Responding to Concerning Posts on Social Media

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| Activity Overview: Responding to Concerning Posts on Social Media (30-60 minutes)  Age Groups: Middle School, High School, Young Adults | | | |
| Activity Purpose:  The primary purpose of this activity is for youth to understand what a concerning posts is, identify who the ‘supportive adults’ in their community are, and to identify local and national mental health resources. | | | |
| Youth will:   * understand what a ‘concerning post’ is * reach out to a ‘Trusted Adult’ * identify local and national mental health resources | | | |
| Activity Outline | **Core Content Components** | **Instructional Method** | **Timing** |
| Welcome and Icebreaker | * Welcome participants * Social Media Wave group energizer | Minilecture  Large Group Activity | 5 minutes |
| Introducing Activity Concepts | * Show 6 minutes of [Responding to Concerning Posts on Social Media](https://www.youtube.com/watch?v=n7teaLjD3iI&feature=youtu.be) * Discussion questions | Large Group Activity | 15 minutes |
| Role Play Activity | * Introduce activity * Small Group Activity/ Handout * Activity Review and Group Sharing | Minilecture  Small Group Work  Large Group Activity | 25 minutes |
| Closing | * Reflection on learning * Cultural Teaching (if time allows) | Large Group Reflection | 5 minutes |
| Materials:   * Access the *Responding to Concerning Posts on Social Media* video: <https://www.youtube.com/watch?v=n7teaLjD3iI&feature=youtu.be> * A projector, screen, and audio equipment, if showing the video to a large group * Double-sided copies of the *Youth Handout (pg. 7-8)* * Copies of the *Role-Play Activity (pg. 9-16)* * Scissors * Pencils/pens * Box or container | | | |
| Options for Delivering Activity  Option 1:  30 Minute Time-Slot: Deliver the welcome & icebreaker, introduce activity concepts (watch video), and complete closing reflections.  Option 2:  35 Minute Time-Slot: Deliver the welcome & icebreaker, role-play activity, and complete closing reflections.  Option 3:  50-60 Minute Time-Slot: Deliver the entire activity as outlined in the above: welcome & icebreaker, introduce activity concepts (watch video), role-play activity, and complete closing reflections. | | | |
| Preparation:   * Watch the [*Responding to Concerning Posts on Social Media*](https://www.youtube.com/watch?v=n7teaLjD3iI&feature=youtu.be)video. Double check that your audio equipment (speakers and projector) are functioning and that the video is loaded for easy access. \*If streaming from the Internet, you might want to buffer the video first (pull the video up, pause it, and wait until it is fully loaded – the grey bar at the bottom will show the full length of video). This will ensure you won’t have delays when playing the video. You can always download the video to your computer if you are showing the video away from Wi-Fi or have slow internet. * Research where youth can go in your community for mental health help (i.e. local counselor/clinic) and fill in pg. 8. * Print double-sided the *Youth Handout (pg. 7-8)*, one copy for each participant. * Review the instructions, print, and cut the half-page prompts for the *Role-Play Activity (pg.’s 9-16)*. You will need 4 copies of each prompt (i.e. 2 copies of each page); one prompt for each member of the 4-person group*.* If you use all these prompts you’ll have enough for a group of 32. Select the number of prompts needed to fit your group size. You can repeat prompts if needed. Put the half-page prompts in a box and mix them up. Have pens or pencils available as needed. * Invite a counselor to attend your event, in case youth participants would like to talk to someone after participating in the discussion. * Write on butcher paper or a white board local and national mental health resources:   + National Suicide Prevention Lifeline: 1-800- 273-8255   + Text START to 741741   + We R Native: [www.weRnative.org](http://www.weRnative.org) | | | |

Procedures

### Welcome and Icebreaker

1. **Welcome Participants (2 minutes)** 
   * + Welcome participants, introduce yourself, and direct them where to sit.

**Lead the group in a brief energizer: Social Media Wave (3 minutes)**

* Say, “Typically people use several different social media channels. We use social media to stay connected to friends, learn about the latest gossip and news, meet new people, gather information, or just to be entertained.
* Say, “We are going to very quickly go around the room and each of you will share what your favorite social media platform is, such as, Instagram, Snap Chat, Facebook, Vemo, etc.”
* Say, “We’re going to do this like “The Wave” in a stadium. When ‘the wave’ comes to you, stand up (if you are able) and/ or raise both hands up and shout out your favorite social media channel.”
* Quickly demonstrate “The Wave” with one other youth to make sure everyone understands. Then ask one side of the room to start by saying, “Ready? Go!”. Be sure to include your own response so that you are also sharing a favorite social media channel.
* Thank youth for participating.

### Introducing Activity Concepts

1. **As a group (15 minutes)**

* Say, “Welcome again and thank you for coming today. As you’ve just seen, many of us use different types of social media channels.
* Social Media can be really awesome! It can also have some pretty negative things about it too. Most youth say that they see posts about concerning topics, like depression, substance use, suicidality, or self-harm in their social media feeds pretty often.
* There’s no need to raise your hand on this one, but have any of you seen a post that made you worried about another person, or have you ever posted something that would make someone worry about you?
  + - 1. \*Acknowledge any youth input if necessary.
* Today, we will learn more about this by watching a short video. After the video, we will do a role-play activity to better understand: 1) what a ‘concerning post’ is, 2) who we can reach out to, and 3) how you and your friends can connect to local and national health resources.
* This can be a hard topic to talk about, so if you are feeling like you need a break - it’s ok to step out for a moment, or to come talk to me about it after we’re done.”

