

Adapted Activity 3 - Rate It. Comparing Social Media Platforms
from The Girls Circle Activity Guide, **Empowerment and Identity on Social Media**



To All Our One Circle Facilitators

With these difficult times, One Circle Foundation wants to acknowledge you for the great work you continue to do with youth.

In an effort to make that a little easier for you, we are beginning to add Adapted Activities from our curricula in order for you to have the ability to hold Girls Circle and Boys Council sessions online with the youth in your programs. As you know, the creative and experiential activities presented in the Activity Guides require individuals to be in a live, in-person circle. We have begun adapting these activities so the youth can participate from the safety of their homes. These adaptations will be posted and made available to you on the One Circle Foundation website “Virtual Solutions” section, for your easy access.

Each adapted activity will note which Activity Guide they were adapted from as well as which session. We include here an outline of the six steps of the Girls Circle Model and the seven steps of The Council for Boys and Young Men Model for you to use as a guide.

PLEASE NOTE: These adaptations do NOT include the full session; only the **ACTIVITY** step is described; however, you will see in the adaptation that there is an overview of the topic and brief discussion to incorporate into your circles. The objectives of the activity align with the original intent of the session.

Girls Circle:

Opening Ritual

Theme Introduction

Check-In

Activity → ADAPTED

Sharing of Activity

Closing Ritual

The Council for Boys and Young Men:

Opening Ritual

Theme Introduction

Warm-Up

Check-in

Activity → ADAPTED

Reflection

Closing Ritual

We welcome your suggestions and feedback as well as learning of any adapted or original activities you are doing online with the youth you serve. In fact, we invite our community members to share these activities with one another in this forum as well.

We at One Circle Foundation are committed to supporting all of you as we find our new normal. Be safe and continue to reach out for support from One Circle Foundation.

Adapted Activity 3 - Rate It. Comparing Social Media Platforms

from The Girls Circle Activity Guide, **Empowerment and Identity on Social Media**

Topic: My Relationship with Technology

Define what social media is and the different types of social platforms that exist.

Objectives:

- To discuss the use of different types of social media and how people use them.
- Explore the positive, benign, and negative aspects to social media.
- Examine the effect social media has on community, connectedness, and communication.

Materials and Tools:

Each person will need a paper and pen.

Activity requires meeting together on a platform that enables break out rooms (i.e., zoom).

Key Learning Points:

- To help girls identify social media platforms that best meet their needs.
- Learning safe ways to use social media.
- How to stay connected to others in a positive way.

Procedure to Lead Activity:

Introduction to the Activity:

Say to the Girls; Social media is a huge part of our society today, especially for adolescent and teenage girls.

Author Jean Twenge (2017) reported that ;

- “ In seven years, social media sites went from being a daily activity for half of teens to almost all of them”.
- She continued to explain that usage was different for teens who were of different class and race status in 2008, but by 2015 that was no longer true.

- In 2016, by the time girls were in the 12th grade, 98% of them were regular social media users.
- Social media usage is a universal experience. Because of this, it is important that adolescents and teens - particularly girls - are as knowledgeable as possible about how to use social media safely and in ways that are healthy for them both mentally and physically.

Let the girls know that we will be doing an activity that will identify different social media platforms. Ask the girls to type in **chat**, all the social media platforms they use.

Once they have identified the social platforms let the girls know we will now be doing an activity that will have them pair up with another participant in a breakout room with one of the social platforms they listed.

1. Explain that the pairs will be determined by closest birthdays. Have the girls each type their month and day of birth in the chat box, i.e., March 18.
2. After pairs have been matched, explain that they will be going to a breakout room together for 15 minutes. Ask each pair to pick one social media platform listed in the chat. Ask that they each pick a different one.
3. Continue to explain: During the time together they will answer questions about the social media platform they chose. One person should write down the answers so they can share the responses with the group, following the activity. Explain that the questions will be listed in the **Chat, prior to going into a breakout room, ask if they can write down the questions before going into the breakout room** [or, the facilitator will “broadcast” the questions, one by one, every couple of minutes, into their break out room] and that they should answer all the questions. Let the group know you will bring them back to the group after 15 minutes.

You will type the following questions in **Chat** :

- ❖ **MAIN PURPOSE:**
What is the main purpose of the platform, i.e what is it used for?
- ❖ **WHO USES IT:**
What age groups or types or groups of people do you think use it the most? E.g. age, culture, gender, etc?
- ❖ **COMPARE/CONTRAST:**
Make a list of what is good and not-so-good about this form of social media.
- ❖ **CONNECTION RATING:**
How do you mainly connect with friends on this application vs. other applications? E.g. say more, say less, more personal, less personal, more picture oriented, etc. ?

On a scale of 1 - 10 , how close or trusting do you feel to friends/others on this application? (1 being not so connected and 10 being very connected)

Once the girls return to the large group thank everyone for participating in the activity.

Sharing of Activity:

Ask the girls to raise their hand if they would like to share what they discovered about the Social Media Platform they chose. Once each girl has an opportunity to share ask the girls the following questions:

- Which apps build the most connection based on the ratings of 1-10 ?
- Which apps help people connect most authentically ? Why or why not ?
- How old do you think someone should be before they use this form of social media and why ?

Application Question: What is one thing you want to do in regards to your relationship with technology in the coming week?