# Post-(it) your problem

| Modules: | *Health and well-being* |
|---|---|
| Topic: | *Protecting our well-being in a digital environment* |
| Title: | *Post-(it) your problem* |
| Target group: | *Middle and high school students* |
| Starting Point: | *It comes as no surprise that social media display only our happy moments, rather than our daily life. Even so, most of the users have the tendency to compare their lifestyle with others, leading to high levels of anxiety and depression. Especially, Fear of Missing Out (FOMO) is considered to be a modern phenomenon that became prominent around the same time as the rise of social media and consists one of the most widespread negative effects of the digital era (Stegner, 2023).* |
| Aim: | *Students exchange their negative feelings that are being constantly cultivated while they are using all kinds of social media and realize that some of them are similar to other teenagers, too, resulting to the conclusion that "there is nothing to be ashamed of". On the contrary, the students can collect ideas to protect their well-being against these adverse thoughts.* |
| Implementation: | *This activity is designed to be implemented inside one classroom.* |
| Estimated Duration: | *In class: the whole week*<br>*Debriefing in class: 60 minutes* |

**More detailed content and instructions:**

- At the start of the week, there will be a notice board inside the classroom with the title "post-(it) your problem". All students will be encouraged to pin a post-it that contains a feeling/situation/thought that stems from their personal experience while using social media. For instance, one student can write down "When I am browsing through Instagram, I feel extremely stressed and neglected". These notes could be written anonymously, so that teenagers could feel free to express, even their deepest thoughts.
- At the end of the week, these posts will be collected and the teacher will read them out loud. Of course, any student who feels confident enough to confess, which note belongs to him/her is highly encouraged. In this way, it becomes evident that the vast majority of their thoughts is being shared by other students too, thus creating a collective atmosphere.
- Last but not least, both students and their teacher discuss about the reasons that might have led to these pessimistic and depressing thoughts and suggest methods to eliminate these feelings.

**Sources**

- Stegner, 2023. Seven negative effects of social media on people and users. Retrieved from: https://www.makeuseof.com/tag/negative-effects-social-media/