

St. Joseph's Academy

Workshop: Likes, Shares, and Self-Awareness: A Journey Through Social Media

Date: 09.07.25

An interactive session on 'Media literacy and decoding likes and choices' was conducted for Class IX students by the School Counsellor, Dr. Priyanka Sharma. It aimed at creating awareness about the psychological and cognitive impacts of social media use during adolescence. The session addressed both the constructive and potentially harmful aspects of digital engagement and emphasized strategies for maintaining digital well-being.

A structured discussion on how social media shapes perception, attention span, and interpersonal dynamics was conducted to bring more participation and better clarity amongst students.

Using cognitive-behavioral and developmental psychology frameworks, the highlights of the session were:

Dopamine-driven behavior loops and their role in screen addiction.

Social comparison theory and its impact on self-esteem.

Fear of Missing Out (FOMO) and digital anxiety.

Sleep disturbances and their neurological consequences.

Confirmation Bias and seeking information.

Physical, emotional, cognitive and psychosocial effects of social media.

Distorted body image

Screen addiction and impact on academic performance.

The session effectively combined psychological theory with relatable examples to make the concept of digital well-being accessible to adolescents. The active and enthusiastic participation from Class 9 students demonstrated their readiness to engage in self-regulation and digital mindfulness. Such sessions play a vital role in equipping young minds with the cognitive tools needed to navigate the digital world responsibly.