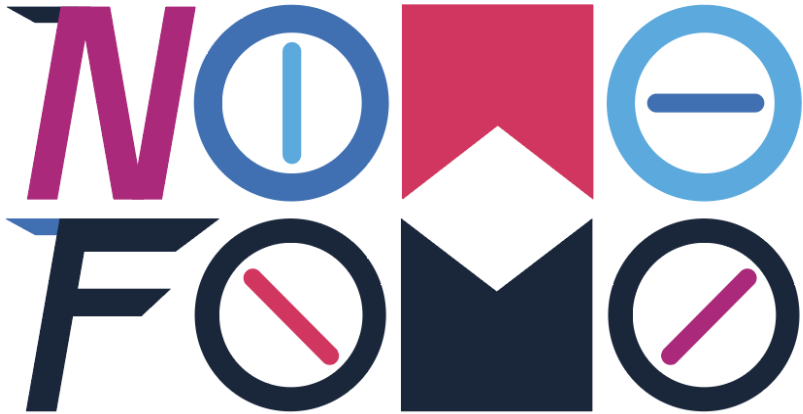# NOMO FOMO

Interactive Infographic

Social Media and Skewed Perceptions

Tutor Handbook

Positive mental health for GEN Z
NO MOre Fear Of Missing Out

Introduction to the Tutor Handbook

The aim of this brief handbook is to support you as a youth worker / trainer / volunteer to use the NOMO FOMO Toolkit of interactive Infographic Resources with young people. The Toolkit of Interactive Infographic Resources will provide you with learning content that addresses key issues that comprise the underlying causes of FOMO among Generation Z. These are the issues or factors that young people often experience, causing them anxiety, stress and discomfort leading to negative mental health and a wide range of different resulting conditions. In this short handbook, you will be introduced to what an interactive infographic is, a summary of the topic that is being addressed, an insight into the activities embedded in the infographic, and some guidance on how they can be used best among young people.

Toolkit of Interactive Infographic Resources

The Toolkit of Interactive Infographic Resources comprises 12 topics associated with the topic of FOMO. Each topic is presented as an interactive poster, in which users can scan a QR code from their phone, that will bring them to an online 'resource bank'. When scanned, users will be able to access the interactive infographic resources – An Explainer Video, a Quiz, a Digital Breakout, and a Call to Action Activity. With this, a simple poster can be brought to life and be transformed into educational learning materials that you can use with young people in your youth setting. These digital resources are engaging for young people as they are feature embedded, inquiry-based, and challenge-based learning.

To effectively use the Interactive Infographic poster, we would suggest that you print them out and display them in your youth centre, at other information points in the community or at places where young people hang-out.

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Interactive Infographic Topic

4. Social Media and Skewed Perceptions

Social Media and Skewed Perceptions introduces learners to the harmful effect of social networks on their perception of reality. This interactive infographic addresses how this "virtual life" can blur the line between reality and fantasy. The society that we live in places emphasis on perfection, and society equates beauty with perfection, therefore, social media users strive to capture aesthetically pleasing photos with the perfect filter, background, lighting and decor, to create a picture-perfect moment for all of their followers to see. This content can skew social media users' perception of reality, as this is not an accurate representation of moments in people's lives. Consuming this fabricated content can negatively impact the wellbeing of social media users by causing FOMO, depression, anxiety, and other mental health issues.

The aim of these resources is to make users aware of how social media can manipulate reality, inform them of the mental health issues that this can cause, and encourage them to build a healthy relationship with social media by limiting their usage of popular social media platforms and practicing self-care.

What will young people achieve?

By completing the resources in this Interactive Infographics, young people will achieve the following learning outcomes:

Theme	Knowledge	Skills	Attitudes
4. Social Media and Skewed Perceptions	• Basic knowledge of how online use can affect emotional wellbeing • Basic knowledge of how to manage online wellbeing • Practical knowledge of how people present their lives on social media platforms that seem idealistic • Basic knowledge of how spending too much time online can lead to	• Discuss how online activities can affect your emotional wellbeing • Identify how posts, images, comments, etc. can affect an individual's emotional wellbeing. • Analyse how social media and messaging can lead to FOMO	• Awareness of the link between social media skewed perceptions and FOMO • Awareness of the importance of making time for offline activities in today's digital world • Willingness to evaluate the amount of time spent online and on social media

	FOMO, anxiety, and stress	• Discuss the role of social media in inducing stress and anxiety • Establish methods to limit the impact of social media on an individual's emotional wellbeing	

Understanding the Resources

In this section, you will gain a brief introduction to the interactive infographic resources; alongside some hints and tips for how these can be used in your group with young people.

Explainer Video

An explainer video is a descriptive video that introduces the addressed thematic area, and investigates the concepts associated with it. The *Social Media and Skewed Perceptions* explainer video addresses the influence of perfected social media content on an individual's sense of reality. It underlines how young people, who spend a lot of their time on social media, can be heavily impacted by the fabricated realities that appear online.

