

## SOCIAL MEDIA CHARLA

### PART 1: IDENTIFY THE SYMBOLS

Show the following symbols on separate sheets of paper, one at a time. Ask the group to give the name (Bolded) of the symbol.

1. **Caduceus** – an ancient astrological symbol associated with the Greek god Hermes, the messenger for the gods. Also known as the pharmaceutical or medical symbol.
2. **Swastika** – a symbol of peace for millions of Hindus, Buddhists. It is commonly known as the symbol for Nazism and anti-semitism.
3. **The Magen David**- (shield of David, or as it is more commonly known, the Star of David) is the symbol most commonly associated with Judaism today
4. **Triforce** – a symbol from the game series “Legend of Zelda” representing Power, Wisdom and Courage
5. **Biohazard Symbol** – an international symbol used to label biological hazards since 1966
6. **Bluetooth Symbol**
7. **The At Symbol**
8. **The pound sign, octothorpe, the hash sign** or commonly known as the hashtag

Explanation: We recognize some or most of these symbols, but we don't know the history or the real meaning of some. Some of you were hesitant to name the symbols in the beginning because you weren't too familiar with them. The further along we went along the list, the more you knew about them, especially when we got to the symbols more commonly associated with technology and especially the ones associated with social media.

### PLAY “CAN WE AUTOCORRECT HUMANITY” VIDEO

- Get thoughts on video and what they got from it
- What parts of the video mainly stuck out to them

### PROBLEMS WITH SOCIAL MEDIA

Talk about each of the following problems with social media. Have a mini-discussion about each problem. Have the group relate each problem to themselves.

1. People lose out on the ability to learn about and read social cues. People can't learn to read non-verbal behavior properly if most of their interacting goes on in the virtual world.
2. Part of learning to be a good friend, co-worker etc. is to learn how to cooperate with others. This is not a skill learned on the Internet.
3. People need to learn to be inclusive rather than exclusive and cliquey. There are many more opportunities to learn to be inclusive in real life.
4. People need to learn how to deal with free time without staring at a screen. With less screen time, they will have more opportunity to learn how to relax and use leisure time.
5. Social media creates excessive drama. This is because positive messages are read as more neutral than they are intended to be; neutral messages are read as more negative

as they are intended to be and one can only imagine what happens with messages that are intended to be negative.

If I send the following message: HEY, I'M DOWNSTAIRS.

And I get the response: JUST SENT A MESSAGE. WILL BE RIGHT THERE.

How do you interpret the message?

6. People who are already sleep-deprived are becoming more sleep-deprived because many of them are up until the wee hours of the night texting.
7. People need to learn to be present in the moment. Too often, people are on their smartphones when they are in the company of their peers. They lose the ability to interact mindfully in the moment. Honestly, even adults do that to each other and it is quite upsetting.
8. People are more aggressive and sexual when they feel anonymous and are communicating electronically. Things can get out of hand very quickly with both cyber-bullying and sexuality, as we are painfully aware.

## **PLAY "LOOK UP" VIDEO**

**What did you get from the video?**

## **HOW TO BE MORE SOCIAL**

### **Start conversations with new people**

-Say hi, bye and see you around

### **Chat back to people who try to talk to you**

Don't just brush people off with one word answers. Give them something to remember you in a positive way.

### **Take time to talk to people you already know**

Don't avoid people you already know. Show interest and try to find out something new from them.

### **Invite people to do things with you/the group**

Feel free to invite people you may already know to something you may be doing with friends. If everyone you know is going, invite someone you don't know that well. Invitation won't always be accepted but that's okay.

### **Go to where the people are**

If people are having lunch in groups or are hanging out at the bar during a party, go to where they are. You won't make friends if you're hanging out in the corner on your phone the whole time.

### **Spend more time with people**

Try to actually get off your butt and spend time with people. If you usually spend time with your friends, try to find time to spend more time with them.

