

Social Media and Mental Wellness
HCA Healthcare
Classroom Connect Event

Event Overview:

Social media has changed the way we connect with others, learn, and engage with our favorite things like music, movies, art, etc. During this event we will be looking at the effects that social can have on our mental wellbeing which is the focus of HCA’s course with Everfi “Understanding Mental Wellness”. During this event we will hear from a panel of mental health experts discuss how social media has an impact on their own mental wellbeing, and then sharing some tips on how to best use social media in ways that will positively impact your mental health. After the panel discussion students will break out into their preassigned groups and begin their small group discussion time, leaders will utilize the discussion guide and social media personal assesment to help guide the conversations.

Date: [INSERT HERE]

Location: [INSERT HERE]

Time: [INSERT HERE]

DIVISION POC: [INSERT HERE]

School POC: [INSERT HERE]

Spaces: [INSERT HERE]

of Students: [INSERT HERE]

Giveaways: (Optional) [INSERT HERE]

A/V: [INSERT HERE]

Facility Needs: [INSERT HERE]

Parking: [INSERT HERE]

Check In: [INSERT LOCATION DETAILS HERE]

Walkthrough: [INSERT HERE]

Waivers: HCA Healthcare provided media releases

Guests: [INSERT HERE]

Schedule: ^(tbl)

Time	Duration	Description
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[INSERT HERE]	60 minutes	Prep time <ul style="list-style-type: none"> - Team Arrival - AV Testing
[INSERT HERE]	5 minutes	Students Arrive <ul style="list-style-type: none"> - School contact welcomes and gives instructions on where students should sit.
[INSERT HERE]	5 minutes	Welcome & Introduction <ul style="list-style-type: none"> - [SCHOOL REP] INTRODUCTION - [HCA DIVISION REP] - [MODERATOR TAKE OVER]
[INSERT HERE]	5 minutes	PANEL INTRODUCTION <ul style="list-style-type: none"> - [INSERT PANELIST] - [INSERT PANELIST] - [INSERT PANELIST] - [INSERT PANELIST]
[INSERT HERE]	20-25 minutes	PANEL DISCUSSION <ul style="list-style-type: none"> - Led by [MODERATOR]
[INSERT HERE]	25 minutes	STUDENT BREAKOUTS (Discussion Guide) <ul style="list-style-type: none"> - Knowing what you know now, what advice would you give yourself at our age? - How do other people's opinions of you affect your mental health, and how do you deal with it? - What are some strategies that help you stay calm when you want to react? - What are some positive things about being different from others?
[INSERT HERE]		Students depart
[INSERT HERE]	60 minutes	Clean Up <ul style="list-style-type: none"> - Breakdown & CLEAN event space

Learn more about our Partners:
About EVERFI:

EVERFI from Blackbaud (NASDAQ: BLKB) is an international technology company driving social impact through education to address the most challenging issues affecting society ranging from financial wellness to mental health to workplace conduct and other critical topics. Founded in 2008, EVERFI's Impact-as-a-Service™ solution and digital educational content have reached more than 45 million learners globally. In 2020, the company was recognized as one of the World's Most Innovative Companies by Fast Company and was featured on Fortune Magazine's Impact 20 List. The company was also named to the 2021 GSV EdTech 150, a list of the most transformative growth companies in digital learning. Blackbaud, the leading provider of software for powering social impact, acquired EVERFI in December 2021. To learn more about EVERFI, please visit everfi.com or follow us on Facebook, Instagram, LinkedIn, or Twitter @EVERFI.

About HCA Healthcare

HCA Healthcare, a leading healthcare organization, is committed to advancing the delivery of high-quality patient care, medical innovation, and community health initiatives. Through a network of hospitals and healthcare facilities, HCA strives to make a positive impact on healthcare, prioritizing the well-being of individuals and communities across various regions.

Guest Speaker Bios:(IF APPLICABLE)

Social Media & Mental Wellness
EVENT SCRIPT

This script is SUGGESTED but not a word-for-word requirement. Please feel free to add any additional comments, questions, or stories that you feel would add value to the conversation! We want this to be natural to who you are and how you speak.

