

Breakout Guide

The Goal

Create a safe space for students to share their own experiences with mental wellbeing and social media. Allowing them to share and learn from each other.

Things to Remember

- Silence is ok. You do not have to fill the silence.
- Reinforce that this is a safe space, and that what is shared should not be shared outside of this time.

Questions for Breakout

1. Overall, do you think you have a good relationship with social media? Why or why not?
 2. What was one thing that you learned about social media and its impact on your mental well-being during the discussion?
 3. Is this something you had thought about before?
 4. Which of the scorecard categories is your strongest and which one do you feel like you need to work on?
 5. What are some steps that you would like to take to build healthier habits when it comes to social media usage?
 6. What is one thing you will take away from today and share with a family member or friend?
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