SOCIAL MEDIA CLEANSE

bring
change
to mind

PURPOSE:

Why?

Social media can be a beautiful tool for connection but also a detrimental one. Student mental health can be heavily affected by social media usage, and it is incredibly important for healthy boundaries to be placed around the platform. Taking steps back from using social media can be used to make space for self-care and other coping mechanisms. This activity is connected to the Self-Care and Social Media/Mental Health Presentations

HOW TO:

Materials & Budget

- Scrap paper ($5 or free if you can use school materials)
- Your phone

Instructions

- With your BC2M club, have two meetings centered on this activity! Your 1st meeting can consist of the Social Media presentation, planning & brainstorming, while the 2nd incorporates reflection.
- In your first meeting, choose a timeline for how long you would like to stay off social media. For example, your club can decide on a weekend where members will decide to stay off social media platforms or your members can make individual goals.
- Brainstorm a "replacement activity" for the time when you will not use social media. Reminder to focus on self-care! For example, journaling during the time one would typically use social media is a great replacement activity when on your social media cleanse.
- Finally, hold a club meeting after you engage in this opportunity as a club. Take this time to reflect, talk about coping strategies, & discuss the effects of taking steps back from social media. Ask you club questions like: How can you better implement self-care in your daily routine & unplug more often? What did you learn about yourself during this cleanse?

Timeline

You will need a few days to plan out the presentation and activity. No shopping is required. The actual activity will require two meetings and should take 30-60 minutes each.

Impact

This activity is great for club meetings because you can set goals as a whole club or individually.

Example(s)

Examples of what habits you can implement instead of scrolling on social media!