MYSOCIALIFE: CRITICAL THINKING MODULE

LESSON PLAN

What's included in this module?

- Lesson Plan & Discussion topics **(this document below)**
    - o Ways to explore and reflect on the content and concepts of the module.
    - o Ways to engage with them about their personal experiences and opinions around the topic.
- Extra Resources For Teacher
    - a. Additional images, videos and articles to illustrate the concepts covered in this module.
- Quiz for learners
    - a. Assessing if they understood the content and concepts of the module.

Lesson Plan & Discussion Topics

These topics could be discussed as a whole class or in smaller groups.

1. What does it mean to think critically?
    a. Why is it important?

2. Are all of the thoughts we have true/facts? Is everything we see, read about or hear online true?
    a. If we can't prove whether our thoughts/what we read about/see online is true, should we accept them as truths?
    b. Is it helpful to believe these thoughts/what we read/see online as truths, if we don't actually know?
    c. What could be more helpful?

3. Cognitive distortions – what are these? (This should be accompanied by the ANTS/Cognitive Distortion sheet).
    a. What are some of the common distortions you have all the time?
    b. Why is it important to recognise when the way you're thinking (your pattern of thinking) is distorted?

4. The important role of non-verbal communication and how this is affected by communicating online.
    a. What are the implications of this for relationships?

5. What is a perspective?
    a. Does everyone share the same perspectives on things?
    b. What influences our perspectives on life, the world, ourselves and others?
    c. How do our unique perspectives influence the way we behave?

d. Is it important to try to understand other peoples' perspectives? Why?

6. Can we control what thoughts and feelings we have?
   a. Can we control how we react to our thoughts and feelings? If so, what are helpful ways to do so?
   b. What happens if we don't take control of how we react to our thoughts and feelings?

7. The influence that big tech companies have and the implications of their influence on us.
   a. How can we still use these platforms (which we love) without being manipulated?

8. What are some of the long-term consequences of not being in control of your behaviour online?
   a. How can this affect you?
   b. How can this affect your future?
   c. How can this affect your relationships?
   d. How can this affect other people?

9. What is mindfulness?
   a. How can it help you to think critically?

10. How can comparing ourselves to others online affect our mental health and self-esteem?

11. Are we addicted to our devices?
    a. How does this affect us and our relationships?
    b. How can we manage this and gain more of a balance with our time spent on devices?

12. Why should we care about big tech companies knowing SO MUCH about us?
    a. Do we understand how algorithms work?
    b. How do these algorithms affect us?

13. What we see online is just the tip of the iceberg – what does this mean?
    a. Why is it important to remember that there's a whole lot more going on that we don't see online (the rest of the iceberg)?
    b. What effect can it have on us if we end up comparing our whole selves to others' highlight reels?

14. What are the pros and cons of the never-ending goal to get more likes and more followers?

15. What are some easy ways to break the cycle of accepting everything you see online?