



INDY/POLAR

SIX WAYS SOCIAL MEDIA NEGATIVELY AFFECTS YOUR MENTAL HEALTH

Documenting your every move on social media can take its toll

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Monday 16 April 2018 14:27 BST

   796 SHARES  LIKE  FOLLOW

The rise of social media has meant that we as a global population are more connected than we have ever been in the history of time.

However, our reliance on social media can have a detrimental effect on our mental health, with the average Brit checking their phone as much as 20 times a day.

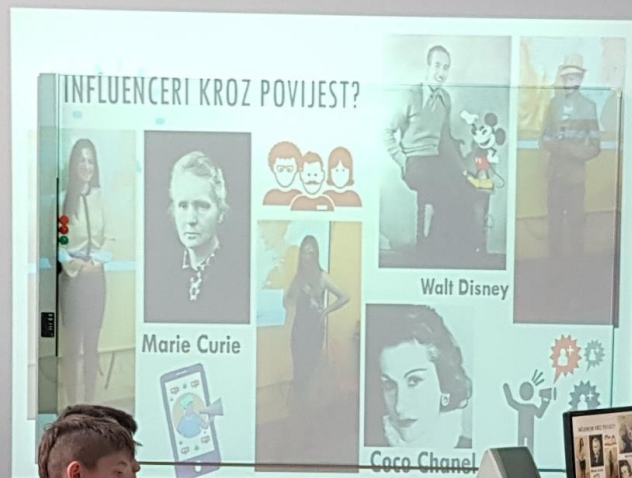
DIGITAL MEDIA

Health awareness media campaign

STUDENTS' LECTURE TO OTHER STUDENTS: WHAT IS AN INFLUENCER?



MOST INFLUENTIAL PEOPLE IN HISTORY



HEALTH ISSUES AMONG TEEANGERS

DRUGS

https://www.youtube.com/watch?v=reLUx5auh_I

ALCOHOL

<https://www.youtube.com/watch?v=iKUEMGdN3JU>

SMOKING

<https://www.youtube.com/watch?v=E8f0GiFXGMo>

EATING DISORDER: ANOREXIA AND OBESITY

<https://www.youtube.com/watch?v=cVi7U53ritA>

<https://www.youtube.com/watch?v=CRkJFa9W9S8>

GAMING ADDICTION

<https://www.youtube.com/watch?v=VQMqpvR2ns8>

EATING DISORDER RESEARCH - ANOREXIA



Emergency calls only

12:40

Reasons

Anorexia nervosa — often simply called anorexia — is an eating disorder characterized by an abnormally low body weight, an intense fear of gaining weight and a distorted perception of weight. People with anorexia place a high value on controlling their weight and shape, using extreme efforts that tend to significantly interfere with their lives. People think anorexia

anorexi anorexia anorexic

1 2 3 4 5 6 7 8 9 0
q w e r t y u i o p
a s d f g h j k l
z x c v b n m

THANK YOU

ATL skills
Social
Conductive
Self-man

Research
Thinking

be the main

program,

effects,

it be

ce?

Characteristics



www.milkyvia.hr


HD Webcam
HD Video Conferencing

Mia Zatevski, Lucie-MYF2 Design-HAMC - PowerPoint (Product Activation Failed)

File Home Insert Design Transitions Animations Slide Show Review View Font Reader PDF Format Tell me what you want to do... Sign in Share

Preview None Appear Fade Fly In Float In Split Wipe Shape Effect Options Add Animation - Animation Painter Advanced Animation Animation Pane Trigger On Click Duration Delay Reorder Animation Move Earlier Move Later

DEFINITION



Anorexia nervosa-eating disorder with abnormally low body weight and fear of gaining weight

Slide 3 of 10 French Phrase

12:40 28.2.2019



REASONS OF ANOREXIA

- **Social, biological and psychological reasons**
- **Social** - influence of **media** and models, focus on weight, models, peer pressure and bullying
- **Biological** - past of anorexia in the family, genetics
- **Psychological** - perfectionists, obsessive behaviors, childhood traumas

CREATING A KAHOOT! QUESTIONNAIRE ABOUT SOCIAL NETWORK PROFILES

K! Kahoot! | Learning Games | Make X K! Create a kahoot | Question X +

https://create.kahoot.it/create#/new/survey/question/4

X Close

K! Question 4

Next

Question (required)

How many online profiles have I created that I am proud of in places like Google, Linked 7

Time limit

20 sec

B I X² X₂ Ω

Media ?

Image Library by Getty Images

Upload your image

Add YouTube link

New!

or drag & drop image

Answer 1 (required)

