



## CONVERSATION SESSIONS: 1 hour

Worksheet Topic: Social Media and Digital Wellbeing

### PART 2. ANSWERS. Deep-dive Vocabulary and Concepts

Name .....Date.....

#### Deeper Dive: Social Media & Digital Well-being - Possible Discussion Points & Further Information

This document is designed to help you explore the topics from our "Social Media & Digital Well-being" conversation class in more detail. It offers additional information, possible discussion points, and expanded vocabulary definitions. **We will practice your pronunciation** to prepare you for more in-depth conversations and presentations. I suggest that you record this lesson so you can listen again.

**Expanded Vocabulary** Here are the vocabulary words from our class, with more detailed explanations

#### 1. Algorithm: ælgərɪðəm AL-guh-ri-thuhm. The stress is on the first syllable.

**Definition:** At its core, an algorithm is a set of rules or instructions that a computer follows to perform a task. In social media, algorithms analyse your past interactions (likes, shares, comments, time spent on posts) and user demographics to predict what content you're most likely to engage with.

**Impact:** They personalize your feed, which can be good for finding relevant content, but can also lead to "echo chambers" or reinforce existing biases.

**Example:** If you frequently watch cooking videos, an algorithm will show you more cooking-related content.

#### 2. Curated (content): 'kjʊə, reɪtɪd KYOO-ray-tid. The stress is on the first syllable.

**Definition:** When content is "curated," it means it has been carefully selected, organized, and presented. On social media, users often "curate" their own profiles by choosing specific photos, videos, and updates that represent their desired image.

**Impact:** This curation can create an impression of a perfect life, leading to social comparison and potentially lowering self-esteem among viewers.

**Example:** An influencer might carefully select and edit photos of their travels to present an idealized version of their trip, rather than showing any difficulties they encountered.

#### 3. Digital footprint: dɪdʒɪtəl 'fɒt,prɪnt DIJ-i-tl FOOT-print. The stress is on 'DIJ' and 'FOOT'.

- a. **Definition:** This refers to the trail of data you leave behind when you use the internet. It includes everything from posts and comments to your Browse history, online purchases, and even location data.
- b. **Impact:** Your digital footprint can affect your future opportunities (e.g., job applications), privacy, and online reputation. It's often difficult to completely erase once it's created.
- c. **Example:** Every time you like a post, comment on a video, or sign up for a new app using your email, you are adding to your digital footprint.



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#### 4. Echo chamber: *ˈɛkoʊ ˌtʃeɪmbər* EK-oh CHAYM-ber. The stress is on 'EK' and 'CHAYM'.

**Definition:** An echo chamber is an online environment where a person is exposed primarily to ideas or information that reinforce their own existing beliefs, while different perspectives are excluded or downplayed.

**Impact:** This can happen due to algorithmic personalization and self-selection of friends/groups. It can limit critical thinking and make it harder to understand opposing viewpoints.

**Example:** If someone only follows news sources and individuals who share their political views on social media, they are likely living in an echo chamber.

#### 5. Doomscrolling: *ˈduːm ˌskroʊlɪŋ* DOOM-skroh-ling. The stress is on 'DOOM'.

**Definition:** This is the act of continuously scrolling through negative or distressing news and social media content, often late at night, despite the increasing feelings of anxiety or sadness it provokes.

**Impact:** It can lead to increased stress, anxiety, sleep problems, and a general sense of hopelessness or powerlessness.

**Example:** During a major crisis, someone might spend hours on Twitter reading every update, even when it makes them feel worse.

#### 6. Influencer: *ˈɪnfluənsər* IN-floo-uhn-ser. The stress is on 'IN'

**Definition:** An influencer is someone who has built a significant following on social media and uses their platform to promote products, services, or lifestyles, thereby "influencing" their audience's opinions and purchasing decisions.

**Impact:** They can be powerful marketing tools but also raise questions about authenticity, commercialism, and the pressure to achieve an "ideal" online persona.

**Example:** A popular fashion influencer might showcase a new clothing line, leading their followers to buy items from that brand.

Further Topic Discussion Points.

#### Mental Health & Self-Esteem

- Social Comparison:.
- FOMO (Fear Of Missing Out):
- Cyberbullying
- Sleep Disruption