

Why do you think people are so drawn to negative content online? Why do you think people are so drawn to funny or cute videos online? Why do you think we tend to assume someone else’s life is better than ours based upon their social media?

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3. **EVEN WITH ALL THE NEGATIVITY WE SEE ONLINE, IT’S IMPORTANT TO REMEMBER THAT WE ALL HAVE CONTROL OVER THE TONE OF OUR POSTS AND WHAT SHOWS UP IN OUR SOCIAL MEDIA FEEDS.**

Do you make an effort to be positive with your posts and comments on social media? If you wanted to do better at this, what would be a reasonable goal for improvement? What might be some benefits of making those changes?

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4. **ONE OF THE WAYS SKATE FOR CHANGE UTILIZED SOCIAL MEDIA POSITIVELY WAS TO CELEBRATE THE SUCCESS STORIES OF THEIR CHAPTERS GIVING BACK AND HELPING OTHERS IN THEIR COMMUNITIES.**

If you were to share a success story from your school on social media, what would you say? How would you celebrate those who were involved? Draft up an example post to share by writing out a caption and describing the picture(s) you might include.

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5. **MIKE ENDS THIS EPISODE BY SAYING, “YOUR TIMELINE IS YOUR FAULT,” BECAUSE OF THE NATURE OF SOCIAL MEDIA ALGORITHMS AND HOW THEY’RE DESIGNED TO WORK.**

What type of content could you intentionally view more of if you wanted to see more positivity on your social media feeds? Try watching different types of content for a week straight to see what impact it may have on your social media feeds.

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