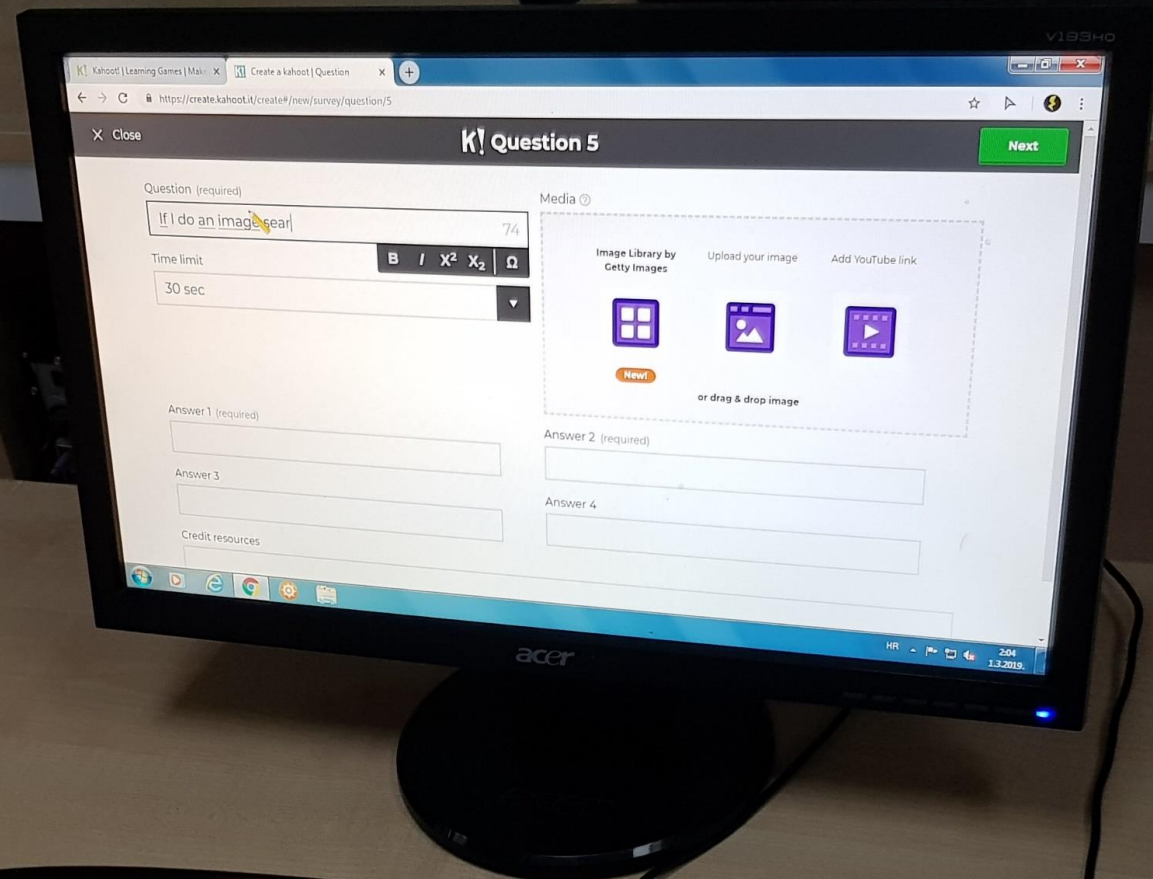
Answer 3

Credit resources

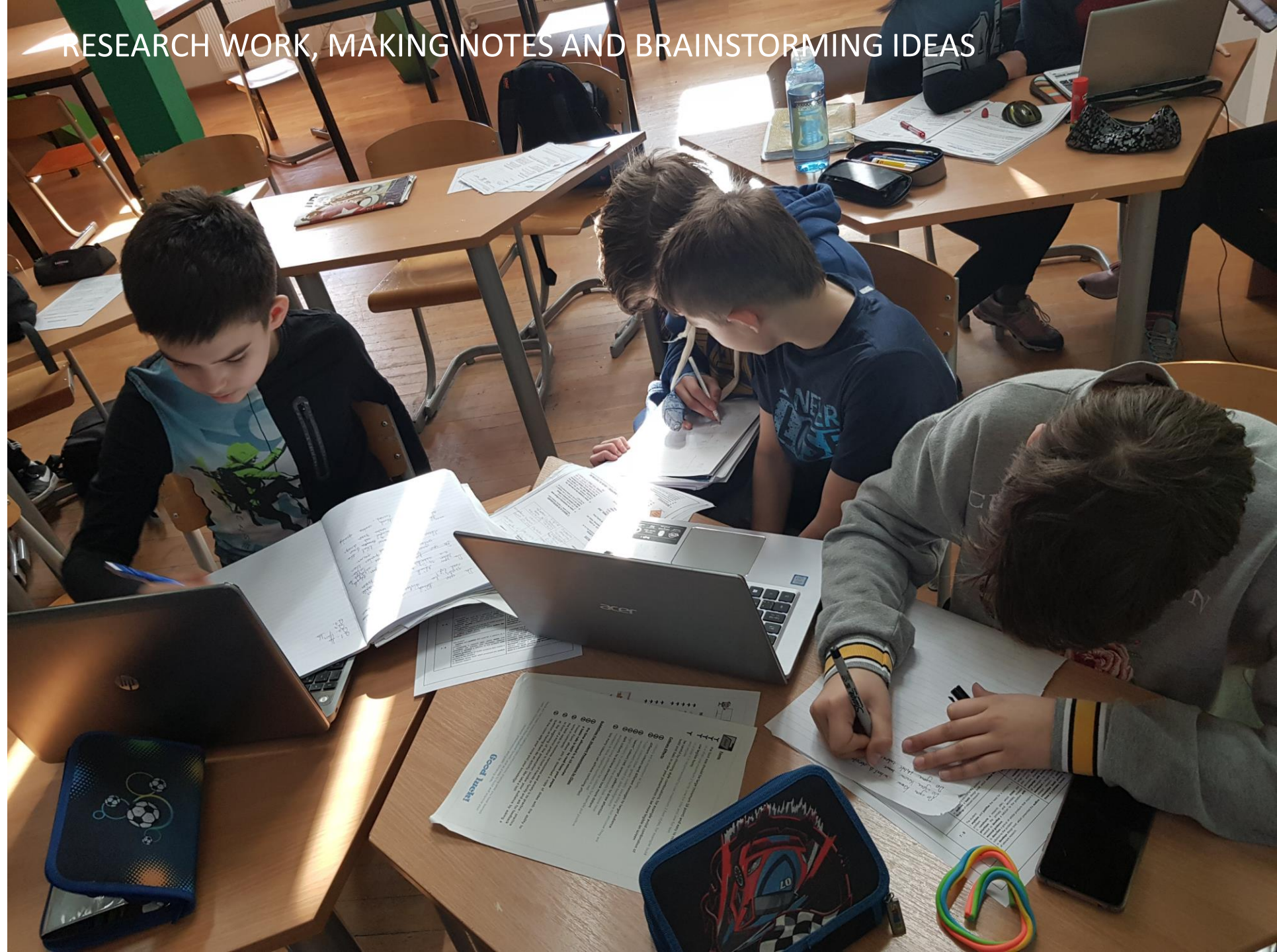
Answer 2 (required)