**Show 6 minutes of the** [***Responding to Concerning Posts on Social Media***](https://www.youtube.com/watch?v=n7teaLjD3iI&feature=youtu.be)**video** – from time point 2:08 to 8:17. (*The video was designed for adult health educators. We recommend that you do not show the entire video to a youth audience.*) *(15 minutes)*

**Whole Group Discussion:**

* Say, “What do you think of Rose and Terrell’s experience?”
* Say, “What helped Terrell pull through when he was feeling low?”

### Role-play Activity

1. **As a group (25 minutes)**

**Distribute the *Youth Handout* and ask them to review it.**

* Say, “We know it can feel stressful to post or view concerning posts, and not know what to say or do. Don’t feel like you need to determine whether the post is real or just stirring up drama… if it makes you feel worried or concerned for yourself or another person, you should follow your instinct. Go ahead and reach out to a supportive adult for help.”
* Say, “Please take a look at your *Youth Handout*.”
* Ask: “Can I have a volunteer read the text out loud that goes along with “Share”? And another read the text for “Talk”…Another to read “Report” …And another to read “Chat?”

**Discuss as a group:**

* Say, “What challenges do you think young people face when they see posts or view messages that concern them on social media?”
* Ask: “Do you think your response would be different if it were an acquaintance posting? Versus a close friend or family member?
* Ask: “Have you ever seen or experienced friends or family supporting another person through social media? What did that look like?”

**Brainstorm Resources:**

* Say, “What resources or supportive adults could you reach out to for help in this community?”
* Include the actual names of people in their community (i.e. nurse Julie). Point out local resources you’ve added ahead of time on page 8.

\*If they don’t mention it, add:

**Adults:** Parents, coaches, school counselors, teachers, me!

**We R Native’s Ask Auntie**: <http://www.wernative.org/ask-auntie-questions/friends-posting-things-like-fml>

**Facebook**: If you’re worried about someone who has posted content about suicide or self-harm on Facebook, you can report it (\*And they won’t call the cops!). Go on Facebook and try to find where you can report content. Hint: to report content, click on the upper right hand corner of the post and select report. Facebook will reach out to that person with info that can help. For more info, visit: <https://www.facebook.com/help/contact/305410456169423>

\*However, be aware, if they say they are going to kill themselves RIGHT NOW on social media, and a friend reports it as a concern, then they might get a police wellness visit initiated by Facebook (police will knock on their door).

**Role-play Instructions – Break Into Small Groups**

* Say, “Now we are going to do a role-play activity using the *Youth Handout* to “Share, Talk, Report, Chat.” Each person will play a part in the role-play.
* Break youth into groups of 4 by having them pull a “concerning post” prompt out of the box.

*Reminder: You will need 4 copies of each prompt (i.e. 2 copies of each page); one prompt for each member of the 4-person group. Put the half-page prompts in a box and mix them up. Have pens or pencils available as needed.*

* Say, “Please come pull a prompt and find the other members in your group. As you walk around, find your group members with the matching prompt. When you have four people with the same prompt, you have a complete group.”
* Say, “If the role-play you picked has a statement on it that is too personal or hits too close to home, remember you can take a moment and come talk to me.”
* Then say, “Once you have found your group, introduce yourself (Name, Tribe, Age, City you live in, or your favorite food).”
* Say, “Next we will count off one through four, to assign your roles.” Then explain their assigned roles. People who are:

**Ones** will play the role of the **person who posted** the concerning message.

**Twos** will play the role of a youth who notices the post and shares their concerns with a supportive adult.

**Threes** will play the role of a youth who notices the post and reaches out to the friend directly.

**Fours** will play the role of a supportive adult.”

* Say: “Now that you know what role you will play, let’s take one minute to think about how you will act out your assigned role. Read your prompt. Take a look at the *Youth Handout* and I will let you know when your minute is up.”
* Use a timer, cell phone, or clock to time one-minute for thinking.
* Instructions: Once the minute is up, have the ‘ones’ begin by reading the “concerning post message” out loud. Then have each member practice their role responding to the concerning post, until all four roles have been played. Provide encouragement to your group members as you go along.
* Say, “We will take 10-15 minutes for this activity, then I will ask for a couple group(s) to act out their scene. Any questions before we start? Okay, go.”
* Use a timer, cell phone, or clock to time ten-minutes. Monitor the discussion. Give them more or less time depending on the group. Let them know how much time they have left. For example, give them a five minute and one minute warning to let them know when it’s time to start wrapping things up.

**Come Back Together As Whole Group**

* Ask the groups to come back to their original seating, or stay where they’re at depending on room set-up.
* Ask a couple groups to share their scenario. They can come to the front of room, or share from their spots depending on their comfort level. Have them start with their prompt and work through each step.
* Have the large group offer support or ideas to strengthen each scenario.
* Other tips you can share with participants, if they don’t come up naturally during the discussion:

You **do not** need to respond to concerning posts alone. Adults are better equipped to get help.

