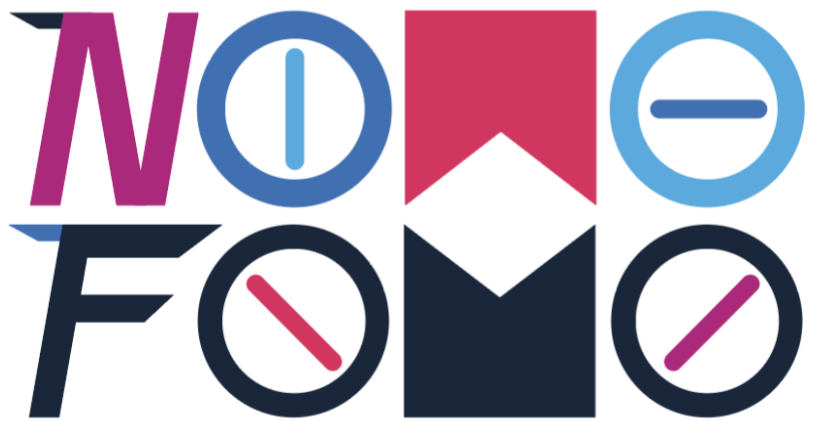





Social Media Amidst a
Pandemic
Call to Action



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



Interactive Infographic Theme	<p>FOMO & Social Media amidst a Pandemic</p>		
Activity Title	<p>JOMO vs FOMO</p>		
Type of resource	<p>Call to Action Activity</p>		
Photo			
Duration of Activity (in minutes)	<p>45mn</p>	Learning Outcome	<p>At the end of this activity, learners should be able to:</p> <ul style="list-style-type: none"> - Know the risks for mental health linked to the use of social media - Protect themselves from FOMO experiences - Understand the importance of JOMO
Aim of activity	<ul style="list-style-type: none"> - Reflect on the health impact of screen time and social media on mental health. - Reflect about FOMO and how social media can trigger this experience. - Compare different FOMO experience with peers and reflect on the risks of social media. - Make examples of JOMO to combat FOMO. - Familiarize with useful JOMO tips to prevent FOMO. 		



Materials Required for Activity	To complete this activity, you will need: <ul style="list-style-type: none">- A computer, Internet connection and a video projector- A whiteboard- Pens and paper for the participants
Step-by-step instructions	<ol style="list-style-type: none">1. Show learners this video: https://www.common sense.org/education/videos/screen-time-how-much-is-too-much2. Ask them what they already know about the impact of screen time, FOMO and the link between social media and mental health.3. Give learners some time to write down their initial reactions and thoughts. Then open the floor to learners and write the all the things that they came up with on a whiteboard.4. Based on the learners' answers, briefly explain the experience of FOMO like an anxiety that commonly occurs while browsing social media, for example, when we see our friends having fun somewhere else, socializing or just enjoying life.5. Ask learners to think about an opposite concept to FOMO. Through an open discussion bring them to the conclusion that the opposite of the fear of missing out is the joy of missing out (JOMO).6. Explain that JOMO is important because it brings us to think that even though there are things happening outside in the world, we can direct our attention inwards and onto our immediate surrounding. As a result of that we can be more calm and actually enjoy the feeling that we missed out on something.7. Split the learners in 2 groups. One will be the FOMO team and the other the JOMO tem.8. Ask one member of the FOMO team to share a FOMO experience (or make up one) with the others. You can help by giving an example yourself. For instance, you can say:<ul style="list-style-type: none">• <i>"After an exhausting week, I finally come home last Friday, I tiredly lied down on my bed and open up Facebook. Suddenly I saw a picture of my friend on a sunny beach on some tropical island. So I thought that while others are out there enjoying life, I was just browsing on my phone".</i>9. Then, ask a member of the JOMO team to reflect and answer to that FOMO experience with a JOMO advice. For instance:



- *Lowering our time browsing social media - Less time spend on social media correlates to fewer feelings of FoMO*
- *Being critical of online content - Internet content can often be unreal and purposefully more interesting*
- *Being authentic on social media - When our online profiles are more authentic, we also report less feelings of FoMO*
- *Practice Mindfulness - We direct our attention inwards, listen to ourselves and take note of our inner happenings*
- *Meditation - Helps us calm down our worries and insecurities.*

Write some of these tips on the whiteboard and those that the learners will propose during the activity.

10. End the class with an oral activity by asking the learners to make a Top 10 of the best JOMO tips.

NO MORE FOMO

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