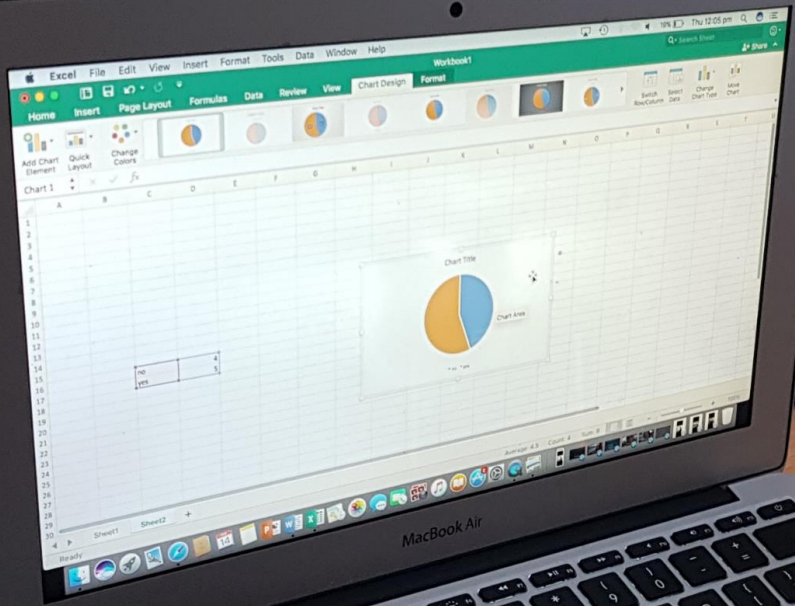
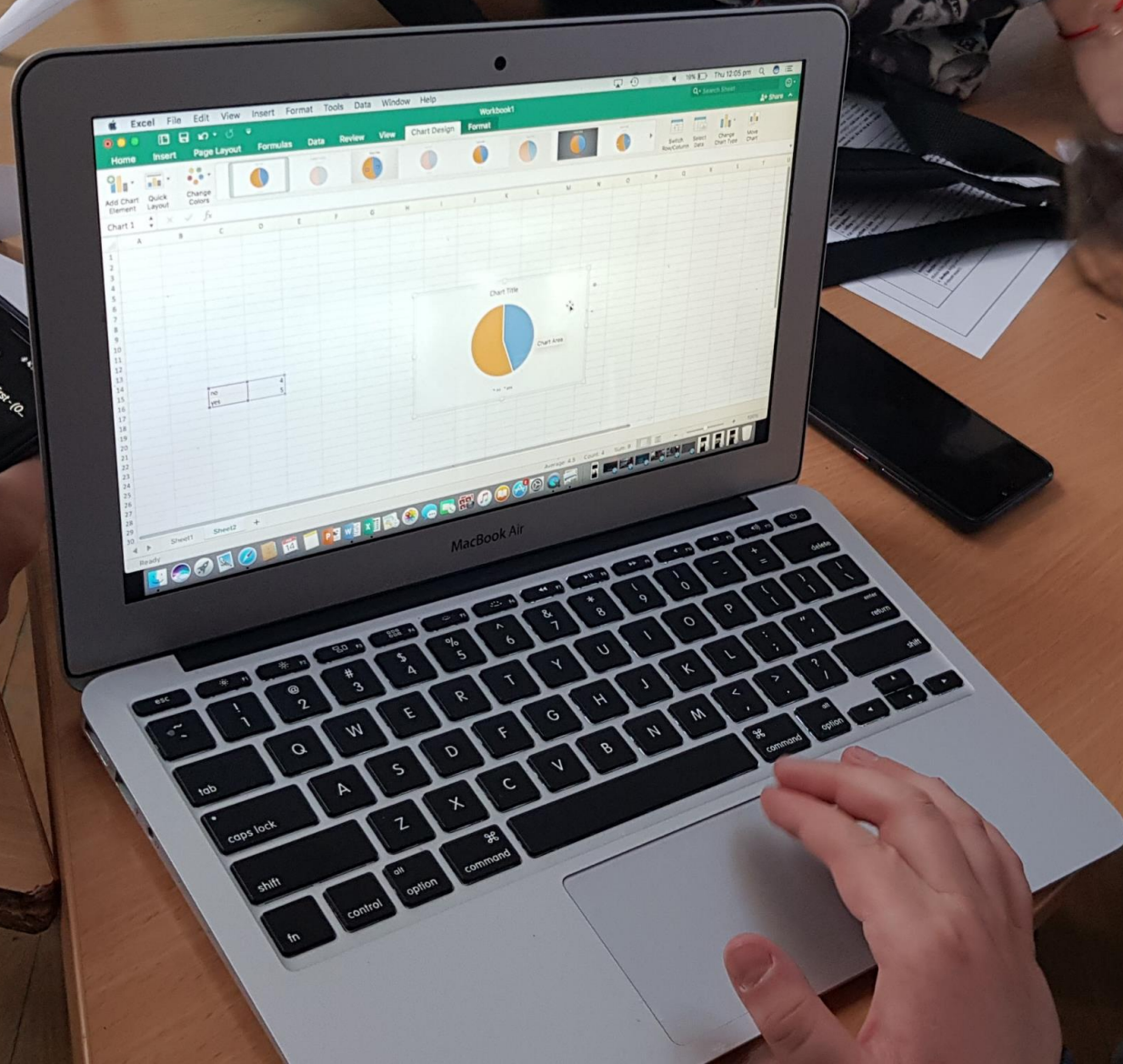
Answer 4

