At Home Screening and Discussion Guide

Welcome

LIKE is an iNDIEFLIX Original documentary that explores the impact of social media on our lives and the effects of technology on the brain. The goal of the film is to inspire and help us to self-regulate. Social media is a tool and social platforms are a place to connect, share, and care... but is that what's really happening?

LIKE screens in schools, communities and theaters around the world as well as to individual devices, making viewing possible from anywhere. We screen only to groups and communities, so everyone has the chance to discuss and ask questions afterwards. We've found that this is really important, both to help people reflect on what they've just seen, and to talk about what habits they might want to shift. We also provide you with tip sheets on how to control social media rather than letting it control you, and some infographics showing the effects social media interactions on mood. A larger library or links and resources are available at indieflix.com/education. LIKE is appropriate for ages 10 years old and up.

Screening of LIKE *(49 minutes)*

After the Movie: Kicking off the Conversation

What was your big takeaway from the film?

How many of you are on social media? How many different feeds to you regularly use?

What do you love about your social media feeds? What are your favorite apps and why? Where has it been good for friendships?

How about the other side – what don't you like about it? Could you describe situations where you've felt a more negative side?

Have you or someone you know ever felt the negative effects of social media? If so, can you describe how it felt to them? What do you do or say to comfort them?

Have you ever felt like maintaining your social media was a job?

Do you view social media differently after watching the film? If yes, how so?

Have you ever experienced FOMO (fear of missing out)?

Since FOMO has always existed in many social settings what could you do to counter this feeling? (JOMO :))? How does it make you feel when your posts don't get very many 'likes'? What could you do to feel better? Talk out some ideas.

(Remember Leah Pearlman - co-creator Facebook "LIKE" button - said the button is an algorithm and not reliable)

Do you think social media plays a key role in the rise in anxiety? If so, can you describe how? What are the main triggers to anxiety?

Do you think less time on our devices and more time offline would make us all feel a little bit better?

- What could you do instead? Do you have any tricks or reminders to give yourself some screen-free time?
- Remember, Dr. Dimitri Christakis says focusing on 3 hours offline per day is much easier to manage than controlling how much time we are online.

When does being online make you feel more connected to people?

When does it make you feel disconnected?

Have you noticed a difference between how you feel when you're on social media for a pretty short time (say, 20 minutes) and 2 or more hours? How would you describe what happens to your brain / your mood?

What do **you** think might be an effective way to create balance in your life when it comes to social media? Do you have family rules and strategies in place, for adults as well as kids?

Do you ever experience people being mean to others online? How does that make you feel?
-        Would you ever get involved?

         Do you know who to go to for help?

Do you think social media platforms be held more accountable? If so how?

The filmmakers wanted the audience to be able to take away some tips or ideas on how to help. Did any tips in the film stand out to you?

Check out the tip sheet, you will see that in general certain apps can make us feel regret and others make us happy. What apps make you happy? For most people, it's not what they'd usually think.

Tips for Managing Social Media

Try these simple changes to live more intentionally with your devices right now.

Social media is place where we can connect, a place to share with others, and a place to express our feelings. It can also be a place of self-comparison, constant FOMO, a way to channel addictive tendencies, and overall can be quite harmful for our mental health. We do have a choice when it comes to managing the way we use it. Here

are a few tips for leading a balanced lifestyle with the overwhelming presence of social media.

Turn off all notifications except from people.

Notifications appear in red dots because red is a trigger color that instantly draws our attention. But most notifications are generated by machines, not actual people. Visit Settings > Notifications and turn off all notifications, banners, and badges, except from apps where real people want your attention; e.g. messaging apps like WhatsApp, FB Messenger, Signal, Telegram, WeChat etc.

Go Grayscale.

Colorful icons give our brains shiny rewards every time we unlock. Set your phone to grayscale to remove those positive reinforcements. Go to Settings > General > Accessibility > Accessibility Shortcut (bottom) > Color Filters. This allows you to quickly triple-tap the home button to toggle grayscale on and off, so you keep color when you need it. (iOS)

Try keeping your home screen to tools only.

Limit your first page of apps to just tools–the apps you use for quick in-and-out tasks like Maps, Camera, Calendar, Notes, or Lyft. Move the rest of your apps, especially mindless choices, off the first page and into folders.

Launch other apps by typing.

Swipe down and type the app you want to open instead of leaving bad habits on the home screen. On Android you can use the Search Box on your home screen. iOS: For best results, turn off Siri Suggestions (Settings > Siri & Search > Siri Suggestions to off)

Texting shortcut: Use quick reactions.

On iOS, press and hold on a text message and you'll see this menu of quick reactions. It's faster than crafting a response, and can also add some context, giving a taste of the emotion that's often silently conveyed in a real, face-to-face conversation.

Charge your device outside the bedroom.

Get a separate alarm clock in your bedroom, and charge your phone in another room (or on the other side of the room). This way, you can wake up without getting sucked into your phone before you even get out of bed.

Use technology to protect yourself from technology.

