CRITICAL THINKING
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, " . . . [W]HERE WE SPEND OUR TIME SHOWS WHAT WE VALUE MOST," AND SEVERAL STUDENTS SAY THAT THEY SPEND MULTIPLE HOURS ON SOCIAL MEDIA EVERY DAY.**
Do you value social media more than your friends, family, or other activities you enjoy?
What do you think would happen if you spent half as much time on social media? What would you do with that time?

2. **ONE OF THE STUDENTS FEATURED IN THIS EPISODE SAYS THAT, "IF YOU'RE NOT POSTING ABOUT IT [ON SOCIAL MEDIA], THEN YOU'RE NOT REALLY DOING IT."**
Do you agree? Why or why not? How much of what you post online is based on this thought process?

3. **A FEW OF THE STUDENTS THAT PARTICIPATED IN THE DIGITAL DETOX FOUND THAT THEY HAD MORE FREE TIME AND IN-PERSON INTERACTIONS WITH THEIR FRIENDS. OTHERS DEALT WITH FOMO AND SOME COULDN'T GO WITHOUT SOCIAL MEDIA AT ALL.**
What would happen if you committed to a digital detox?
How might your day-to-day change for the better? For the worse?

4. **MIKE SAYS THAT IF YOU SPEND TOO MUCH TIME ONLINE CONSUMING OTHER PEOPLE'S LIVES, YOU MISS OUT ON CREATING FOR YOURSELF.**
What do you think he means by this? What could you create for yourself that would have more value than what you find or follow on social media?

5. **TOWARDS THE END OF THE EPISODE, MIKE POSITS A QUESTION TO VIEWERS OF ALL AGES:**
Is social media where you find your value? How much of your self-worth and identity is based around your social media presence or following? Why do you post what you post on social media?