acer



RESEARCH WORK, MAKING NOTES AND BRAINSTORMING IDEAS

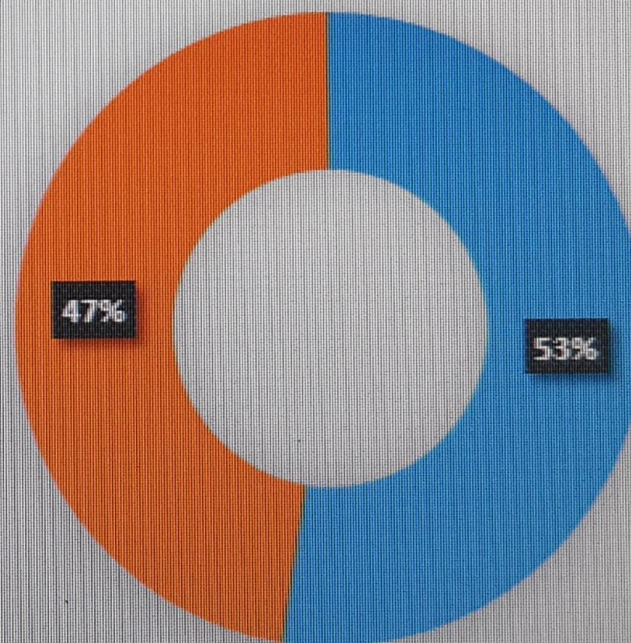




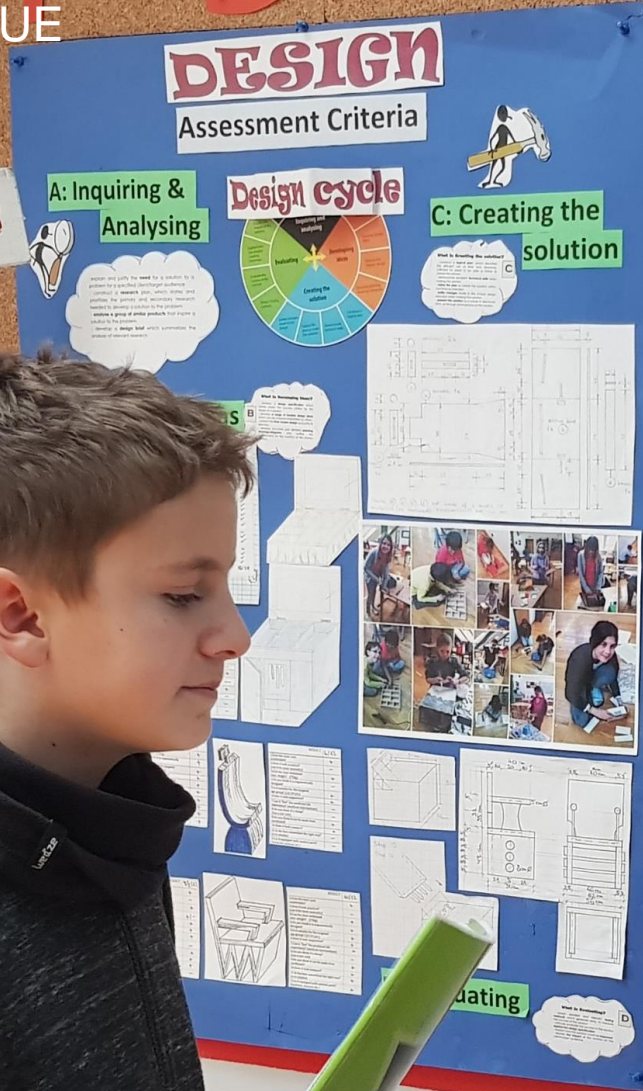
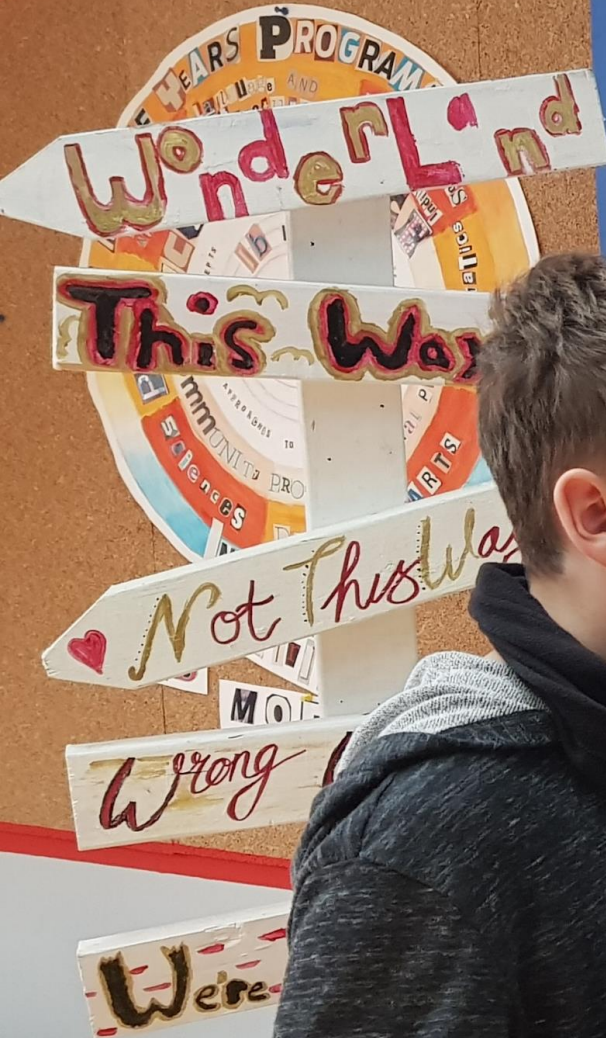
Have you ever seen antismoking comertial ?