Event Script

[INSERT TIME]	<p>Opening Remarks [SCHOOL REP AND HCA REP]</p> <p>[SCHOOL REP] Hello and welcome to [DIVISION NAMES] event, we are so excited to be here with you today. Social media has changed the way we connect with others, learn, and engage with our favorite things like music, movies, art, etc. During our time we will be looking at the effects that social can have on our mental wellbeing which is the focus of HCA’s course with Everfi “Understanding Mental Wellness”. I hope that you all will be engaged with the panel and the breakouts today and help to break down the stigma around mental wellness. Before we dive in, I want to say thank you so much to HCA Healthcare for providing <i>Understanding Mental Wellness</i> to students across the nation. You all are the reason we are here today and these students are benefiting greatly from receiving this education. I’d now like to turn it over [DISION REP TO SPEAK]</p> <p>[DIVISION REP SPEAKER]:</p>
[INSERT TIME] 20-25 minutes	<p>Professional & Student Panel Discussion</p> <p>Theme: <i>The Impacts of Social Media on your Mental Health</i></p> <p>Importance of both mental and physical health, Effects of Social Media on Mental Wellness</p> <p>☞ Moderator: ☞ HCA Panelist:</p>

☞ Guest Panelist:

Moderator: Thank you, [DIVISION REP] [“A 2019 study of more than 6,500 12- to 15-year-olds in the U.S. found that those who spent more than three hours a day using social media might be at heightened risk for mental health problems.”](#) (Mayo Clinic) Finding a balance of what life looks like online versus reality can be tough and take a toll on one’s overall mental well-being. During this discussion, we will hear from students on the role they feel social media plays in their mental health and provide helpful tips and tricks on how one can have a healthy relationship with social media....it can be a beautiful thing!

I’d now like to introduce you to today’s panelists...
[INTRODUCTIONS]

MODERATOR:

Thank you all for your introductions. Let’s jump into some of the responses to the questions we asked when filing in, and gage your thoughts on those answers.

- ☞ What are the things that you love about your favorite social media platforms?
- ☞ What are a some of the negative things about social media?
- ☞ Does social media have an impact on your mental wellbeing?

[MODERATOR to allow all panelists to provide commentary on whatever live responses we received by this time]

[MODERATOR to follow up and can move from the questions and commentary above and reference any or all of the questions listed below as topics to cover]

Potential Questions:

- ☞ [All Panelists]
 - Tell us what social media platforms you participate in and approximately how much time you spend a day on social media?
 - Do you feel like you use social media for good? In what ways can you use social media for creativity,

	<p>encouragement, News, or potential career opportunities?</p> <ul style="list-style-type: none"> ○ Do you feel like you know how to be safe with your online presence? Eg: Limiting your profile, reporting, etc. ○ Do you find that students are impacted negatively by social media? Explain to us what you are experiencing. ○ How can you encourage students to be themselves online? ○ [GOOD CLOSE OUT QUESTION LEADING TO STRETCH EXERCISE] Can you share some tips with the students on how they can have a healthy relationship with social media? <ul style="list-style-type: none"> ▪ Good opportunity to discuss limiting screen time and finding other ways to spend your time when you'd typically be sitting on the couch scrolling. ▪ Eg: meditation, creating new hobbies, exercise, cooking, etc. <p>MODERATOR: Thank you all for sharing!</p> <p>[If time allows] I see we also had some questions from the audience. Let's try and get to some of those!</p> <p>[Questions from audience:]</p> <p>MODERATOR:</p> <p>This has truly been a great conversation! Thank you panelists for taking part in today's discussion and we hope that you all got at least one or two things from it that will apply to your usage of social media, but more importantly, to helping you improve or maintain your relationship with social media and your own mental wellbeing.</p>
<p>[INSERT TIME] 5 minutes</p>	<p>MODERATOR:</p> <p>Students, please listen carefully. We are going to split into your preassigned group numbers. You will be breaking out into groups. Please find your group number and move quickly to that breakout space. Once you are done with your Breakout groups, we will reconvene and close out. See you all soon!</p>

[INSERT TIME]	[HCA REP TO MAKE CLOSING STATEMENT]
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CREATING A SAFE SPACE

Before we get started, we want to establish some expectations for the space that we will share today. First, we want to ask that each of you be respectful of one another, and treat one another with kindness. We also ask that what is said in this space stays in this space-- we want to create dialogue where everyone feels comfortable sharing.

Finally, while we are hoping to keep the conversation as positive as possible, we do know that mental health is something that is deeply personal for many of us, and some of what we talk about may bring up a variety of emotions for you. We encourage you to do what you need to do to protect your own mental health during this event-- don't speak up if you don't feel comfortable doing so, take space if you need it.

[If teacher confirms this is applicable] We also have staff on hand that you can speak with during or after the event should you need to.

[Social Media Changes](#)

[@HCA\[DIVISION HANDLE\]](#)

[@HCAHealthcare](#)