If the first adult you reach out to isn’t especially helpful, try, and try again!

### Closing

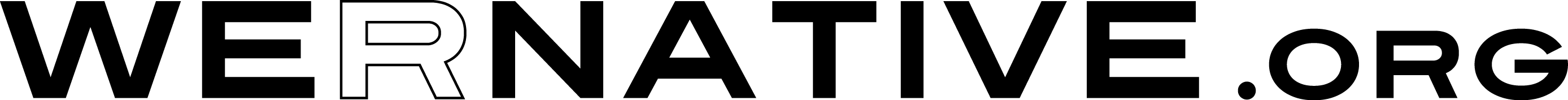
1. **As a group (5 minutes)**

* Say, “It can be hard to feel like you know what to do when you, or a friend, or an acquaintance posts a concerning message on social media.
* The good news is that you don’t need to respond alone. I am a supportive adult you can reach out to. We’re also training adults in our community to help intervene.
* All you need to do is **speak up** if you see something. Don’t try to interpret its meaning; just **get your adult involved**.
* Please take your Youth Handout with you. There are local and national #’s include. Keep it for yourself or share with a friend.
* Thank you all for your willingness to learn about Responding to Concerning Posts on Social Media today.
* Thank you for supporting each other and those who may be struggling.

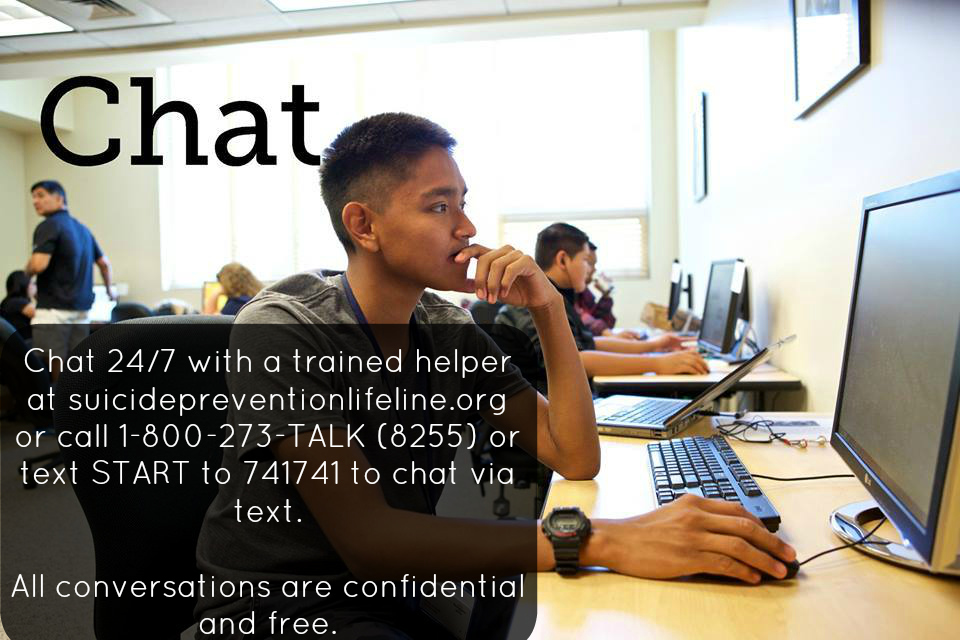
I’m available to talk anytime.”

End on a Positive Note

* Debrief if needed.
* End your session with a game, a song, a joke… something fun to lighten the mood.

Youth Handout ******

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### Local Resources

(write in names, location, and contact information for youth resources)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Name*** | ***Title*** | ***Location*** | ***Phone*** | ***Email*** |
|  | **School Counselor** |  |  |  |
|  | **Tribal Clinic** |  |  |  |
|  | **Mental Health Counselor** |  |  |  |
|  |  |  |  |  |

**My Phone # (optional – delete whole line, if you prefer not to give your # out)**

### Other Resources

National Suicide Prevention Lifeline:

Call: 1-800-273-TALK

Text: START to 741741

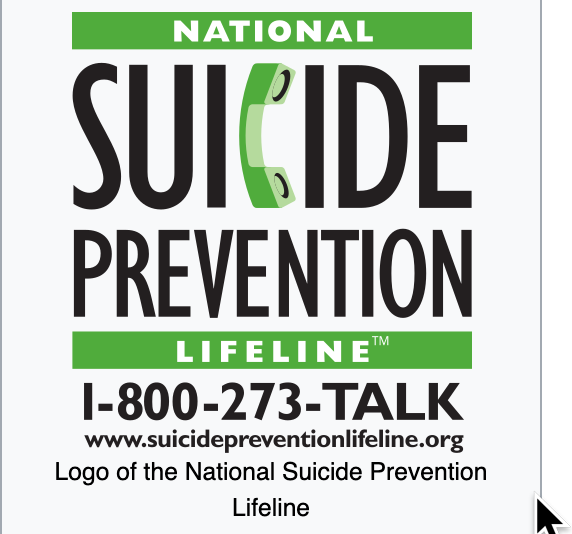
Chat: 24/7 to <https://suicidepreventionlifeline.org/chat/>

We R Native: <https://www.wernative.org/>

Ask Auntie: <https://www.wernative.org/ask-auntie/chat.htm>

SAMSHA – Type in your zip code to the web address below to find a clinic closest to you.