| | |
|-----|----|
| YES | 10 |
| NO | 9 |

Have you ever seen antismoking
comertial?



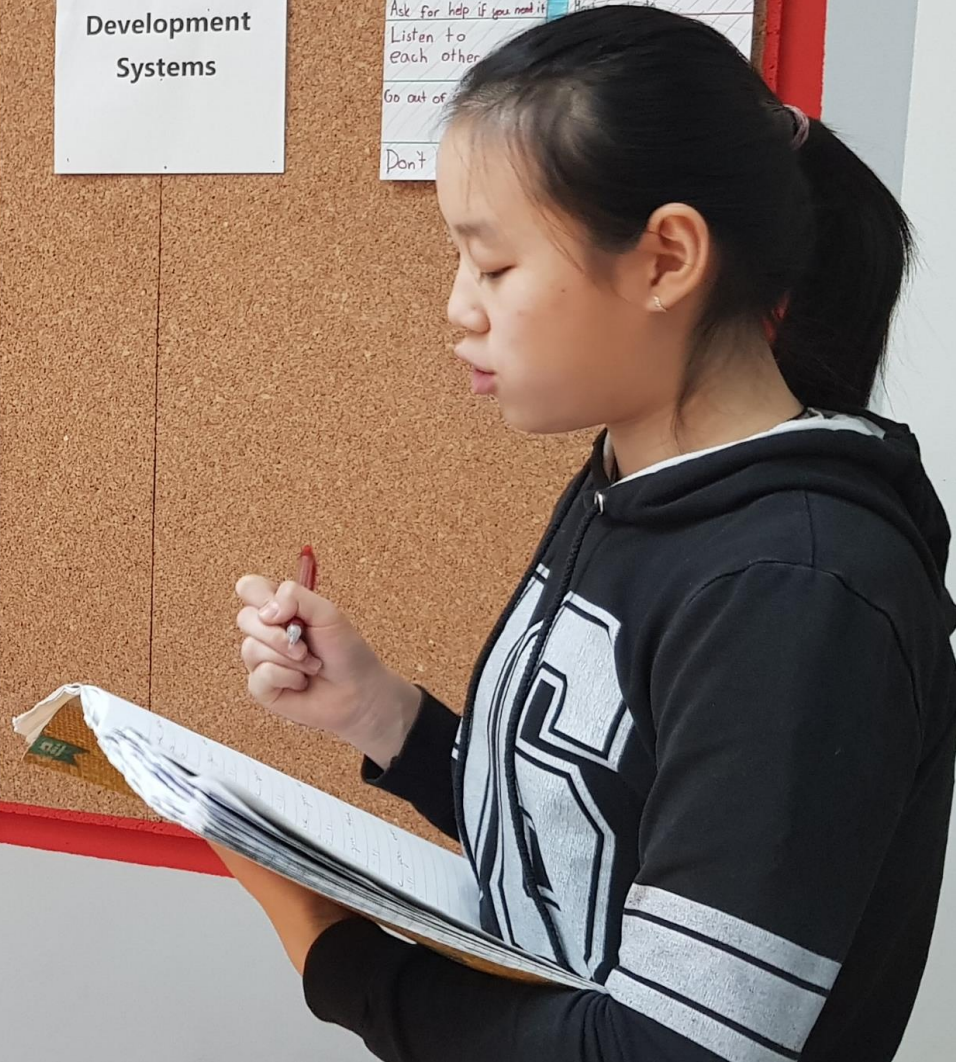
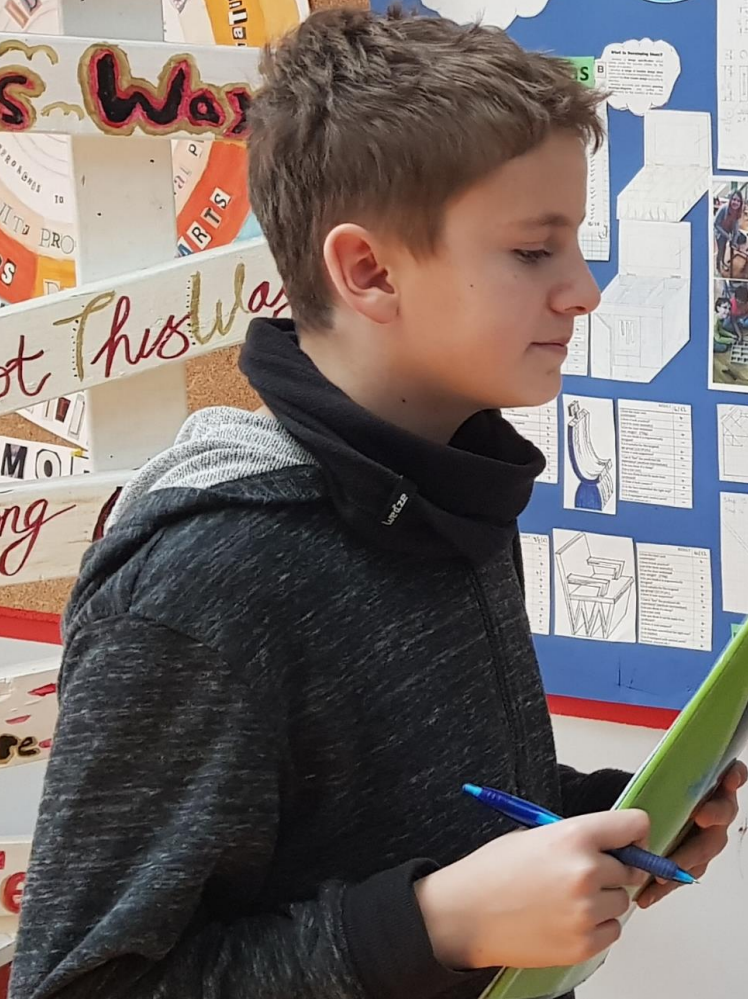
DESIGNING AND DOING SURVEY ABOUT CERTAIN TEENAGE HEALTH ISSUE



