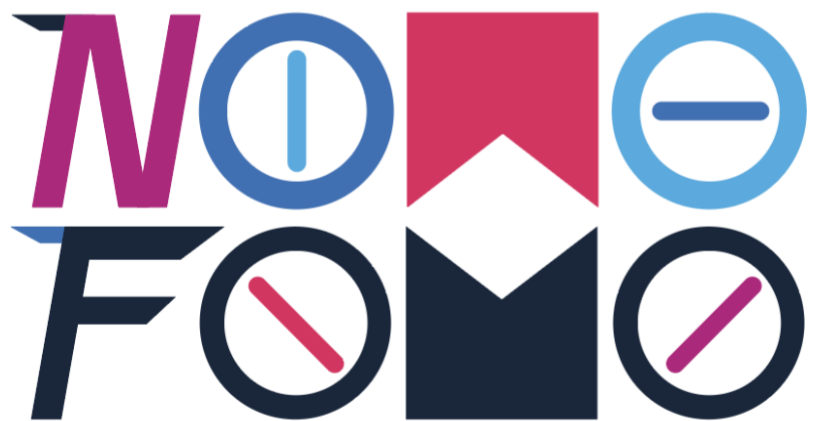




FOMO & Digital Literacy Call to Action



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



Interactive Infographic Theme	FOMO and Digital Literacy	
Activity Title	Digital Literacy: The 7-day challenge!	
Type of resource	Call to Action Activity	
Photo		
Duration of Activity (in minutes)	<p>10-20 minutes/7 days</p> <p>90mins(for a F2F workshop)</p>	Learning Outcome <p>This activity is designed in such as way so as, the learner will have the opportunity to develop the following knowledge, skills and attitudes:</p> <ul style="list-style-type: none"> • Knowledge: <ul style="list-style-type: none"> - Practical knowledge of how to apply critical thinking of online spaces - Practical knowledge of how information is collected and presented online and on social media • Skills: <ul style="list-style-type: none"> - Ability to critically analyse online activity present on social media



			<ul style="list-style-type: none"> - Analyse how people tend to post the 'highlights' of their life online - Identify the differences between identity and online identity <ul style="list-style-type: none"> • Attitudes: <ul style="list-style-type: none"> - Openness to critically analyze and assess online posts, activities, photos, etc.
<p>Aim of activity</p>	<p><i>The aim of this activity is to support learners to better understand social media posts and be open and better prepared to critically analyse and assess what they see/read online.</i></p>		
<p>Materials Required for Activity</p>	<p><i>computer or mobile phone with access to the internet</i></p> <p><i>The template</i></p>		
<p>Step-by-step instructions</p>	<p>Instructions for individual learning:</p> <p><i>As a young person, you probably use social media in your everyday life, to connect with people, to get information, to explore new things and ideas, etc. However, it is very important to understand that things online are not always what they seem. This exercise will help you to view online content through a different prism and support you in developing your digital literacy skills, especially when it comes to critically analysing stories and articles that you see on social media.</i></p> <p><i>Use the template of this 7-day challenge to guide you through this process.</i></p> <p><i>At the end of the 7-days, ask yourself:</i></p> <ul style="list-style-type: none"> - <i>How did it feel to critically analyse these articles/stories/videos/photos?</i> - <i>What did I observe? What did I learn?</i> - <i>Why is it important to not take everything we see on social media at face value?</i> - <i>When it comes to people's profiles, what is the difference between their online identities and life and their true identities and life?</i> - <i>Do I now feel more able to critically review what I see online?</i> <p>For this activity to be used as part of a F2F workshop:</p> <p><i>This activity may be used as part of a F2F workshop with multiple participants.</i></p> <p><i>For a complete session, here are the steps that you may take</i></p>		



	<p>Step 1: Show the introduction video and make an introduction of the topic. (5-10 mins)</p> <p>Step 2: Divide participants into groups of 4-5 and give them the template as a hand-out (5 mins)</p> <p>Step 3: Ask participants to choose 2 challenges/per group from the template and analyse them, using the sample questions. Ask them to put their observations down on a flipchart. (30 mins)</p> <p>Step 4: Presentation of the results (5 mins/per group – say 20-30 mins for 4-6 groups)</p> <p>Step 5: Debriefing (10-15 mins or more) At the end of the activity, ask participants the following questions:</p> <ul style="list-style-type: none"> - Was it the first time that they analysed a social media story like this? - How do they feel when doing this? - What are the main things that they realised? - Why is critically reviewing and analysing online content important? - Which can be the dangers of taking everything that we see on social media at face value? <p>Allow time for more questions and answers and for discussion</p>
Template	

Template

Digital Literacy: The 7-day challenge!

This is a 7-day challenge. Each day, choose one element (as per the column on the left) and try to critically analyse it. The questions are there to help you, but you can also add your own.

Day 01	When was this taken?	Why did he/she post it?	Does this photo depict a highlight of his/her life?	From what you know about your friend, is this picture an accurate representation of his/her everyday life?	How does this photo make you feel?
Photo posted by a friend on social media					



Day 02	Who wrote it? Is the source credible?	What does the article claim?	Do you think it is accurate?	Do an online search. Can you find this piece of news elsewhere? Are the sources reliable (big news outlets, etc)	What do you think of this piece of news now?
A piece of news that you see on your feed social media.					
Day 03	Who posted it? Who created it?	Why do you think they posted it?	Is the source reliable?	Do you think it is real?	Can you verify the contents of this video from other sources
A video that you see on social media.					
Day 04	Why did he/she share it?	Who is the creator of the original post?	Is the source reliable?	Do you think that this story/video reflects the personal views/opinions/feelings of your friend?	Can you verify the contents of this story/video from other sources?
A story/video shared by a friend of yours on social media					
Day 05	When was this taken?	Why did you post it?	Does this photo depict a highlight of your life?	Is this picture an accurate representation of your everyday life?	How does this photo make you feel?



A photo that you posted on social media					
Day 06	Why did you share it?	Who is the creator of the original post?	Did you verify the source and the story before sharing it?	Does this story/video reflect your personal views/opinions/feelings?	What do you think about this content now?
A story/video shared by you on social media					
Day 07	Why do you think he/she shared it?	Does this piece of news reflect his/her own views?	Do you think he/she checked the credibility of the article before posting it?	Who wrote this article? How reliable is this source?	How would you go about verifying this piece of information?
A piece of news shared by a friend of yours on social media.					

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