

### Inquiry Demonstration Plan

**Lesson** Being social media safe- TikTok

**Title:** (Facebook, Instagram, and Twitter)

**Lesson #** 2

**Date:** \_\_\_\_\_

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**Subject(s):** Physical  
and Health  
Education

**Grade(s):** 7

#### Lesson Rationale & Overview

##### Why does this topic matter to students?

Social media has become a part of life for teenagers, and social media has affected many aspects of teenagers' lives. Social media facilitates our online education and helps us communicate and share remotely. Social media improves student cooperation's quality and speed; however, some useless blogs may affect young people who may become violent and adopt certain inappropriate behaviors (Siddiqui & Singh, 2016). Therefore, social media have a negative impact on young people. First, overuse of social media software may affect the physical and mental health of young people. Second, misunderstanding of information on social media can affect the behavior and think of young people. On the other hand, learning the safe use of social media can help students build a sense of civic responsibility and rights. (Same as inquiry project plan)

##### How does this lesson fit within the larger inquiry project?

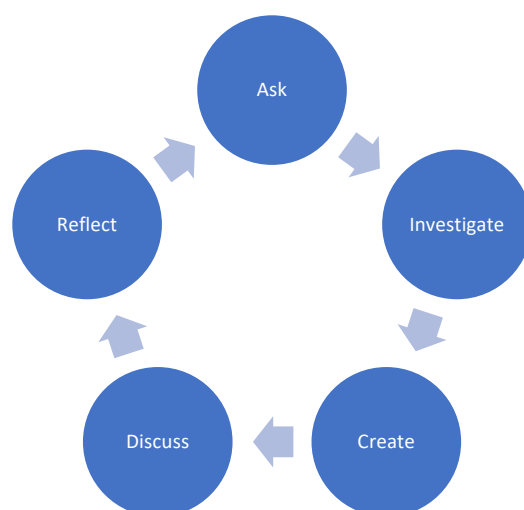
This lesson helps students have a deeper understanding of social media and integrate it with their own life experiences. Through the activities provided in the class, students analyze their own social media life to understand how social media affects life and lay a theoretical foundation for subsequent research projects.

##### How does this lesson incorporate the inquiry cycle?

This project is centered on the core questions, helping students to explore the answers step by step, and build social awareness in this process. In the Ask and Investigate parts, this project provides students with activities to discuss and share with their peers, thereby helping students find problems and solve problems. Then, students and group members design their own research projects and plans together. Students also have plenty of time to interview residents of the local community to collect information and data. Finally, students report their achievements and conclusions to other students in the class and get feedback. This part is important for students to deep understanding the new learning outcomes and doing critical thinking. Moreover, combined with the experience of the project, students will reflect on learning outcomes and the way to improve themselves. (Same as inquiry project plan)

#### Key Questions For Inquiry About the Topic of Study

Core Question for Inquiry Project	Supporting Question(s) in This Lesson
As citizens in society, what are our rights and responsibilities for the use of social media, and what are the relationships between them?	What is your strategy for finding a balance between social media and daily life ?  How to know that using TikTok (other applications) in a healthy way?



### Inquiry Approach/Style and Rationale

Making the inventory helps students understand the influence of social media in an interesting way. While exploring and guiding the answers to questions, students exercise their ability to organize and summarize information. Besides, this lesson is basically based on students' life experiences, which promotes the connection between the students and the reality of life.

### Core Principles of Effective Teaching. Describe two or more core principles in each lesson.

<b>Core Principle 1:</b> Effective teaching practice begins with the thoughtful and intentional design of learning that engages students intellectually and academically. <i>**How is the inquiry focused on building disciplinary knowledge and understandings?</i>	
<b>Core Principle 2:</b> The work that students are asked to undertake is worthy of their time and attention, is personally relevant, and deeply connected to the world in which they live. <i>*What makes this inquiry valuable, meaningful, and "alive" for the students and teachers?</i>	Teenagers use social media for longer and longer throughout the day. However, excessive use of social media can affect physical and mental health. Besides, understanding the importance of social media and life balance in helping young people. Help young people describe and evaluate strategies to promote the mental health of themselves and others.
<b>Core Principle 3:</b> Assessment practices are clearly focused on improving student learning and guiding teaching decisions and actions. <i>*How do I define learning and success in this inquiry? How is learning expressed and articulated in peer, self and teacher assessments?</i>	This lesson will evaluate the success of students based on their sharing and peer assessment.
<b>Core Principle 4:</b> Teachers foster a variety of interdependent relationships in classrooms that promote learning and create a strong culture around learning. <i>*How do I connect students with each other, with experts in the field, with larger communities and nature, and across disciplines?</i>	The inquiry activities provided by teachers for students are based on life experiences and promote the connection between students and society. Moreover, students need to discuss with their classmates in classroom activities, which helps students to communicate with each other.
<b>Core Principle 5:</b> Teachers improve their practice in the company of peers. <i>*How do I reflect on the inquiry together, and/or</i>	

<i>collaborate with others?</i>	
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### BC Curriculum Core Competencies

Communication	Thinking	Personal & Social
Communicating		Social Awareness & Responsibility

### BC Curriculum Big Ideas (STUDENTS UNDERSTAND)

Healthy choices influence our physical, emotional, and mental well-being.  
Learning about similarities and differences in individuals and groups influences community health.