Time-tracking apps like Moment , Quality Time and (OFFTIME) will measure how much time you're spending on your screen. Freedom and Flipd let you block your access to problematic apps and websites. Apple now has a "Do Not Disturb While Driving" mode that sends customizable automated text message responses so that you can step away from your phone without worrying that you'll leave someone hanging. Lilspace does the same for Android, and displays a timer on your lock screen showing you how much time you've managed to stay unplugged. Apple has also rolled out a new feature that calculates weekly screen time.

Remove social media from your phone.

If you really want to use your phone less, we recommend removing all the major social media apps from your phone. It's the easiest way to cut back, as these apps can easily gobble up so much of our time.

Set your phone down.

If you don't treat your phone as a necessity for daily life, you won't wire your brain to think it is one. Leave your phone at home while you go for a walk. Stare out of a window during your commute instead of checking your email. At first, you may be surprised by how powerfully you crave your phone. (Note: Do keep it close by in case your kids, friends, family, or colleagues are trying to get a hold of you. Your phone can be useful for communication.)

Use the sight of others on their phones as a reminder of your own intentions

The sight of someone else pulling out his or her phone on the elevator probably makes you want to check yours as well. But with practice, you can transform this into a cue for a new, healthier habit. When seeing other people reach for their phones, try to use it as a cue to take a deep breath and relax.

Set times to go on social media.

Don't pick up your phone and open Instagram or Twitter whenev
er you think of it. Rather set a couple breaks throughout the day to check updates. This will help break out of habits. Another solution is to create "speed bumps": small obstacles that force you to slow down and make sure that when you do check your phone, it's the result of a conscious choice. Put a rubber band around your phone as a physical reminder to pause, or set a lock screen image that asks you to confirm that you really want to proceed.

Log out of social media apps.

Logging out of social media apps on our phones helps the time spent on them feel more final. It also adds another step when trying to go back on and check social media. Adding another obstacle when it comes to going on social media can decrease the likelihood of going on the apps in the first place.

Keep your phone out of your hand when speaking to someone.

Being able to communicate without a phone in hand or readily accessible is an important skill. It also shows that you care about the conversation you are having.

Call a friend or family member.

Texting or emailing can sometimes feel like a chore. Talking on the phone is a more natural and communicative way of checking in with those who are close to you. (Note: this tip isn't for everyone or for all circumstances)

During class or at work, don't keep your phone on your desk.

Having our phone in our peripherals, within arms reach, or in our pockets can be distracting. Without having your phone or devices in sight will keep us focused on our work and help us be more productive. Instead, put your phone in a drawer or your bag.

Reframe the way you think about social media.

Many people equate spending less time on their phones with denying themselves pleasure — and who likes to do that? Instead, think of it this way: The time you spend on your phone is time you're *not* spending doing other pleasurable things, like hanging out with a friend or pursuing a hobby. Instead of thinking of it as "spending less time on your phone," think of it as "spending more time on your life."

Ask yourself what you want to pay attention to.

When we decide what to pay attention to in the moment, we are making a broader decision about how we want to spend our time. The people who design apps desperately want our attention, because that's how they make money. Have you ever wondered why so many social media apps are free? It's because advertisers are the customers — and your attention is what's being sold. So ask yourself: What do *you* want to pay attention to?

Set yourself up for success.

Create triggers that will remind you of your goals and make it easier to live up to them. If you want to spend more time reading, leave a book on your bedside table. If you want to cook more, lay out a shopping list for that recipe you're eager to try. On the flip side, avoid triggers that will

set you up for failure. Delete social media apps from your phone. Disable notifications. Establish a rule for yourself and your family of not keeping phones on the table during meals.

Pay attention to your body.

When you notice that you're in the midst of a phone spiral, ask yourself: What's your posture like? How's your breathing? Is whatever you're doing on your phone making you feel good? Do you *want* to be using it right now? The more tuned in you are to your own experiences in the moment, the easier it will be to change your behavior.

Get existential about it

If all else fails, consider your own mortality. How many people on their deathbeds do you think are going to say, "I wish I'd spent more time on Facebook"? Keep asking yourself the same question. (Tips powered by Center for Humane Technology , Catherine Price - author of " How to Break Up With Your Phone " & IndieFlix. Tips have been edited for length and clarity.)