<https://findtreatment.samhsa.gov/>

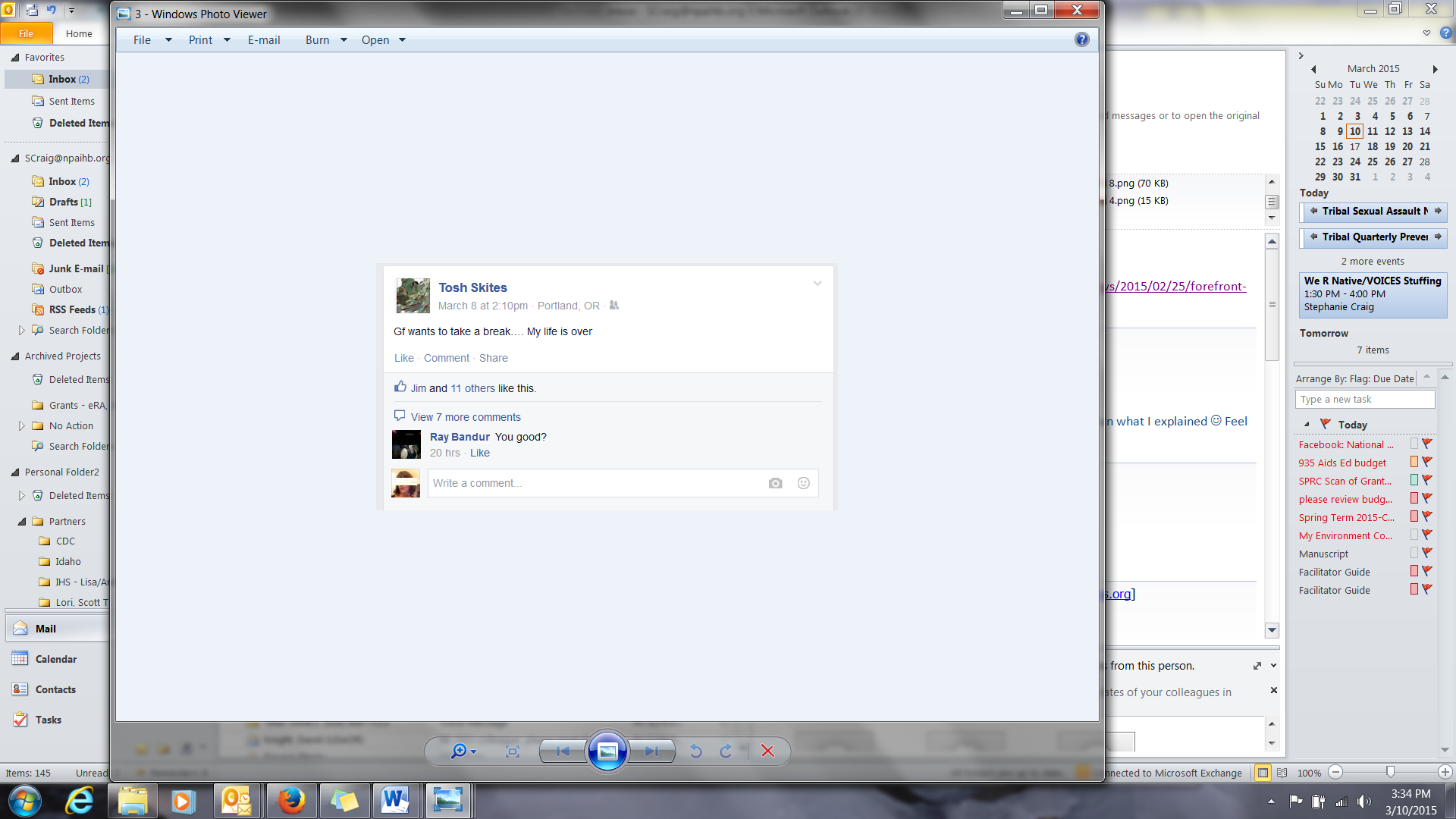
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Role-Play Activity

Act out your assigned role.

**Ones** will play the role of the **person who posted** the concerning message below:

***Here’s your groups PROMPT:***

1. 

**Twos** will play the role of a youth who notices the post and shares their concerns with a trusted adult.

**Threes** will play the role of a youth who notices the post and reaches out to the friend directly.

**Fours** will play the role of a trusted adult.

Review the *Youth Handout* for tips and ideas.

Provide encouragement to your group members as you go along.

