

Challenge Team Outline

Name	Area of Interest	Guiding Question	Key Messages	Solutions (if any)
Jackie	Inauthenticity and Fakeness	How does social media affect our perceptions of others and the way in which we present ourselves?	<ul style="list-style-type: none"> - Only the best part of our lives - Slice of our lives - Filters on our true self / Sharing true self is difficult - Real self and real life receives less likes and attention - Recording staying forever 	<ul style="list-style-type: none"> - Separate school and social media - Helping kids understand the consequences of
Mira	Social media and the ways in which we interact with each other	How has social media shaped how we communicate?	<p>can be positive in that we stay connected with people we meet</p> <p>negative in that we avoid conversation, feel awkward without our phones, decline in face to face communication</p> <p>we compare ourselves to others, jealousy</p>	<ul style="list-style-type: none"> - learn how to separate friendship and phones - delete apps that bring you negative feelings - push yourself to say hi to people you know in public, gets easier and easier
Kushal	Social media's effects on others and how dependency is influencing our daily lives	How has social media impacted our daily lives?	<ul style="list-style-type: none"> ● Less aware ● Sleep deficits ● Distraction ● Daily alternatives ● Relying on social media ● Limits time talking and connecting with people in person ● Causes people to change habits to live up to social standards and change appearance ● Social media has become a default and back up for many people by being a resource that you can use 24/7 ● Social media makes students and people in our community less aware. ● social media has caused people to not be present but distracted ● Social media limits the time people spend and talk with others ● People rely on social media for a lot of things ● Social media distracts people from others because of how addicting and absorbing content can be 	<ul style="list-style-type: none"> ● Create or find an application that you can add to instagram to alert your child to think about what they are posting ● Finding other activities to enjoy and get involved with rather than spend all your time on social media ● Keep an open mind and think about how your post could or couldn't negatively influence others ● Share personal connections and share how a post has hurt you in some way

			<ul style="list-style-type: none"> • Social media has caused people to change their habits and try to live up to a social standard and change their appearance 	
Josi	Permanency of Social Media	Social media isn't going away any time soon, how will our generation avoid complete social media dependency?	<p>Data collection Loss of Privacy Autofill searches are based on location technology and previous searches Too much information in our hands Always a social media sight that speaks to us. Tiktok, Instagram, Snapchat, YT, even Bereal and a lot of others</p>	<p>Think before you post Delete apps that bring negative outcomes Foster a more positive online culture We can control what we watch</p>
SJ	Cancel Culture	<p>What do you consider when deciding to post something online? What do you consider when deciding NOT to post something online?</p>	<p>There are a lot of strong opinions online We censor ourselves and can't always express what we think Previous times, you could say things and it not be permanent We think about who will see this (family, friends, everyone) We have to consider how it affects others</p>	
Claire	Addiction of Social Media	How does the constant presence of social media affect our lives?	<ul style="list-style-type: none"> • Instagram wrapped (just 2023!!) <ul style="list-style-type: none"> ○ Claire - 958 hours/40 days ○ Josi - 1288 hours/54 days ○ Nadia - 683 hours/28 days) ○ <u>Average</u> - 976 hours/40 days ○ Why is this?... below • Cookies and algorithms are able to cater your interest page to exactly what you like (looks at recent likes, comments, how much you have spend watching a previous video) • Leads to a constant stream of personal entertaining videos • Negative affects of this constant 'stream' <ul style="list-style-type: none"> ○ <u>Harms time management</u> <ul style="list-style-type: none"> ■ always able to pick up the phone and scroll through for a "few" seconds ○ <u>Avoiding social problems</u> <ul style="list-style-type: none"> ■ Can always look at phone to avoid social interactions and at this perfect entertainment 	Limits of social media apps (notification when x amount of hours have passed)

			<ul style="list-style-type: none"> ○ <u>Changes perception of one's life</u> <ul style="list-style-type: none"> ■ Makes someone's life look boring compared to this personalized list of videos ■ Negatively impacts peoples life and image of themselves 	
Natalie	Where social media is heading and harnessing the positives	How can we utilize social media to harness its positive aspects?	<p>Negatives of social media can be fixed by how we use it:</p> <ul style="list-style-type: none"> ● Setting intentions ● Restricting social media exposure - exposing ourselves to influencers that make us feel valued and worthy (don't impact our self-image) ● Meditations? ● Education (Rani) ● Social snacking (more nourishing types of social media approaches) - actively engaging and connecting with friends makes us feel happier <p>Note: social media is still relatively and there hasn't been much research surrounding its long-term effects</p> <p>Future of social media → virtual reality?</p>	- Listed in Key Messages
Rani	Social Media and Education/Schools	What does social media education in schools look like and why is it necessary?	<ul style="list-style-type: none"> -Implementing digital citizenship social media education in schools -Including peer discussions in this education, not merely online sources such as Nearpod -Use education to reframe the way we use social media -More engaging—not just learning the facts -Education about the mental, physical, and emotional effects of social media -Education about the design code and privacy -Education about misinformation to prevent self-diagnosis 	Social media education required early in high school (or even better—middle school) as part of health classes