KEY CONCEPTS

Communication
Communities
Development
Systems

| CLASS RULES | |
|-----------------------------|--------------------------|
| No Phones in class | Some people (not all) |
| Raise your hand to speak | Mostly everyone doesn't |
| Respect everyone | Everyone respects others |
| Ask for help if you need it | Mostly everyone doesn't |
| Listen to each other | Mostly everyone doesn't |
| Go out of | Mostly everyone doesn't |
| Don't | Mostly everyone doesn't |



WRITING IDEAS AND STORY BOARD FOR HEALTH AWARENESS COMMERCIAL VIDEO

problem

and I made a campaign about different problems. Our goal is to show people a questionnaire about our topics and give them some knowledge about it.

is very important because there is a point when maybe students turn a new life and listen to our campaign and except it.

our campaign can help people in their life and reduce health risks.

skills I used these skills when thinking how I am going to do the campaign.

skills Listening to other campaigns

skills Making and thinking of ideas for campaign when discussing with Evan

management skills - Organizing time and everything else

skills when researching for information about our problems.

Ideas for video

- smoking
- drugs
- we are going
- maybe put him
- depression - suicide
- Looking perfect
- the video - will have
- maybe a little bit of
- both me and Evan are
- The video will be long

appearing on screen

issues

CREATING VIDEO GAME ADDICTION QUESTIONNAIRE

Greenfield Video Game Addiction Test (GVGAT)

Do you feel a loss of control and/or losing track of time when using Video Games?

- ☐ Yes
☐ No

When you are not using Video Games, are you are preoccupied with the Game, (e.g., thinking about, reliving past experiences, planning your next time to use it, or thinking of when you'll next have access to the Game) ?

- ☐ Yes
☐ No

Do you find that you spend greater amounts of time on the Video Game to achieve satisfaction similar to your earlier use?

- ☐ Yes
☐ No

Do you find yourself seeking more stimulating (e.g., exciting, new, more challenging) Video Games?