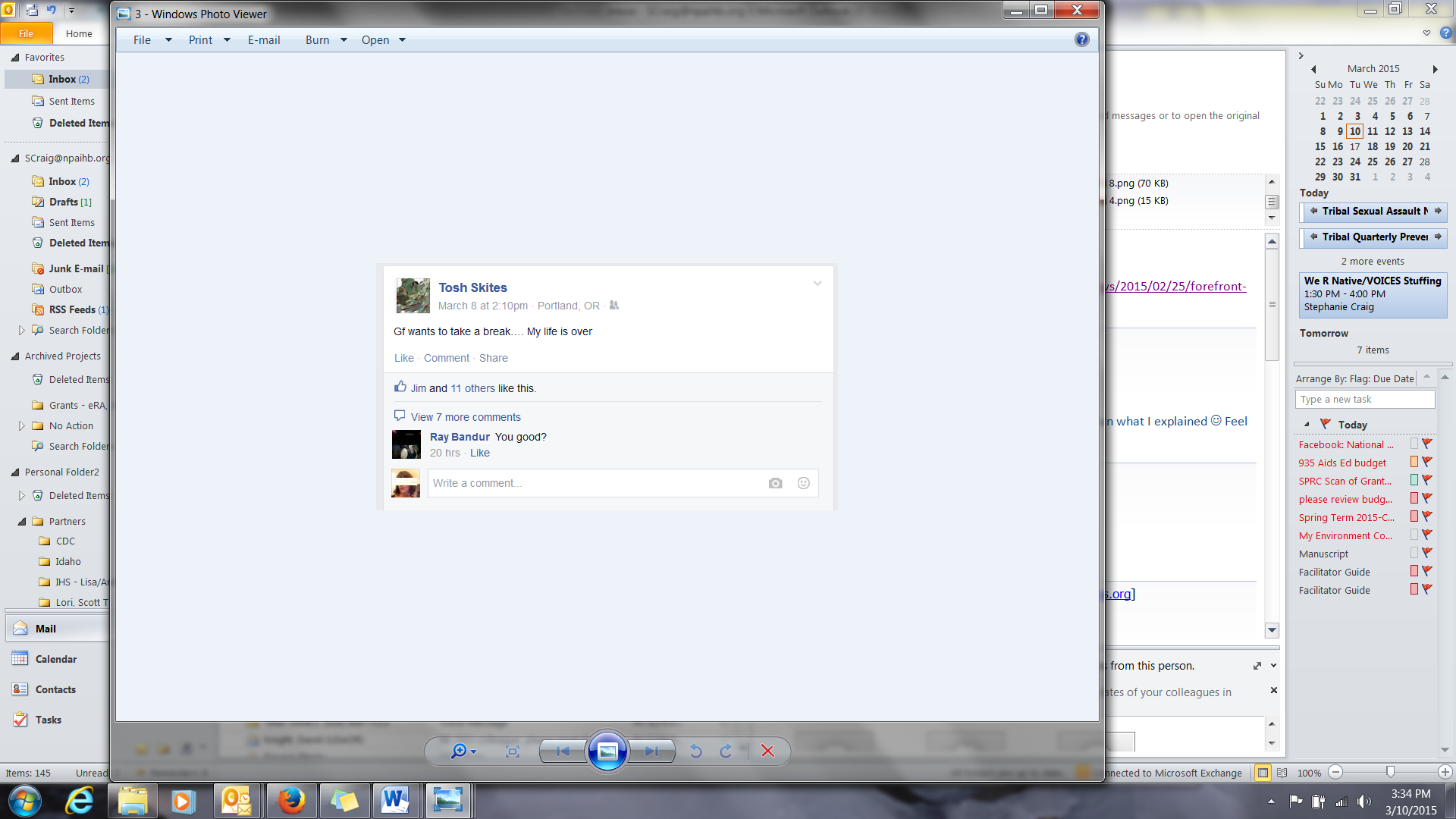
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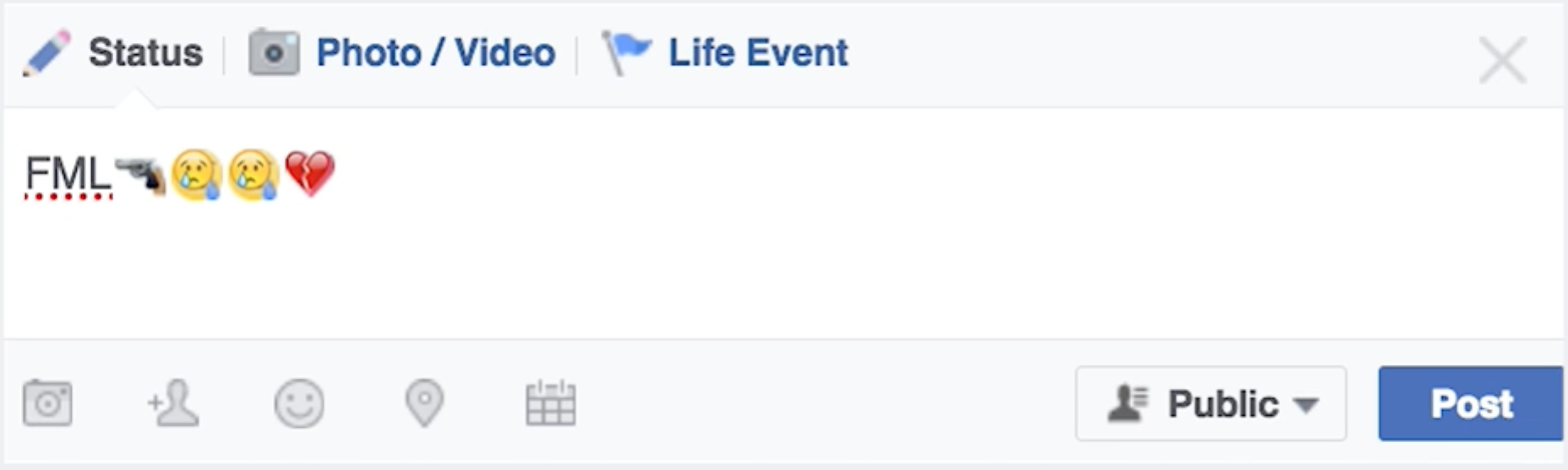
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