

Is social media messing with our emotions?

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



Pre - watching

1. What social media sites do you use? How often do you use them? Do you ever feel that you spend too much time on them?
2. Do you care about what websites and social media companies do with your personal data? Is it something that you ever think about?
3. Do you like being shown targeted ads on social media? Why/why not?
4. Do you believe you could give up social media relatively easily? Or does it play an essential role in your life?

Active Vocabulary

1. in my humble opinion
2. to express your emotions publicly
3. a valuable resource
4. it behoves smb to V1
5. to be clearly obvious
6. to make smth clearly obvious and evident
7. a discrete set of (emotions
8. boundless
9. to release smth
10. the news feed
11. to have (emotional) consistency
12. a quick gear change in (our emotional lives)
13. to radically alter smth
14. to encourage smb to + V1
15. variable
16. to get a hit of dopamine
17. to tap into smth
18. a targeted ad

In pairs, discuss the following questions.

1. Do you ever feel manipulated by social media? If so, how?
2. ***“Think about it: the more time you spend on a social media platform, the more opportunities there are for the platform to show you ads. Every minute you spend on social media is a minute spent making money for someone else.”*** This is a very important quote from the first article. Social media makes us addicted so it can show us more ads and make more money. When you think about it like this, how does it make you feel?
3. At what age do you think kids should start to use social media?

- 4. Do you think that social media companies and data harvesting have too much influence over society?**
- 5. Overall, do you think that social media does more harm or good in your life? What about society in general?**
- 6. What are some positive effects and what are some negative effects that you have noticed social media having on your life?**
- 7. Have you ever had a targeted ad appear online and think that someone must be listening to your conversations? Try and provide an example.**