Name and surname of the author:	Višnja Pešut
Topic:	Impulse regulation in digital context, negative emotion regulation in digital context, respecting others in digital context, self-respect
Lesson:	Identification with others on social networks, jealousy
Problem to be solved by the activities:	Following friends and celebrities on social networks and noticing only positive posts; social jealousy
Lesson aim:	Students will become more aware that the majority of users of social networks selectively posts their personal information and share only positive moments from their lives, therefore creating the impression that their lives are perfect. Students will become more aware of their own values and their social position. Students will become more aware of the sense of social jealousy and try to surpass it.
Methodology:	The lesson will be implemented in IT class or community class. Methods used include conversation, presentation, working on a text, working on digital devices, individual work. Necessary equipment: computers, mobile phones, Internet access, a social network that students use. Digital tools: Mentimeter, MindMeister Activities: Introduction to the lesson content, answering questions in Mentimeter tool and discussion, creation of a mind map in MindMeister tool
Lesson duration:	45 minutes
Detailed description of activities:	1st activity (5 minutes) In the introductory part, students will be introduced to the topic through conversation and asking questions: Do you use social networks, do you have a profile on any social networks? After the students answered the questions, the lesson topic will be named: "Identification with other people on social networks, jealousy". 2nd activity (10 minutes) The teacher will use Mentimeter to prepare questions that students will answer with the help of their mobile phones (computers). Who do you follow on social networks?

After the students' answers, everybody discusses whether celebrities (which ones) or friends have more followers?

How many minutes a day you spend doing that activity?

Discuss the answers, especially the extreme ones.

How do these information make you feel (happy, sad, joyful, envious, jealous, something else)?

Discuss these answers.

Do you think that your friends have a more fulfilled/happier/richer life (yes, no, partially)?

3rd activity (10 minutes)

Students are presented with a task: Think about the last week and focus on moments that were particularly meaningful and your experiences. Choose situations that you wish to share with the others and use the MindMeister tool to create a mental map about themselves. Place yourself in the center of mental map by using the word ME. Write your experiences on the branches and put photos or draw a picture if you wish.

4th activity (10 minutes)

Several works will be chosen and shown to the rest of the class (either by using the projector or placing the paper on the board).

Questions for discussion for every map:

Do you think that this person has a fulfilled life?

Can you define whether they have more positive or negative experiences?

Compare that to your own mental map and answer the same question.

How did you feel looking at the shown map?

Introspection activity: Look at your map and spend two minutes thinking about the experiences you purposefully skipped and did not include in your map. Are there such situations?

Why did you decide to skip some of your experiences?

5th activity (conclusion) (10 minutes)

Is it possible that some people that we follow on social networks selectively show their personal information?

Is it possible that they also have some less positive moments in their lives that they do not want to share with those who follow them?

Conclusion: even the less positive things make our lives worth living, and the impression that other people have of us depends on information that we are ready to share with them.