

<b>TITLE OF ACTIVITY/LESSON:</b>	<b>The power of the media</b>
<b>Is this material for teachers or students?</b>	Student
<b>What topics?</b>	<b>Technological Change</b>
<b>Which citizenship context? (Select more than one if applicable)</b>	<b>World Citizenship</b>
<b>What are the SDGs? (Select more than one if applicable)</b>	12 Responsible12 Responsible 8 Decent Work
<b>Introductory text:</b>	<p>How many times a day do you check your newsfeed or discuss the news with friends?</p> <p>We receive regular updates and notifications from so many different sources— messengers, emails, and the news media, for example. It’s trendy to “be informed”, so we willingly open ourselves up to as much information as possible. If we are not careful, this information can mislead and overwhelm us!</p> <p>Assess the flow of information in your daily life and provide skills that can be used to identify disinformation and propaganda. If you want to gain practical media literacy skills and confidence, this class is for you!</p>
<b>Learning outcomes:</b>	<p>At the end of this course, students will:</p> <ul style="list-style-type: none"> <li>● assess the flow of information in your daily life and provide skills that can be used to identify disinformation and propaganda</li> <li>● gain practical skills and self-confidence related to media literacy</li> </ul>
<b>Description:</b>	<p><b>MEDIA ENVIRONMENT</b></p> <p><b>What do we mean by "media environment"? What is it and what does it mean to you personally? Together, we will get to know your media consumption habits and better understand what kind of information you are most often exposed to.</b></p>

<b>Activities:</b>	<p>Introduction: Start the activity by discussing and thinking about the importance of media. Think about how it might affect your daily life.</p>
<b>In the Description Are you using any external source? If so, web links to further reading/videos etc. needed to complete or continue the activity:</b>	<p><b>Introducion</b></p> <p>Watch video 1</p> <p><a href="https://www.youtube.com/watch?v=DJy6n9J3IMI&amp;t=19s">https://www.youtube.com/watch?v=DJy6n9J3IMI&amp;t=19s</a></p> <p><b>Types of Content</b></p> <p>Did you ever notice that some stories aim to inform you while others try to persuade you to do something or think a certain way? Let's find out what the characteristics are that differentiate these types of information.</p> <p>Watch video 2</p> <p><a href="https://www.youtube.com/watch?v=09DkFD1eURE">https://www.youtube.com/watch?v=09DkFD1eURE</a></p> <p><b>Quiz: Fact vs Opinion</b></p> <p><a href="https://veryverified.eu/units/unit-1/fact-vs-opinion">https://veryverified.eu/units/unit-1/fact-vs-opinion</a></p> <p><b>Quiz: Why Do We Share?</b></p> <p><a href="https://veryverified.eu/units/unit-1/quiz-why-do-we-share">https://veryverified.eu/units/unit-1/quiz-why-do-we-share</a></p>
<b>Downloadable handouts/slides</b>	<p><b>Name it to Tame it</b></p> <p>Strong emotions are a key factor in making viral online content. Getting us angry drives up clicks, shares, and comments. Think about it – when's the last time you saw a headline in your social media feed that made you so angry that you commented on it or shared it with others? What was it about the headline that made you do this?</p> <p>Checking whether a story made you emotional is the first step to getting a sense of whether you are being manipulated. Not all stories using emotional language are untrue, of course. There is no lack of truly tragic events in the world. But it's one of the signs that something could be wrong – the use of highly emotional narratives and graphic images often signals an attempt to manipulate. It means that you should learn to pause, understand what you're feeling, and check the facts to see if the reality is as dramatic as the story.</p> <p>While we recognize emotions in others, we do not always pay attention to our own emotions. Dr. Dan Siegel, a clinical psychiatry professor at the University of California, believes that if you identify the emotion you are having (to name it), you will be able to control the emotion (to tame it). There is a slogan to help you remember this tip – name it to tame it!</p> <p>Try following these three steps:</p>

Pause: Turn your head away from the screen after viewing an image or article that provokes you. Take a deep breath.

Ask yourself: How am I feeling?

Say: Name and accept your emotion – regain control of your logical brain!

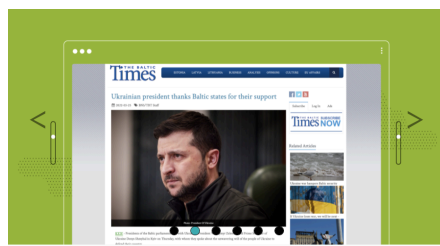
If it is hard to describe what you're feeling, you can use this wheel of emotions.



**Ideas for reflection**

**Let's See How It Works**

Take a look at these images and think about how they make you feel.



	<p>If you want to learn more, watch a short video in which Dr. Dan Siegel talks about this concept.</p> <p><a href="https://www.youtube.com/watch?v=ZcDLzppD4Jc">https://www.youtube.com/watch?v=ZcDLzppD4Jc</a></p> <p><b>Consumption Log</b></p> <p>What does your typical day look like? Do you wake up and scroll through your newsfeed? Do you listen to your favorite podcasts, watch TV or YouTube while having breakfast, or while jogging? Does your day end with your phone in your hands, too? Do you ever read magazines and newspapers?</p> <p>Have you ever thought about how much time you spend consuming media every day? An hour or two? Three? Eight? Or even more? Let's count. Don't forget about the time you spend watching TV and scrolling through your newsfeed at the same time!</p> <p><a href="https://veryverified.eu/units/unit-1/consumption-log">https://veryverified.eu/units/unit-1/consumption-log</a></p>
<b>Additional resources</b>	<ul style="list-style-type: none"><li>•</li></ul>