

Ignite Your Spark: CYD Youth Ambassador Video Series

Video 2. Decision Making for Media & Health - [click here to watch the video](#) (running time 2:15)

Appropriate for grades 7-12 (context based on high school student perspective)

Your social media habits can help or harm you when you're trying to [discover your spark](#). A spark is what you are really passionate about doing, an activity that unleashes your energy and joy, one that may allow you to express yourself and make your own unique contributions to the world. Why consider social media habits and health to ignite your spark? You have control over your well-being. Consider what decisions you are making now and where you can take steps in the future to thrive.

Discussion Questions

After viewing *Video 2. Social Media & Health*, use the following questions for reflection, discussion, and personal planning.

1. **How do you usually feel after using social media or other platforms online? Circle the best answer for you:**

Terrible	Definitely not good	Fine	Pretty good	Great
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Advice: The next time you use social media, take a moment to check in with yourself. If you're feeling motivated, energetic, warm or happy, that's great! But if you're feeling tired and less motivated, starting to isolate yourself more, thinking about yourself differently, or concentrating more on your physical appearance, then it might be time to reevaluate how you use social media

2. **Make a short list of what/who you follow the most on social media or online. Consider your list and identify how they positively or negatively affect your mental health.**

Advice: If there's a specific person or account that makes you feel angry, upset or down, unfollow or block them! Instead of looking at feeds that bring you to a place of self-doubt or darkness, find accounts that lift you up and make you feel good about yourself.

3. **What is something you could change over the next 30 days that would help move you towards a healthier social media or online habit?**

Where would you like to be in six months with your social media or online habits?

Discussion questions above have been adapted from [Mount Sinai Adolescent Health Center. Social Media Self-Care: 7 Questions to Ask Yourself](#). Council for Youth Development Bartholomew County integrates Search Institute's Developmental Assets® framework as an asset-based approach to youth prevention efforts. This [Ignite Your Spark - CYD Youth Ambassador video series](#) content combines Developmental Asset® principles with Communities That Care - Foundation For Youth's Botvin LifeSkills® prevention curriculum. Video 2 - High School/Lesson 4 - The Media & Health.

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Video 2 created by: [CYD Youth Ambassadors 2020-2021](#)