HTY is pleased to present you with this brief, creative activity to help your students exercise Social-Emotional Learning competencies.

### #Besties: SEL and Social Media

**DESCRIPTION:** Ava and Brooklyn are best friends about to start 7th grade! Middle school can bring new changes for these friends–new schedules, new extracurriculars, and new friends. In an age where everything is posted on social media, how will social media effect Ava and Brooklyn's friendship?

**GRADE LEVEL FOCUS**: 4th and up

**SEL FOCUS**: Influences and Interpersonal Communication
3-5 NHES.2.5.5. Explain how media influences thoughts, feelings, and health behaviors.
6-8 NHES.2.8.3. Describe how peers influence healthy and unhealthy behaviors.

**TO PREPARE**, please:
- Preview the video before sharing it with your students to best help you introduce the activity.
- Let students know they will be watching the effects of social media on the characters' friendship to decide how the characters could have improved their communication to help their relationship.


9-minute video

**DISCUSSION GUIDE**
After watching, the class discusses how social media affected the friendship dynamic and what communication could have helped.
1. How does social media affect Ava and Brooklyn's relationship?
2. How does social media affect your life?
3. Explore possible solutions to prevent what happened in this story. What should you ask yourself before posting?
*Extend the discussion with the following.* For example:
    1. Is your post something people care about or need to know?
    2. Does your post violate a law or rule?
    3. Is your post kind?
    4. Will your post harm, hurt or embarrass yourself or someone else (or their feelings)?
    5. Is this post something I would want people to see 2, 5 or even 10 years from now?
And when in doubt, save a post as a draft and take some time to reflect before deciding whether to send it or not.