NOMO FOMO

Interactive Infographic 3

The Fundamentals of FOMO

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

1. The Fundamentals of FOMO

The Fundamentals of FOMO explores the basic knowledge and concepts associated with the term 'FOMO' – The **F**ear **O**f **M**issing **O**ut. This thematic area investigates how FOMO arises from social media, and how this can affect the young people of today. It is important to focus on the basics of this concept and 'unpack' the term. This way, young people are equipped to promote their own positive mental health by understanding how they can overcome FOMO.

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
1.The Fundamentals of FOMO	• Basic knowledge of the concept of FOMO • Basic knowledge of how FOMO arises from different social media sites (Facebook, Twitter, TikTok, Instagram, Snapchat, etc.) • Factual knowledge of how FOMO can lead to unhappiness, loneliness and comparing yourself to others • Factual knowledge of how FOMO is fostered by social media • Practical knowledge of how	• Define FOMO • Discuss the primary causes of FOMO • Identify the effects and causes of FOMO • Comprehend the role social media plays in FOMO • Explore how FOMO impacts mental health • Establish methods of overcoming FOMO • Recognise instances of FOMO and how to improve overall wellbeing	• Willingness to 'unpack' the concept of FOMO • Awareness of how FOMO affects mental health • Awareness of different social media sites that can foster FOMO • Openness to combat FOMO

	FOMO can affect your daily life • Theoretical knowledge of how to combat FOMO		

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 *Fundamentals of FOMO* interactive infographic 'unpacks' the term FOMO and explains how it affects young people and why it can be harmful. It tackles how this phenomenon typically affects Generation Z, and how FOMO has accelerated with the advent of social media.

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 mystified reality, in which they are transported into their phone screen. In order to escape back to the real world, learners must correctly solve the challenges and puzzles associated with the concept of FOMO and social media.

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 are guided to complete a *FOMO Detox Challenge* that a young person can use when they fear that they are missing out. The *FOMO Detox Challenge* is a week-long activity, whereby young people will complete a series of tasks every day in order to eliminate the fear of missing out they might experience through social media. Learners can use this Call to Action activity when they experience instances of FOMO in their lives.

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 Detox Challenge?* Do you think that by establishing healthy online habits that you can reduce the possibility of FOMO in your life? Why? Why not?
- Do you feel that it is difficult in today's digital world to eliminate FOMO?

- On a scale of 1-10 (1 = none at all, 10 = extreme difference), how different did you feel after completing the *FOMO Detox Challenge?*
- Would the habits that you adopted through this challenge be ones you might continue to keep when using social media? Why? Why not?

Quiz

This quiz consists of 10 questions that alternate between multiple choice and true or false questions. It guides young people to test their knowledge on the *Fundamentals of FOMO 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 *Fundamentals of FOMO* 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 *Fundamentals of FOMO* 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 *Fundamentals of FOMO* 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 accelerates feelings of FOMO? Why?

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