### BC Curriculum Learning Standards (STUDENTS DO)

### (STUDENTS KNOW)

Learning Standards - Curricular Competencies	Learning Standards - Content
<b>Physical and Health Education 7</b> Explore strategies for promoting the health and well-being of the school and community. Describe and assess strategies for promoting mental well-being, for self and others.	<b>Physical and Health Education 7</b> Social and community health Mental well-being

### BC Curriculum Indigenous Connections/ First Peoples Principles of Learning

*How will I incorporate Indigenous knowledge and principles of learning?*  
“Learning involves recognizing the consequences of one’s actions, generational roles and responsibilities, and patience and time” (First People Principles of Learning, n.d.)  
According to this learning principle, students will ask their parents and grandparents how people shared and communicated before using social media. They also will observe the behavior and way their parents and grandparents use social media.

### Respectful Relations: Inclusion, Personalization and Diversity

*How will I invite students of all backgrounds, interests and skills into the inquiry?*  
I will incorporate Universal Design for Learning (UDL) in this lesson and follow the Three Principles of UDL: multiple means of engagement; multiple means of representation; multiple means of action and expression to ensure that everyone can participate in the activity and show their ideas.

### Lesson Activities

Time Allotted		Teacher	Students	Assessment Activities
Invitation: Ask	10 mins	Warm-up part: Doing an activity-taking stock Then, explaining the meaning of inventory and mention that inventory can help students understand their use information of social media.	Students list the items in the schoolbag without looking at the bag. (1-2 mins) After completing the checklist, compare it with the actual items in the bag. (1-2 mins) Sharing in the class (4-5 mins)	Paperwork Sharing with classmate
Create & Discuss	35 mins	Create part: Helping students analyze their use of social media in their lives and providing students with questions to guide	Create part: Making their own social media usage inventory by answering the guiding questions. (10 mins) After completing the list, share the inventory with	Paperwork Peer discussion Talking circle

		<p>them in making a social media usage inventory.</p> <p>What :</p> <p>What social media are you consuming (or creating)?</p> <p>What device do you use to consume (or create) social media?</p> <p>When:</p> <p>When do you consume (or create) social media?</p> <p>What else happened during this time?</p> <p>How much :</p> <p>How much did you consume?</p> <p>How long did it take you to consume (or create) social media?</p> <p>How often do you use social media?</p> <p>Discussion part:</p> <p>Provide more information on how people experience the effects of digital media usage.</p> <p>Then, let students share their answers to some questions related to social media balance in the form of a talking circle.</p> <p>Questions:</p> <p>What does it look like to have a social media balance?</p> <p>Why is social media balance important?</p> <p>What are the guidelines to ensure that you balance the negative effects of using social media?</p>	<p>peers and discuss the question: what are the positive and negative effects of social media use? (10 mins)</p> <p>Discussion part:</p> <p>Thinking the answers to those questions and share them with the whole class in the talking circle. (15 mins)</p>	
Reflect	10mins	<p>Providing students with a handout and writing 3 to 5 strategies to ensure social media balance</p>	<p>Writing 3 to 5 strategies about keep social media balance with daily life. (10 mins)</p>	<p>Handout Quiz</p>

		with daily life. After this lesson, providing students with a quiz on the Internet.		
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### **Materials and Resources (use APA citation format)**

Center for Humane Technology. (2021). *App ratings*. <https://www.humanetech.com/app-ratings>

Common sense education. (2020). *Grade 7 My media use: A personal challenge*.

<https://www.commonsense.org/education/digital-citizenship/lesson/my-media-use-a-personal-challenge>

First People Principles of Learning, (n.d.), retrieved from: [http://www.fnesc.ca/wp/wp-](http://www.fnesc.ca/wp/wp-content/uploads/2020/09/FNESC-Learning-First-Peoples-poster-11x17-hi-res-v2.pdf)

[content/uploads/2020/09/FNESC-Learning-First-Peoples-poster-11x17-hi-res-v2.pdf](http://www.fnesc.ca/wp/wp-content/uploads/2020/09/FNESC-Learning-First-Peoples-poster-11x17-hi-res-v2.pdf)

### **Extensions**

This lesson creates accumulated thoughts and key information for the second module of the entire inquiry project. In this course, students can increase their understanding of social media and its impact on life. Then, through the activities and analysis in this class, students will summarize their understanding of healthy living and summarize their own healthy living strategies.