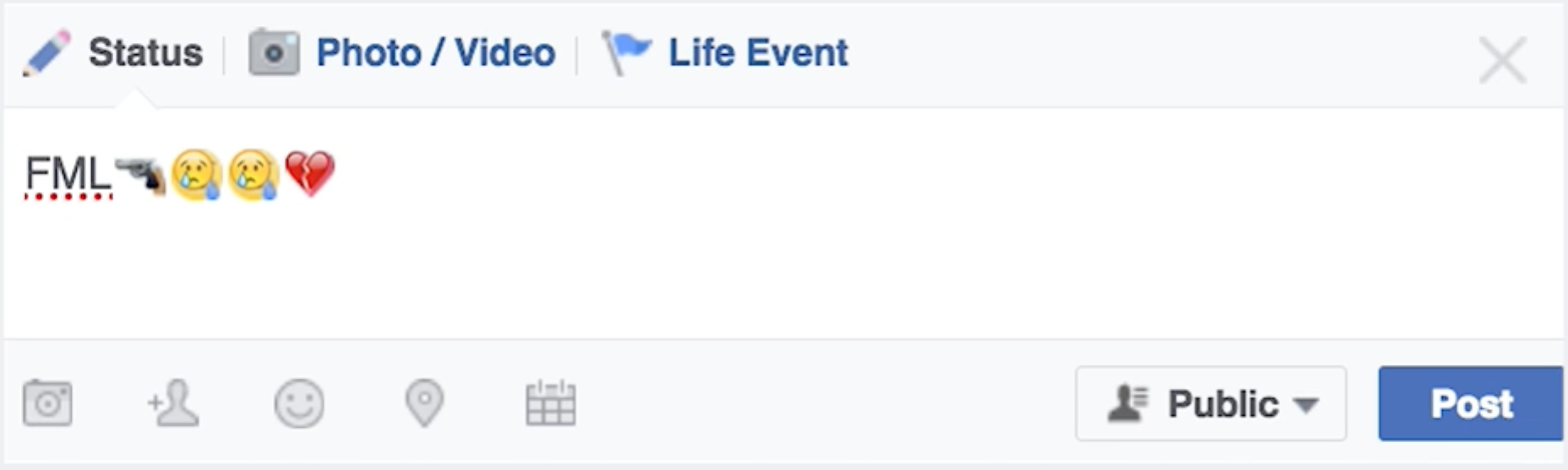
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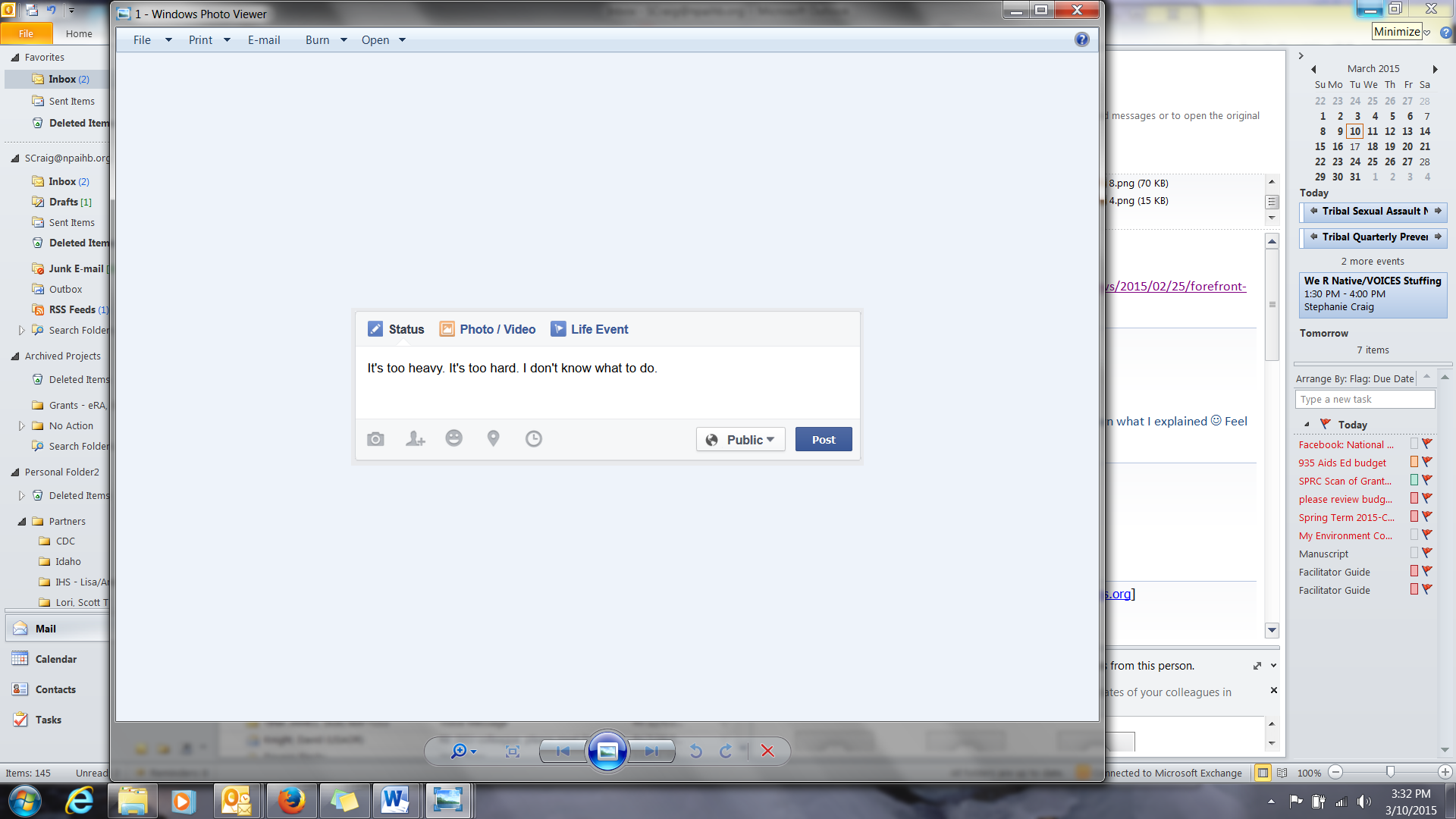