### **Make nice little gestures towards other people**

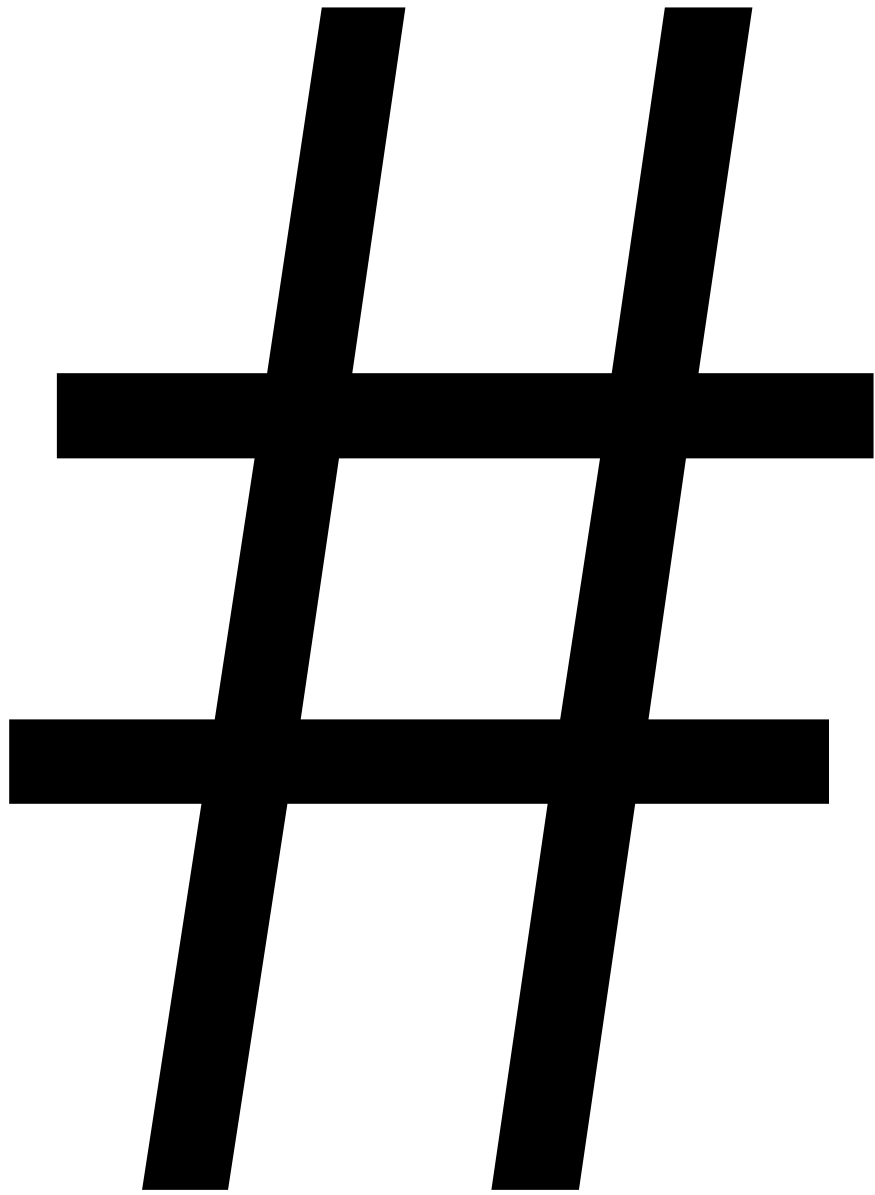
Bring food or drinks to a party when it wasn't expected that you do so. Perform basic courtesies like holding doors for people. However, less is more. If you're overly "nice" and giving you can be taken for granted, taken advantage of, or come across as if you're trying too hard to please everyone and make them like you. It also puts other people in an awkward situation because they feel uncomfortable taking so many free handouts.

