DEBATE GUIDELINES SHEET

TO DO NOW (5 minutes)

Now that you know the thinking trap you are going to debate about, discuss the following with your group:

Remember:

- Each person is required to share at least 1 statement. For groups with less than 5 people, you will need to each say at least 2 statements.
- 2 statements shared by your group need to address why the thinking trap hurts people's digital well-being.
- You may want to practice and time your group to stick to the 1 minute statement requirement. The debate portion is back and forth between groups, so you'll save your digital well-being answers for that.

1. Each person in your group write down a statement of why your thinking trap is so common and dominant for your age group when they're on social media, texting, or calling on their phone. Share them with each other so there's no repeat statements.
2. As a group, come up with a reason you feel the thinking trap hurts people's digital well-being. There should be at least 2 reasons written down. (You could just pick 1 or 2 people to come up with these.)

DEBATE FORMAT

2 questions each group will answer: How or why is the thinking trap you chose so common and dominant for your age group when they're on social media, texting, or calling on their phone? How does your thinking trap hurt people's digital well-being?

1. **(1 minute)** 1st group shares their statements.
2. **(1 minute)** 2nd group shares their statements.
3. **(1 minute)** Debate: Groups challenge each other by stating why their thinking trap is stronger and why they feel that thinking trap is more damaging to people's digital well-being than the other group's. Taking something that the other group said to argue against may make their argument stronger.
   a. **Examples:**
      - "You think 'all-or-nothing thinking is most common, but you know with mind reading, people mke assumptions for what others think as soon as they look at how many likess they got or a comment someone made on their post."
      - "Labeling hurts your digital well-being more than personalizing because if you are calling yourself dumb because you only got two likes or someone made a negative comment, that hurts more than assuming your boyfriend is annoyed with you because he didn't respond to your text after 5 minutes."

THINKING TRAPS – Guidelines & Media Formats

HOW TO FORMAT YOUR ORIGINAL CONTENT CREATION

1. Be creative and engaging.
- You may decide to act out your thinking traps in your chosen media format, interview people and make a podcast, make a music video, etc. There's so many ways you can do this. The main thing is that whatever you choose to do is your own creation and it is entertaining, fun, and interesting to watch, hear, or read.

1. Create your content in a way that is culturally relevant and appealing.
- Culturally relevant: "*means* incorporating awareness, understanding, and responsiveness to the beliefs, values, customs, and institutions (family, religious, etc.) and ethnic heritage of individuals or those identified cultures of persons with specific disabilities…"

1. Make sure your content creation is 2 - 3 minutes long. Podcasts can be 10 - 20 minutes.

1. Make sure content creation is original.
- Sharing your views on a platform that could be available to the world through radio, video, or online is to be taken very seriously. How accurately you share something could deeply impact both those related to the subject you're sharing and/or the viewers or listeners. It could cause people to think a certain way about them, ultimately influencing whole societies' views of a person, people, or topic. This is why WABE earnestly asks you to use ethical journalism in the creation of your media content. Ethical journalism is considered a "set of principles, or a code, that a journalist uses when reporting news. The Society of Professional Journalists (SPJ) provides journalists with the following ethical codes: seek truth and report it, minimize harm, act independently, and be accountable." You can read about ethical journalism in more detail on the Society of Professional Journalists' website, https://www.spj.org/ethicscode.asp
- Though we understand this is not a news report you are creating, you are still sharing information with an expansive audience. Use your own thoughts and ideas to create this media content from scratch. Please do not recreate something you saw or take parts of someone else's creation as your own. You have great, fresh ideas inside of you and if you're having a hard time thinking of something, dig deep and ask your teacher, classmates, friends or family for help with ideas. Besides, we can sometimes run into legal issues if we take from someone else's posted or published content. You can pull examples from the internet or social media to show what you're discussing, as long as you cite where you got them. (see References Guidelines Sheet).

THINKING TRAPS — Guidelines & Media Formats

MEDIA FORMAT OPTIONS FOR YOUR ORIGINAL CONTENT CREATION

Let's look at the media formats you can choose from when making your original content creation. (Read each type/have students read aloud each one out loud. Then click on the links for each one and watch or listen to the clip. Keep in mind these don't all directly relate to thinking traps and digital media, but give you an idea of the type of media format being described).

- **PSA:** an audio or video message shared with the public that raises awareness about an issue. "PSAs are designed to make the public or specific audiences more aware of an issue or epidemic and lead them to make a change or take action."
  - Example: Clip that could be a PSA on personalizing by making assumptions in text
- **Short-form video content** (to share on WABE-TV, Instagram, TikTok, Snapchat, X/Twitter, or some other social media platform): Designed for the short attention span of much of the public. Meant to "get to the core of your content, quickly!" It allows viewers "instant gratification." "According to Influencer Marketing Hub, 96% of consumers prefer short-form content."
  - Example: *IG post* (not related to tech, but example of how something may be created on social media re: thinking traps)
- **Article:** A piece of writing in a newspaper, magazine, or other print or online publication that makes up an independent part of a publication (not fiction or poetry)
  - Example: Tips for Talking with Teens About Social Media and Thinking Traps
- **Podcast:** a talk show, often in the form of an interview, typically with multiple episodes and following a certain them. It becomes available as a digital audio file you can download and people usually subscribe to the show.
  - Example: Jonathan Haidt on Adjusting to Smartphones and Social Media
- **Commercial:** A TV or radio advertisement
  - Example: Are You In a Thinking Trap?
- ***Infomercial:*** "a form of TV commercial that resembles regular TV programming yet is intended to promote or sell a product, service or idea. It generally includes a toll-free telephone number or website", and usually runs at off-peak hours when viewers are less. It is often longer than a commercial.
  - *Example: Digital Addiction*

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Digital Well-Being for Youth

THINKING TRAPS – Guidelines & Media Formats

DECIDE WHICH THINKING TRAPS YOU WILL SHOWCASE & THE MEDIA FORMAT YOU WILL USE

Show on the screen while they're working:

Using the 2 thinking traps you just did the debate/gallery walk on (or 2 others you choose), answer the below questions for the original content you will create. You can choose to add a third thinking trap for your content creation if you would like.

Thinking Trap 1 _____

1. What is the definition of this thinking trap?
2. Example of how the thinking trap occurs when on social media or with texts or phone calls.
3. How does the thinking trap hurt people's digital well-being?
4. How can people overcome this thinking trap and how can I show this?

Thinking Trap 2 _____

1. What is the definition of this thinking trap?
2. Example of how the thinking trap occurs when on social media or with texts or phone calls.
3. How does the thinking trap hurt people's digital well-being?
4. How can people overcome this thinking trap and how can I show this?

Optional: Thinking Trap 3 _____

1. What is the definition of this thinking trap?
2. Example of how the thinking trap occurs when on social media or with texts or phone calls.
3. How does the thinking trap hurt people's digital well-being?
4. How can people overcome this thinking trap and how can I show this?

Now answer the below questions:

1. What media format will you use to showcase your thinking traps?

1. Explain what your content creation will be about. Outline it and be sure to include how each of the 3 questions you just answered will be shown for each thinking trap. Be sure to follow the 4 guidelines under "How to Format Your Content Creation" while you are outlining it.