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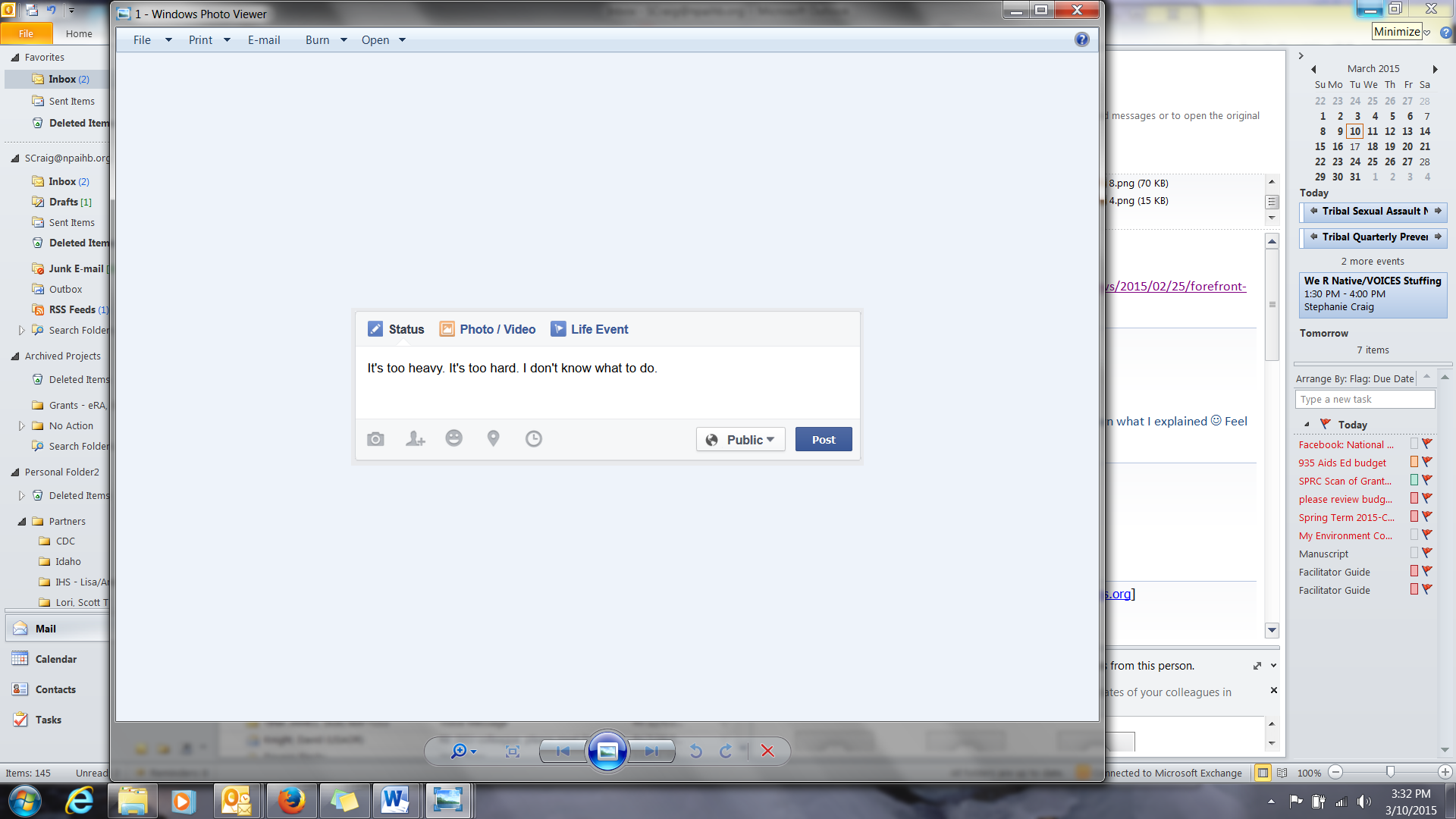
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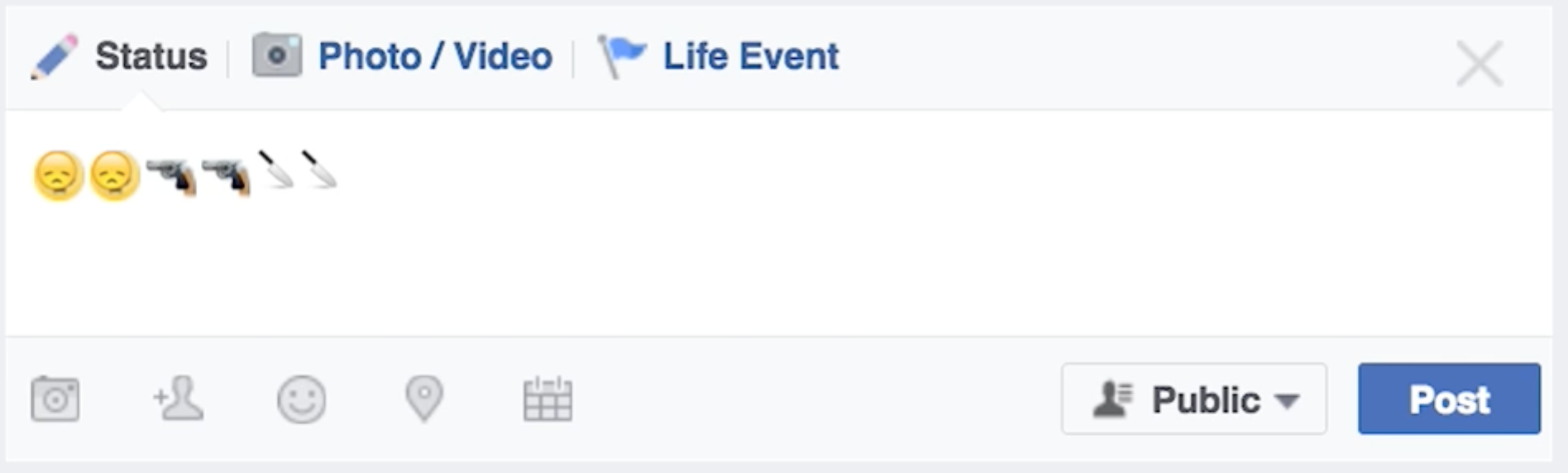