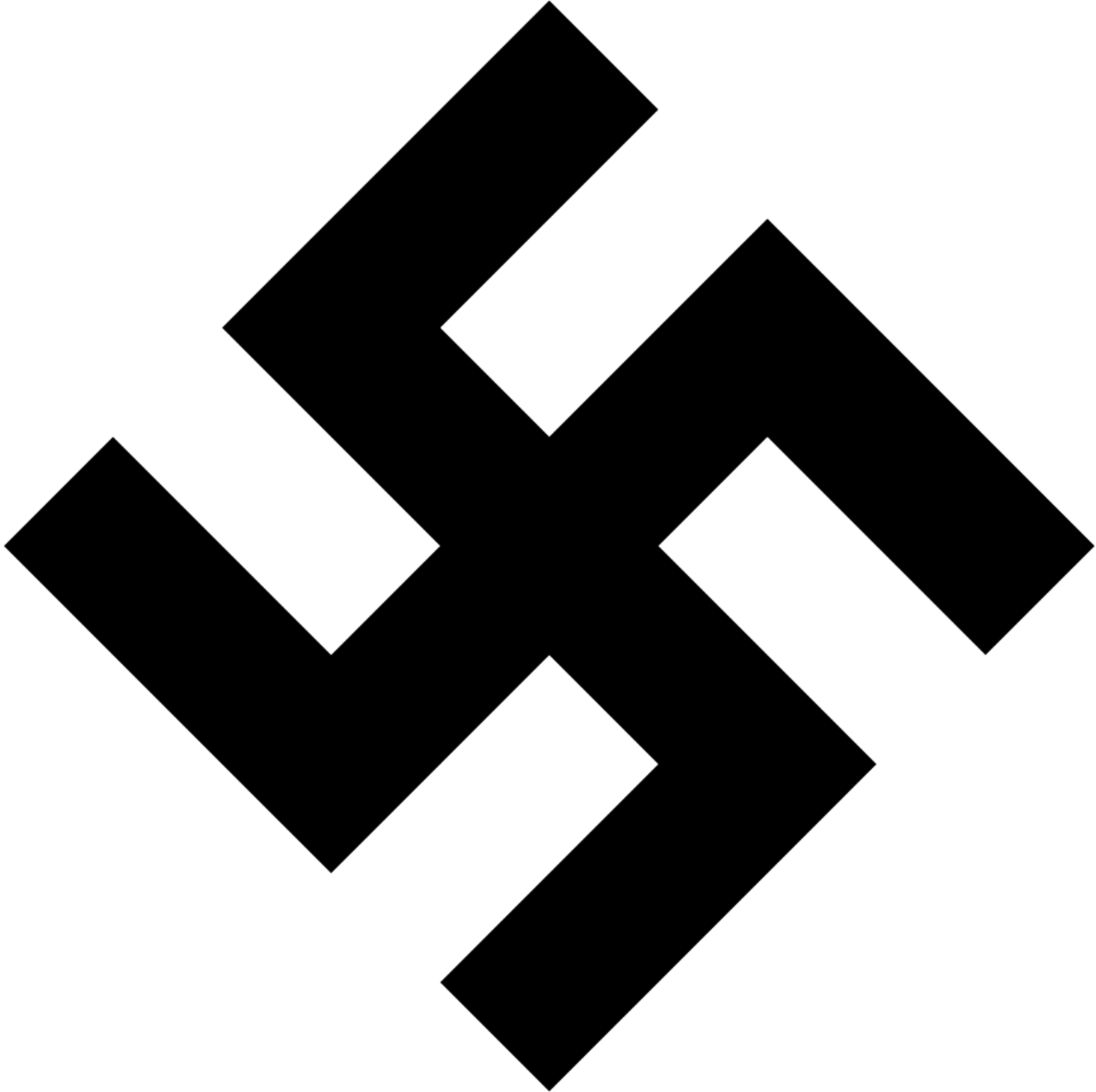
### **Offer compliments to people**

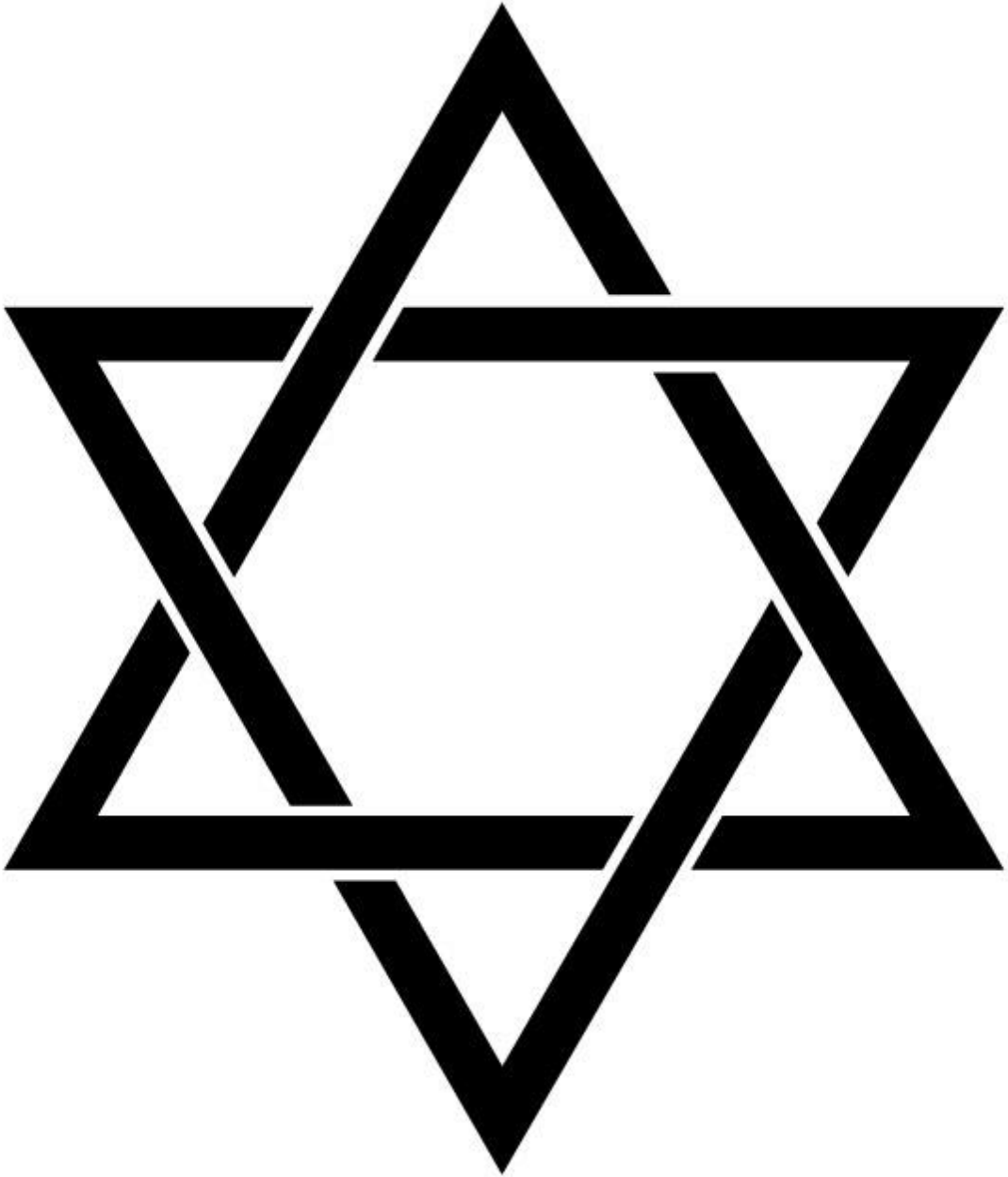
Don't be afraid to be positive and encouraging. If someone is good at something then tell them so. If someone looks nice, or is well dressed, then say you think so. If you think someone is funny, or an interesting person, then let them know. Again, moderation is essential. The occasional genuine compliment is way better than a constant stream of try-hard ones.

