

VIDEO ZONE: STATUS OF MIND

Do the preparation task first. Then watch the video

(<https://www.youtube.com/watch?v=ElffOUB3TZ4&t=9s>) and do the exercise.

Preparation

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

- | | |
|--------------------------------|---|
| 1..... data | a. wanting to know about other people's lives or problems |
| 2..... to exacerbate something | b. being happy and healthy |
| 3..... a watermark | c. the results of a survey or research |
| 4..... nosy | d. to put things in order |
| 5..... well-being | e. to make something that is already bad even worse |
| 6..... PSHE | f. worry |
| 7..... anxiety | g. a type of design printed in paper which can only be seen when it is held up to the light |
| 8..... to rank things | h. personal, social and health education |

1. Check your understanding: multiple choice

Choose the best option to complete these sentences.

- The Young Health Movement asked 500 / 1,000 / 1,500 young people about their experience of social media and mental well-being.
- They ranked the social media platforms from best to worst / oldest to newest / coolest to least cool .
- A half of 13- to 23- / 14- to 24- / 15- to 25- year-olds surveyed said Instagram and Facebook exacerbated feelings of anxiety.
- 5 / 7 / 8 in 10 young people said Instagram made them feel worse about their body image.
- 2 in 3 / 3 in 4 / 4 in 5 young people said that Facebook made cyberbullying worse.
- The Young Health Movement wants a warning notification / pop-up notification / pop-down notification for when you've spent a certain amount of time online.
- It also wants a stamp / greasemark / watermark on photos to indicate that the photos have been digitally manipulated.
- The Young Health Movement would also like PSHE lessons to include advice on how to use social media in a healthy / good / positive way.

Discussion

What's the best thing about social media and what's the worst? How can people use it safely and healthily?