



NoSo November Discussion

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We're so glad you watched the video! These topics affect all of our lives, so it's important to talk about the ways we are impacted. Feel free to be as open and honest about these topics as possible, as this is an important step in destigmatizing the topics of mental health and suicide.

Pick 4 or more of these questions to discuss as a class/in groups.

- 1. What are your initial reactions after watching this video?**
- 2. How do you think social media impacts your mental health?**
- 3. How does it make you feel that Big Social companies are profiting off of your time and attention?**
- 4. Are you considering joining the challenge? Why or why not?**
- 5. What benefits/drawbacks could logging off provide?**
- 6. If you decide to join, what do you plan on spending your newfound time on?**
- 7. Do you personally feel addicted to any apps specifically?**
- 8. Does peer pressure fuel the growth of social networks?**
- 9. Have you ever taken a break from social media before?**