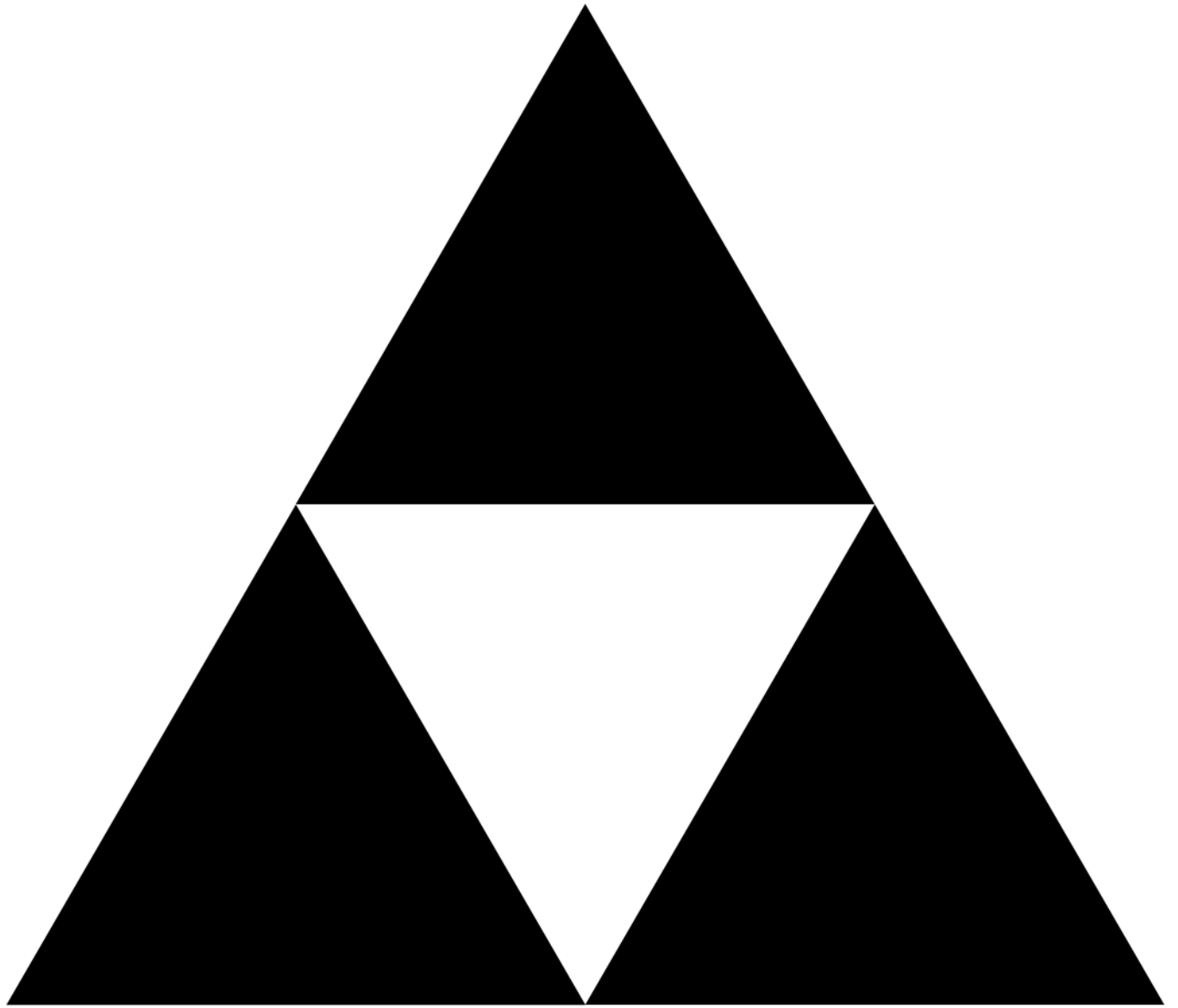
### **Make sure everyone is having a good time when you're out**