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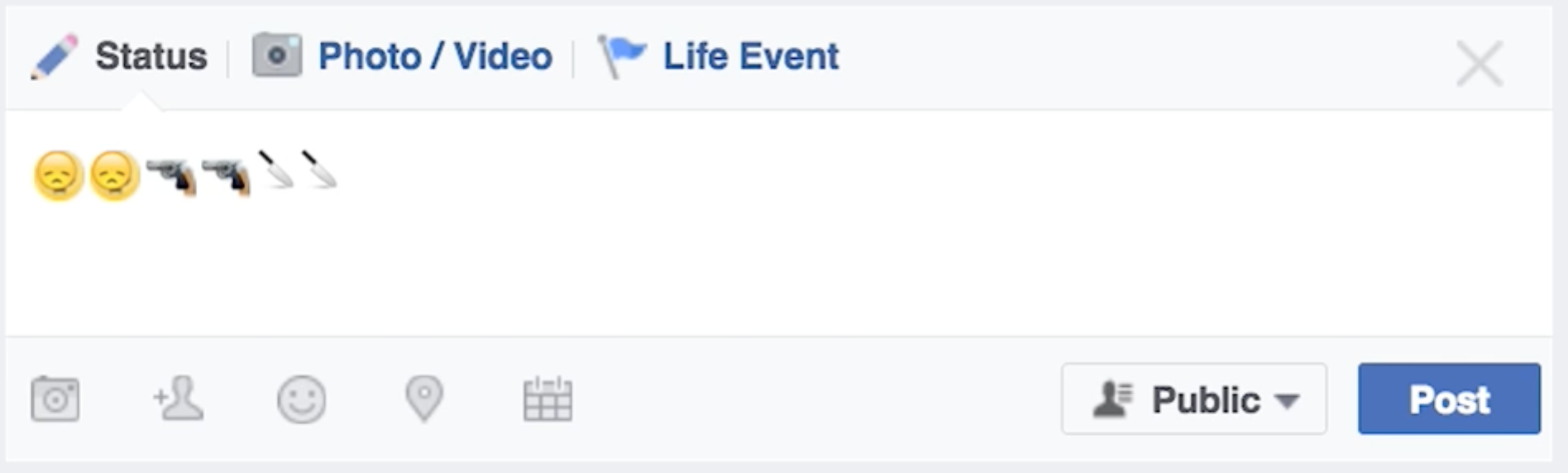
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