

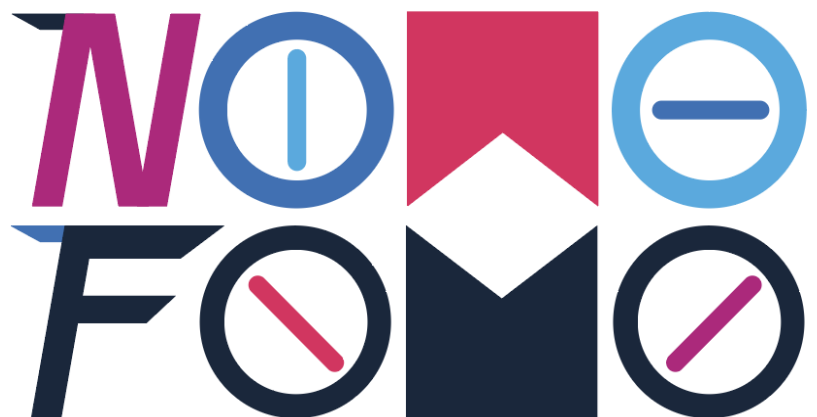


NOMO FOMO

Interactive Infographic 11

FOMO & Social Media amidst a Pandemic

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.



Interactive Infographic Topic

Infographic 8: FOMO & Social Media amidst a Pandemic

The COVID-19 pandemic has had an enormous impact on young people’s social and psychological lives. The reduced in-person interaction with peers caused by the pandemic has posed unique challenges (Orben, Tomova & Blakemore, 2020). To overcome the social distancing guidelines that restrict in-person interactions, many have used social media to connect with friends and relatives (Common Sense Media, 2020; Hamilton et al., in press). Researcher has proved that positive engagement with peers on social media offers benefits, including opportunities to reap social support and engage in self-disclosure (Uhls, Ellison & Subrahmanyam, 2017). Directly communicating with close friends on social media when in-person interactions are prohibited may be key to helping adolescents thrive during the isolation of COVID-19 (Hamilton et al., in press; Orben et al., 2020).

However, studies conducted in different countries show that the utilization of social media has dramatically caused panic among younger people during the COVID-19 pandemic. In addition, the massive use of social media during the pandemic accentuated negative experience, such as the fear of missing out (FOMO). This typically refers to the preoccupation of users of social media with lost opportunities when they are offline or unable or unwilling to connect and communicate with others to the extent they wish (Alutaybi et al., 2019).

What will young people achieve?

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

Theme	Knowledge	Skills	Attitude
FOMO & Social Media amidst a Pandemic	<ul style="list-style-type: none"> • Basic knowledge of the passive consumption of social media • Practical knowledge of how social media has been a blessing and a curse amidst 	<ul style="list-style-type: none"> • Discuss how the use of social media during the pandemic can lead to increased loneliness • Examine the relationship between physical 	<ul style="list-style-type: none"> • Awareness of how social media activity during the pandemic can increase FOMO



	<p>the Covid-19 pandemic</p> <ul style="list-style-type: none"> • Factual knowledge of FOMO with the differences in re-openings across countries • Theoretical knowledge of how to combat social media FOMO 	<p>and mental wellbeing combined with FOMO</p> <ul style="list-style-type: none"> • Analyse how celebrity influences posted online can further the feeling of FOMO • Recognise how the feeling of missing out can encourage young people to turn to social media to feel better and more connected with others • Identify how a passive consumption of social media can lead to a marginal increase in negative mental health 	<ul style="list-style-type: none"> • Awareness of how FOMO is felt towards digital experiences • Willingness to consider the impact of FOMO on our mental health amidst the pandemic •
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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 **FOMO & Social Media amidst a Pandemic** interactive infographic will focus on a number of topics related to social media and FOMO syndrome in the context of the COVID19 pandemic. Passive consumption of social media will be explored and the relationship between mental wellbeing combined with FOMO and how to contrast FOMO through JOMO will be examined.



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 go through a number of challenges that will allow them to increase their knowledge about a number of topics related to social media and FOMO syndrome. They will explore the topic of passive consumption of social media and how they have been at the same time a blessing and a curse amidst the Covid19. Learners will also examine the relationship between physical and mental wellbeing combined with FOMO and will discover how to contrast FOMO through JOMO. In addition, they will analyse how celebrity influences posted online can further the feeling of FOMO.

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 FOMO. 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 will watch a video about screen time and the effects of social media on mental health. Then, they will reflect on about FOMO and how social media can trigger this experience. They will compare different FOMO experience with peers and reflect on the risks of social media. Finally, they will discover the concept of JOMO and why it is important prevent FOMO experiences.

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:

- Question 1: why it is important to control screen time?
- Question 2: why you felt depressed when you watched images of your friends enjoying life while you were home by yourself?
- Question 3: what could you do to prevent that feeling?
- Question 4: mention 3 JOMO tips that can help you to feel happier and relaxed.

Quiz

This quiz consists of 10 questions that alternate between multiple choice and true or false. It guides young people to test their knowledge on the FOMO & Social Media amidst a Pandemic 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 FOMO & Social Media amidst a Pandemic 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:

- Have you ever felt anxious seeing friends on social media having fun without you or missing out on the information about what is happening on social media?
- Have you ever heard of someone feeling that way?
- How can you cope with it?
- What activities could help you to plug off your brain and be more calm and relaxed?
- Have you ever thought of how you can use social media in an active and responsible way?
- What could they be useful for?

NO MORE FOMO

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