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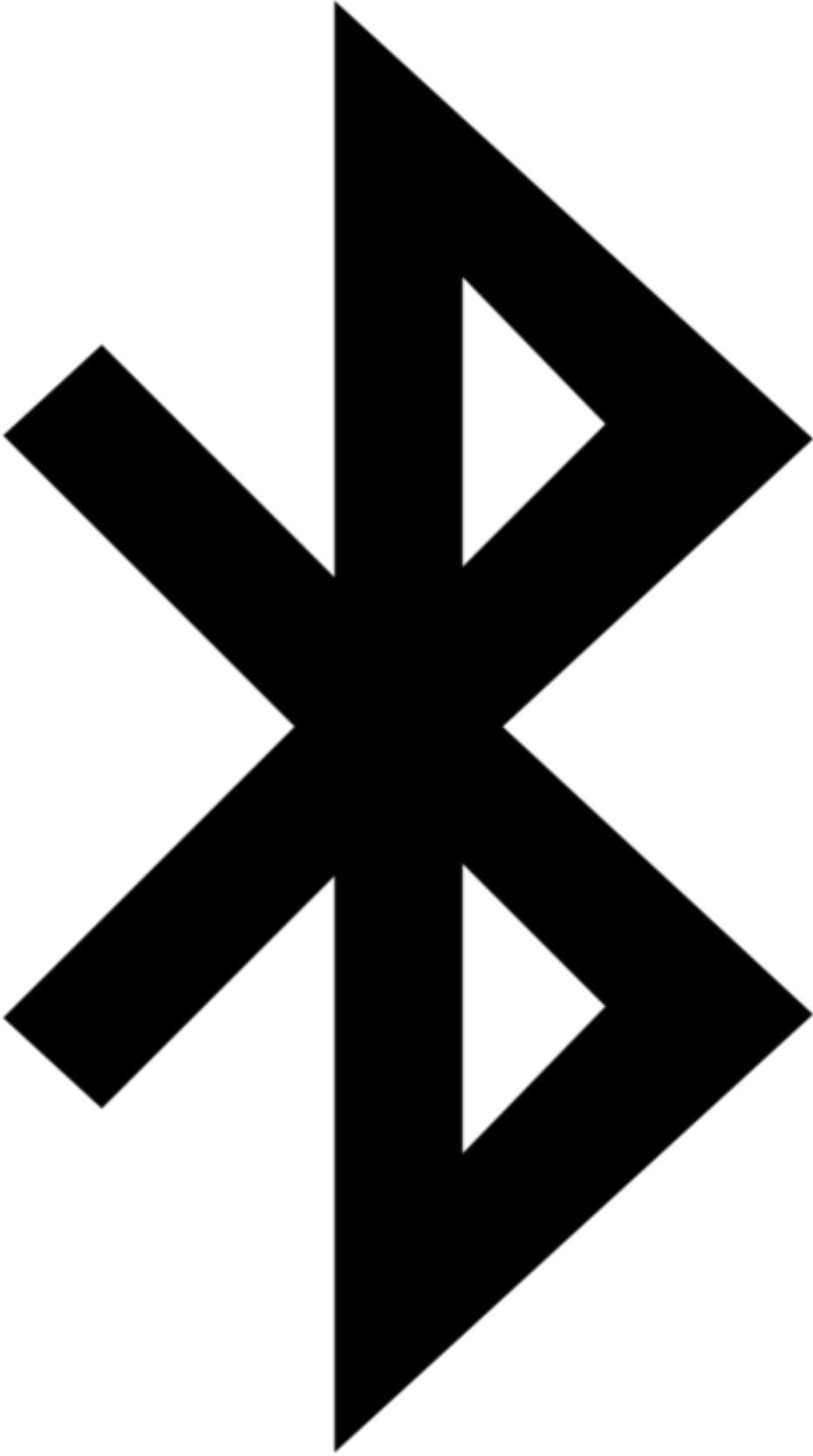














**Just sent a  
message, will  
be right there**