MANAGING SELF & RELATING TO OTHERS

LIFE EDUCATION
Learning with Harold

YOU'RE DEFRIENDED!

Making good choices about our relationships

Something interesting went down at our house last week. I told my friend Awa about it:

SCOTT

AWA

Hey, Awa, my sister got defriended on Facebook, and she's gone bonkers about it.

What? Was it her weird friend?

Yeah, it was Jane. She's never even met her! What's with that?

Bro, your sister needs to get a real life. You can't be friends with someone you've never even met! Why get upset about that?

I know! But she's always on Facebook, even when she's cooking dinner! Then till real late at night. I think she may have a problem. Can you be addicted to Facebook?

Dunno, I guess you can. If you can't stop, I guess you're addicted.

She hardly goes out anymore, and she's always online. I wish she'd hang out more with me or her friends.

We can all get caught up in social media from time to time, but if you're stuck on it all the time, you may have a problem.

1. A helping hand

Consider how Scott could support his sister to spend less time online with "friends". What could he say to her? Write Scott's script using the following as a guide.

● Describe the problem and why it concerns you.
● Say how the problem affects your relationship.
● Suggest some solutions and describe how they could make you both feel better.

For example: I'm worried about _____ because it _____ .

It makes me feel _____ . If you could _____ , I would feel _____ .

2. Pros and cons of social media

There are some positives (pros) of being on social media, like being able to chat with the friends you don't see much. There are also some negatives (cons) like the problem that Scott experienced.

Work with a partner. Record some of the pros and cons of social media on a table like the one below. Then identify any changes you'd like to make to your online time. Share your ideas as a class.

Pros of social media	Cons of social media	Changes I want to make to my own use of social media

Now use what you have discovered to plan how to put in place the changes you identified!