- ☐ Yes
☐ No

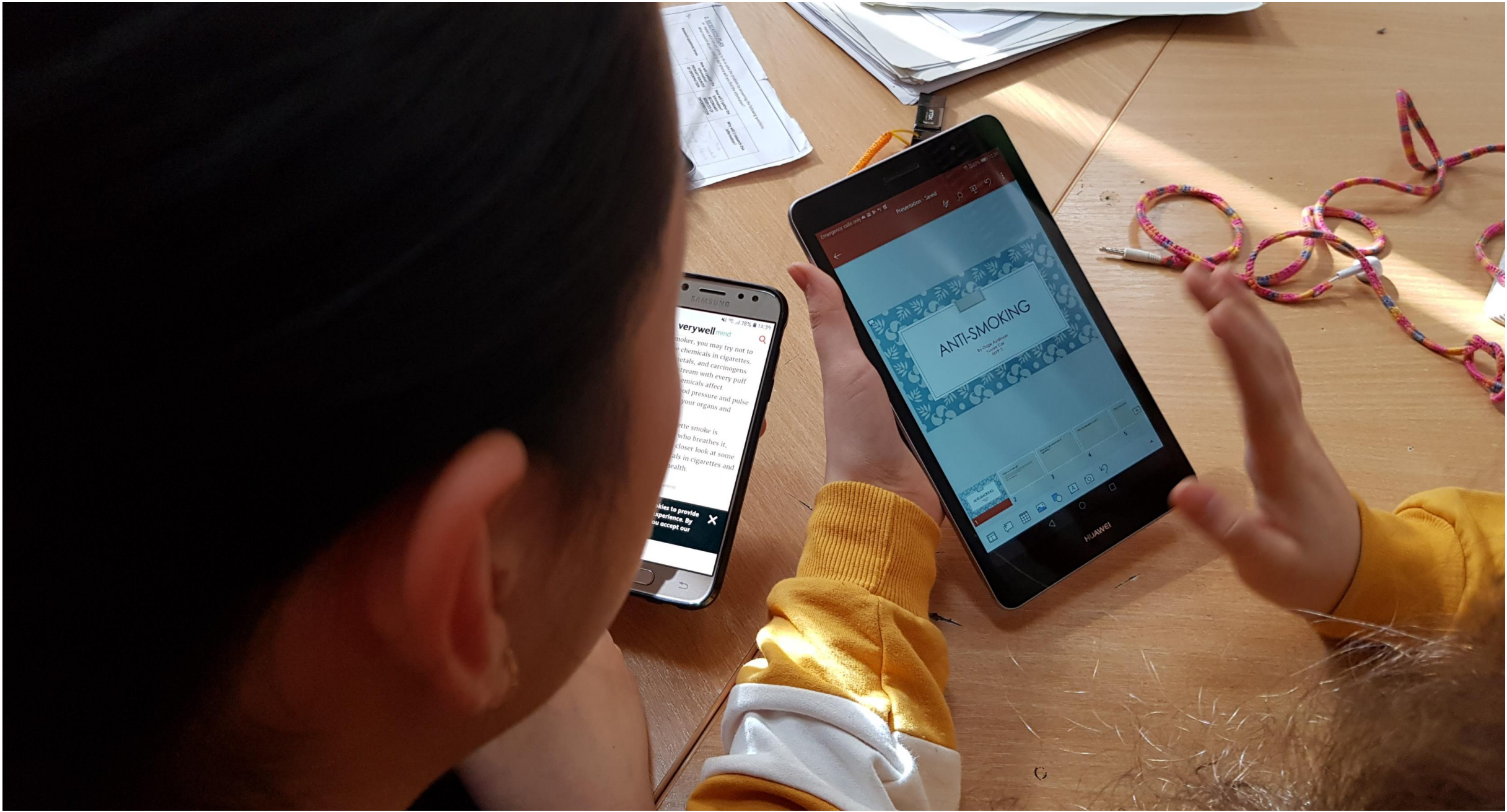
Have you had repeated unsuccessful efforts to control, limit, or cut down on your use of a Video Game or Video Game use?

