My Life, My Algorithm

TOPIC: Socialmedia,digital habits, self-awareness, influence

AGE: About 12 to 18

SETTING: Family, advisory, health class, youth program

This is not "Social media is bad."

Who is deciding what gets your attention: you or the feed?

1 Sort Your Feed Into Four Boxes

MORE OF THIS
Content that teaches, inspires, connects, or makes me genuinely happy.

LESS OF THIS
Content that often leaves me irritated, anxious, insecure, distracted, or drained.

I DON'T KNOW WHY I SEE THIS
Things the algorithm keeps serving that I never chose on purpose.

REAL LIFE I DON'T WANT TO LOSE
Sleep, sports, creativity, friends, family, reading, music, hobbies, quiet time.

2 Build Your Ideal Feed

5 things I want technology to bring into my life

3 things I want less of

3 real-world activities I want protected

1 notification or app setting I could change

3 Talk About It

- Doesyourfeedreflectwhat you actually care about?
- What do you search for on purpose, and what gets pushed to you?
- When does it start deciding what gets your attention?
- What content changes your mood?
- When does technology help you connect?

Learning goal: Notice → Evaluate → Choose → Rebalance

Inspired by: American Academy of Pediatrics. (2024, July 10). *Conversation starters for families about media*. Center of Excellence on Social Media and Youth Mental Health. https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/conversation-starters-for-families-about-media/

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MY LIFE, MY ALGORITHM

My Feed, Sorted

NAME _____

MORE OF THIS

Teaches,inspires,connects, or makes me genuinely happy

_____

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_____

_____

LESS OF THIS

Oftenleavesmeirritated, anxious, insecure, distracted, or drained

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I DON'T KNOW WHY I SEE THIS

Thingsthealgorithmkeepsservingthat I neverchoseon purpose

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REAL LIFE I DON'T WANT TO LOSE

Sleep,sports, creativity,friends,family,reading,music, hobbies, quiet time

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My Ideal Feed

5 things I want tech to bring into my life

1 _____

2 _____

3 _____

4 _____

5 _____

3 things I want less of

1 _____

2 _____

3 _____

3 real-world activities to protect

1 _____

2 _____

3 _____

1 notification or app setting I could change

_____

_____

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