To use this explainer video with young people in your group, you can decide to use it as an introduction to the activity before you introduce the other resources. Using the video as such will give young people a short but detailed overview of the topic where they will begin to learn vital information about what FOMO is, and where it appears, before they complete the other activities. Alternatively, you can also upload the video to your group's YouTube Channel if you would like to share it with young people and other groups who are not directly engaged in your service.

Digital Breakout

A Digital Breakout is the same escape room-type experience but uses Google Forms and digital clues instead of physical locks and clues. These are online adventure games in which participants solve a series of puzzles and riddles to progress to the next level. Learners, or teams of learners, follow a single storyline or scenario throughout the breakout, finding clues, cracking codes, solving puzzles,

and answering questions. The purpose of a digital breakout is to teach learners about a specific topic or issue, in a fun and engaging manner.

In this digital breakout, learners will be immersed in a video game scenario, where they are the main character and need to complete four levels in order to return to reality. In each level of this "videogame", learners will need to solve challenges through which they gain a deeper insight into the fabricated reality shown on social media, how social media features can cause chemical reactions in our brain that increase the risk of addiction and social media dependency, and how learners can build resilience against the feeling of inadequacy that users are often left with after heavy consumption of content on social media.

This digital breakout will test learners, as they learn about the many different ways that social media can influence FOMO, perceptions of reality and mental health.

Digital breakouts can work both as an individual or group activity. You can choose to deliver the digital breakout in a group-work setting by having individual or small groups of young people completing the challenges and developing their own awareness about the topic of *Social Media and Skewed Perceptions*. If using these resources in a group-work setting, ensure that you set a time limit to complete the challenges – this will add an air of competition to the breakout sessions! The breakouts will work best in a facilitated session, in case the young people have any questions or issues they would like to raise.

Call to Action Activity

The Call to Action Activity is a practical activity that works to engage learners in the process of 'learning by doing.' This learning resource will motivate young people to demonstrate what they can personally do to tackle the specific theme of FOMO addressed.

In this Call to Action Activity, learners are encouraged to complete a "Self-Care Bingo" challenge, during which they will practice implementing self-care activities into their daily routine to prioritise their physical and mental wellbeing in a fun, motivational way. A template is provided, and each time the learner completes an activity, they have to mark it off the square just like in regular bingo. After the learner completes all of the activities, they are encouraged to reflect on the previous weeks and appreciate the value of practicing regular self-care.

When using this resource in your youth work setting, you can ask young people to complete the activity in groups, and create a competition-like challenge to see who can complete all of these self-care activities the quickest. The learner who completes all of the activities first can be the winner of the Self-Care Bingo. This can motivate learners to complete all of the activities. Alternatively, this activity can be completed as an individual task. You can ask learners to complete it in their spare time at home and reveal their results after a few weeks. Once young people in your group have completed the Call to Action Activity, you can pose the following questions to them in an informal group discussion, so that you can gauge what they have learned through this experience:

- Did you find it difficult to find time for these self-care activities?
- How long did it take for you to complete all of the activities?
- Did you notice any difference in your mental wellbeing in the last few weeks?
- Did these challenges make you more aware of your level of dependency on social media?
- Do you recognise the value of practicing regular self-care?
- Did you experience any difference in your FOMO levels during these weeks of reconnecting with yourself?
- Do you experience FOMO when you see what others are doing on social media?
- Do you think seeing less of what others are doing on social media and incorporating off-screen activities in your daily life can help alleviate these feelings of FOMO?
- Why do you think it is important to be aware that online media can be fabricated or manipulated?

Quiz

This quiz consists of 10 questions that alternate between open answer, multiple choice and true or false questions. It guides young people to test their knowledge on *Social Media Skewed Perceptions,* gives a personal account on their experience, and can encourage learners to summarise the learning content covered in the interactive infographic. To use this quiz with young people in your group, ask them to complete the quiz once they have completed the other challenges and activities included in the Interactive Infographic. Alternatively, it can work as an activity to engage learners in the topic before beginning the other activities.

De-Briefing Questions

Once young people in your group have completed the *Social Media and Skewed Perceptions* Interactive Infographic resources, you can pose the following questions to them in an informal group discussion so that you can gauge what they have learned through this learning experience:

- How did you enjoy the resources presented to you in this Interactive Infographic? Did you enjoy learning about the *Social Media and Skewed Perceptions* through a video, digital breakout, call to action activity and a quiz?

- Do you feel like you have learned new information and skills through the resources presented in this Interactive Infographic?

- What parts did you most or least enjoy? Explain why.

- List two things that you have learned through the thematic area of the *Social Media and Skewed Perceptions* that you could share with a peer?

- Would you like to learn more about the topic of FOMO? Would you like to know more about how social media influences your perception of reality? Why?

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