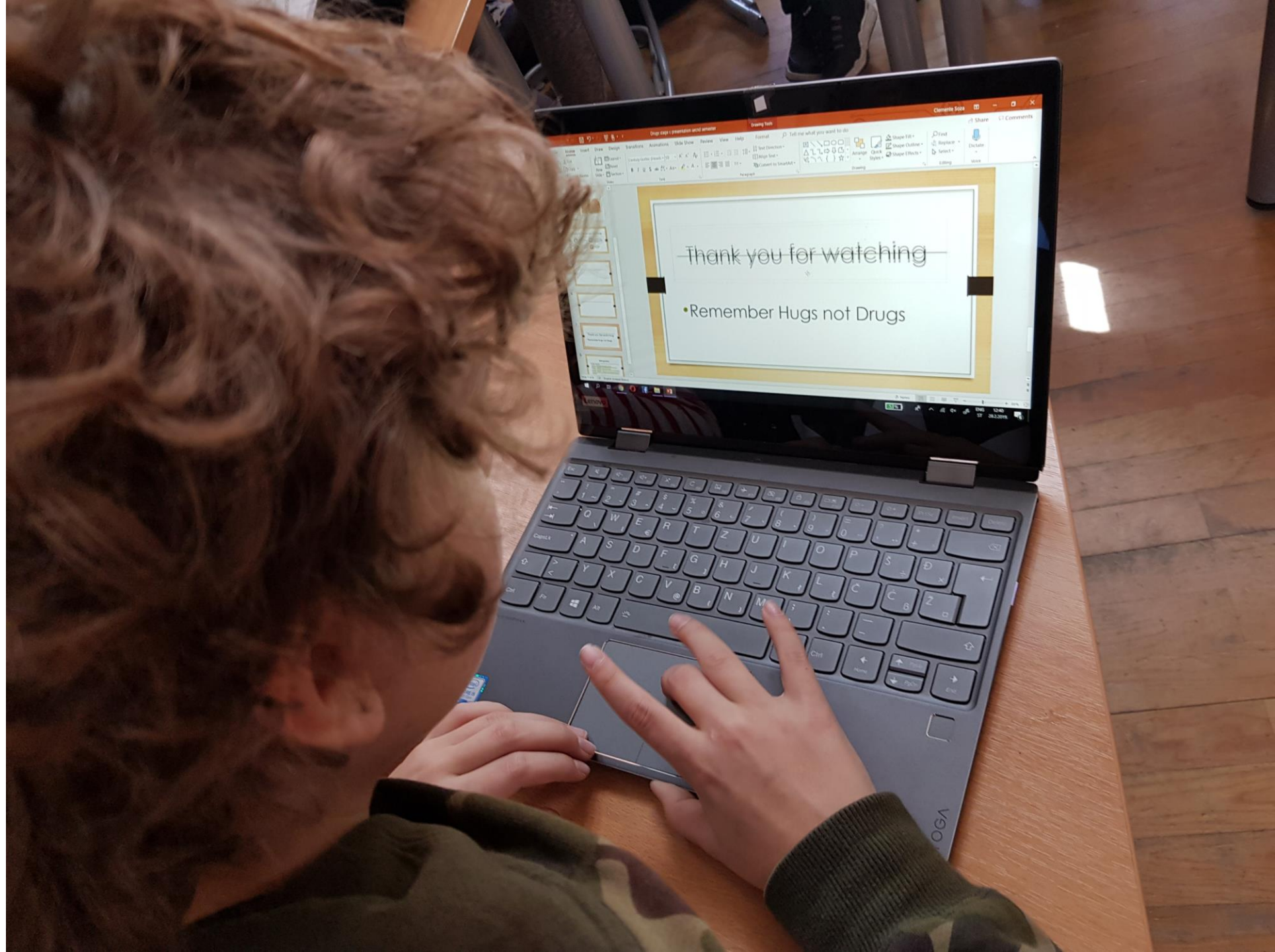
- ☐ Yes
☐ No



CREATING
HEALTH
AWARENESS
MEDIA
CAMPAIGN IN
POWER POINT
ABOUT
CERTAIN
HEALTH
TEENAGE
ISSUE

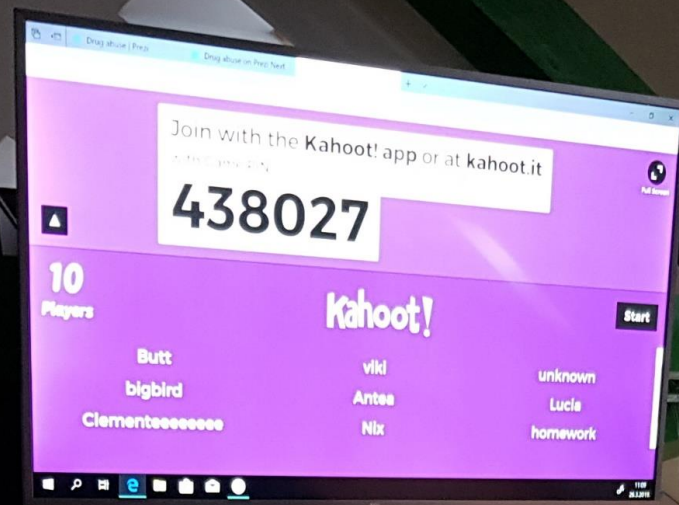






Thank you for watching

- Remember Hugs not Drugs



STUDENTS' PRESENTATION AND ONLINE KAHOOT SURVEY

Join with the **Kahoot! app** or at **kahoot.it**
with Game PIN:

438027

Full Screen



10
Players

Kahoot!

Start

deeboz

viki

unknown

bigbird

Antea

Lucia

Clementeeeeeeee

Nix

homework


Okay

Exit now



play.kahoot.it switched to full screen (Esc to exit).

19



A substance which affects the user physically and mentally

A poison

A food or drink





18

Heroin

Economy

Marijuana

Life

Pure genius or guesswork?

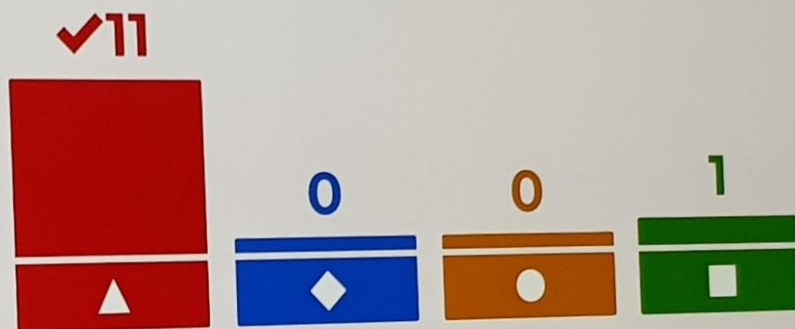


What is the most widespread drug



Full Screen

Next



Show media

End Game



Marijuana



Codeine



Xanax



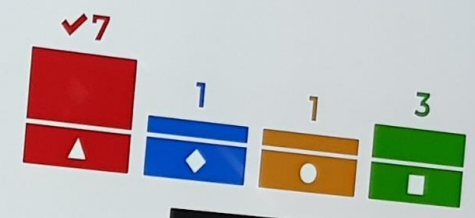
LSD

TCL

What drugs are most common among children

Full Screen

Next



Show media

End Game

▲ Inhalants ✓

◆ Painkillers

● Opioids

■ Cocaine

PRIVATNOT

PRIVATNOT

PRIVATNOT

PRIVATNOT

Podium



Get Results



Masa



9,757 points

8 out of 9

unknown



10,816 points

9 out of 9

deeboz



9,324 points

8 out of 9

<https://prezi.com/p/xtjpwh7gkrxe/drug-abuse/>

<https://play.kahoot.it/#/?quizId=5ed81692-2728-4756-94ee-4a39760d2ce5>

Instagram:

<https://www.instagram.com/drugswwhy/>