

Lesson plan: Empathy and Social media (4 lessons)

Lesson 1: Introduction to Empathy on Social Media

Objective: Understand the concept of empathy and its relevance to social media. Begin exploring how empathy can be expressed online.

Activities:

1. Introduction and Discussion
 - Present the concept of empathy and its importance in understanding and connecting with others.
 - Discuss why empathy matters on social media and how it impacts online interactions.
2. Research Overview
 - Share selected research studies that examine the relationship between empathy and social media. [Friendsrapporten-2022_WEBB.pdf](#)
 - Students analyze and identify elements of empathy related to the report.
 - Group discussion: What does research say about empathy on social media?

Lesson 2: Visual Empathy - Images and Shared Emotions

Objective: Understand how images and visual elements can be used to express empathy on social media.

Activities:

1. Recap
 - Briefly review the previous lesson and its key points.
2. Lecture and Discussion on Visual Empathy
 - Discuss how images and visual elements can convey emotions and empathy.
 - Reference: [Sociala medier | Svenskarna och internet](#)
3. Activity: Empathetic Image Posts
 - Divide students into pairs and assign them different topics or situations.
 - Each pair creates a post on a fictional social media platform that expresses empathy through images and visual elements.
 - Presentation and discussion of created posts in the whole class.

Lesson 3: Active Practicing of Empathy on Social Media

Objective: Explore practical ways to actively practice empathy and promote positive online interactions – create a Film

Activities:

1. Recap
 - Summarize the key points from previous lessons.
2. Lecture and Discussion: Active Empathy Strategies
 - Introduce various strategies for expressing empathy on social media, such as asking open-ended questions, sharing personal experiences, and providing supportive comments.
 - Reference “Social media - a helping hand in health promotion work for mental health” - [FULLTEXT01.pdf \(diva-portal.org\)](#)
3. Group Work: Create an "Empathy Guide - Film"
 - Students work in groups to create a guide with practical tips for practicing empathy on social media.
 - Each group presents their guide and its content.

Lesson 4: Make use of content in: Film – Empathy guide

Objective: Dissamination of the Film and its conclusions

1. Use the Film – Empathy guide" Use the film for teaching purposes at school but also in the municipality to teach primary school students how to behave online.

Final Reflection

- Students reflect on what they've learned about empathy on social media and how they can apply this knowledge in their own online interactions.

This lesson plan is designed to help students understand and apply empathy on social media through a combination of theoretical knowledge, research references, and practical activities. It's important to adapt the plan to the students' age, experience level, and class dynamics.