

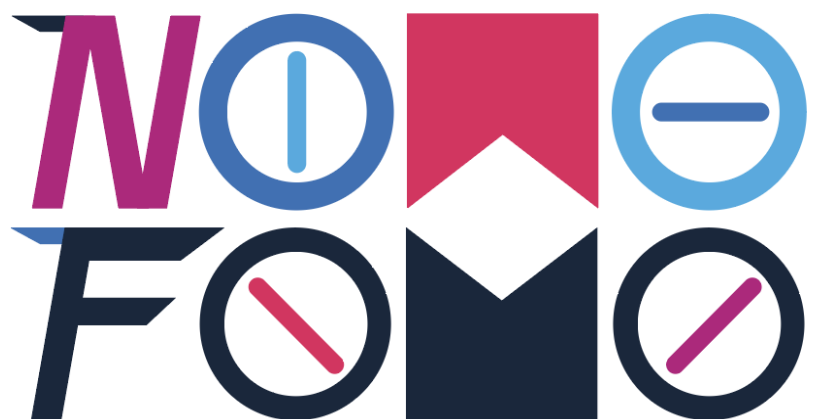


NOMO FOMO

Interactive Infographic 2

Social Media and Body Image

Perception



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.



Interactive Infographic Topic

3. Social Media and Body Image Perception

Social Media and Body Image Perception introduces learners to the harmful effect of social networks on personal body image. This interactive infographic explores how young people are often left vulnerable to the falsified realities that are portrayed on social media. It is important to be aware of how the media affects mental health, and how distorted online content can sometimes cause FOM and low self-esteem. The resources presented in this topic will analyse how this phenomenon affects young people and can encourage them to be more aware of how social media can often be manipulated and unrealistic.

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
3. Social Media & Body Image Perception	<ul style="list-style-type: none"> • Basic knowledge of how the media often portrays an 'idealised' body image • Basic knowledge of how everyone is different • Practical knowledge of how the media, gender stereotypes and social media can influence distorted body image perceptions that can cause FOMO • Theoretical knowledge of how body image 	<ul style="list-style-type: none"> • Discuss how the media presents skewed realities of body image • Analyse the effects of social media on a person's mental health • Identify how social media platforms encourage young people to feel like they have to conform to ideals or fear missing out. • Recognise examples of social media body image 	<ul style="list-style-type: none"> • Awareness of the influences of images posited on social media that can affect body image perception. • Willingness to understand how images online can be photoshopped and staged which can increase FOMO.



	comparisons can worsen feelings of FOMO	influences that can negatively affect both girls and boys.	
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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 Body Image Perception* interactive infographic delves into the influence of social media on body image. It highlights how young people, who spend hours on social media each day, can be heavily impacted by the distorted realities presented 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 immerse themselves in a scenario in which they want to set up a body positivity clothing brand. Learners will need to solve challenges in which they gain a deeper insight into the reality of 'normal' bodies; understanding how influencers and models online are



often manipulated and fabricated content. This digital breakout will test learners, as they learn about the many different ways that social media can influence FOMO, body perceptions 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 Body Image Perception*. 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 guided to complete the *FOMO Social Media VS. Reality* activity. Learners will spend 30 minutes per day, identifying the effect social media can have on body perception and understanding how online media can often be distorted. In this activity, as young people browse social media and come across online images, they can become influenced by how bodies are represented online. In order to understand how this can affect mental health, learners will complete the provided template that self-reflects on how online content can make them feel.

When using this resource in your youth work setting, you can ask young people to complete the activity in groups. This can encourage learners to work together and complete the challenge. 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 one week. 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:

- How would you rate the overall experience of a *FOMO Social Media VS Reality*? Did you find that you were mindful of your social media activity? Why? Why not?



- How often do you come across media online that affects your body image perception? How does this make you feel?
- Why do you think people feel the need to post images online that are filtered, photoshopped, etc.?
- 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 and Body Image Perception*, give 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 Body Image Perception* 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 Body Image Perception* 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 Body Image Perception* 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 body image perception? Why?

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