Center for Humane Technology – App Ratings

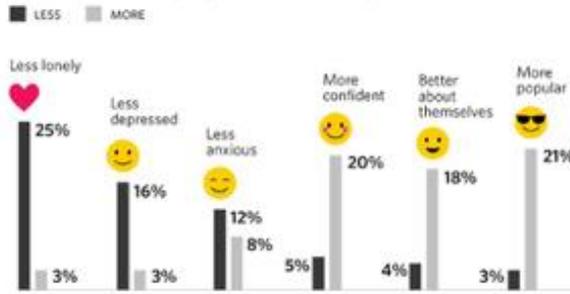Daily time in app for happy and unhappy users
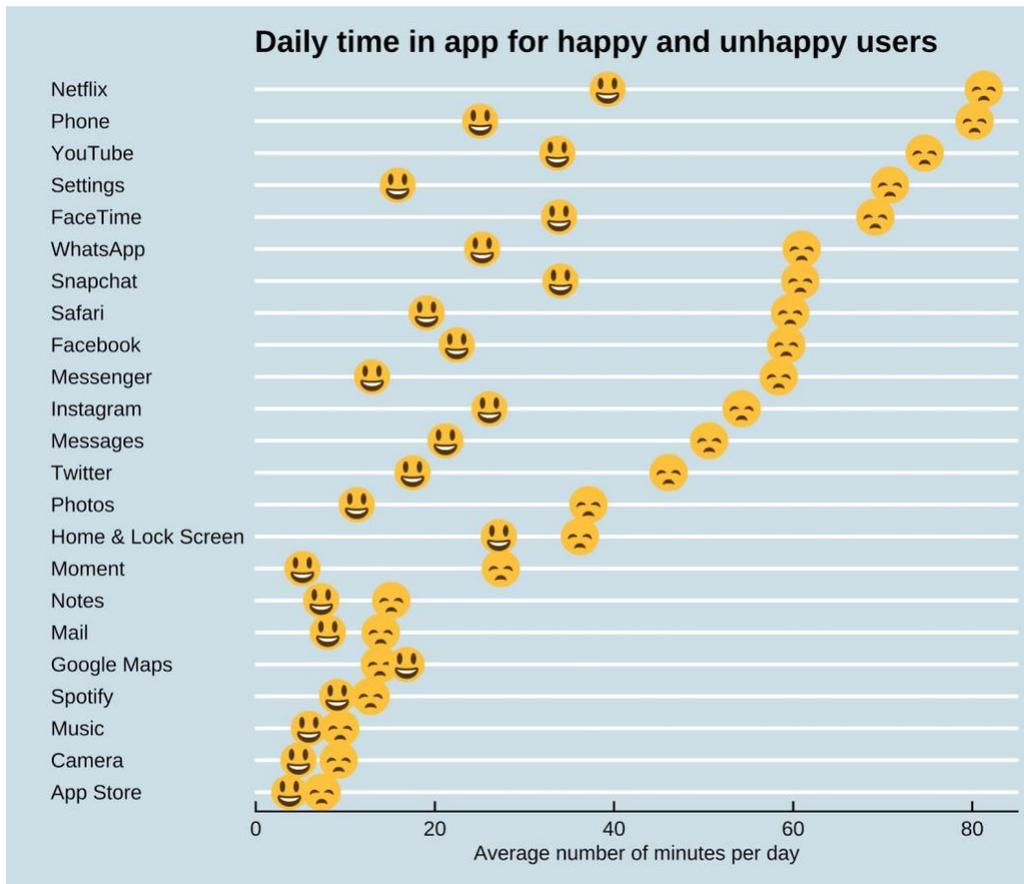
Most Happy

	% of Users Happy	Daily Usage (Minutes)
1. Calm	99% 😊	10
2. Google Calendar	99% 😊	3
3. Headspace	99% 😊	4
4. Insight Timer	99% 😊	20
5. The Weather	97% 😊	3
6. MyFitnessPal	97% 😊	8
7. Audible	97% 😊	8
8. Waze	96% 😊	19
9. Amazon Music	96% 😊	7
10. Podcasts	96% 😊	8
11. Kindle	96% 😊	26
12. Evernote	96% 😊	10
13. Spotify	95% 😊	9
14. Weather	95% 😊	2
15. Canvas	95% 😊	5

Most Unhappy

	% of Users Unhappy	Daily Usage (Minutes)
1. Grindr	77% 🙁	61
2. Candy Crush Saga	71% 🙁	46
3. Facebook	64% 🙁	59
4. WeChat	62% 🙁	97
5. Candy Crush	59% 🙁	47
6. Reddit	58% 🙁	56
7. Tweetbot	58% 🙁	78
8. Weibo	57% 🙁	73
9. Tinder	56% 🙁	22
10. Subway Surf	56% 🙁	32
11. Two Dots	53% 🙁	34
12. Instagram	51% 🙁	54
13. Snapchat	50% 🙁	61
14. 1010!	45% 🙁	35
15. Clash Royale	42% 🙁	58

Teens are much more likely to say social media has a positive rather than a negative effect on how they feel.

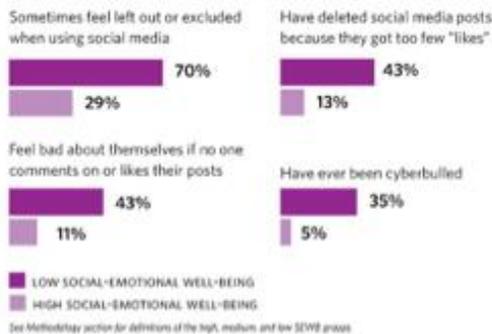Social media users who say using social media makes them feel "more" or "less":

■ LESS   ■ MORE

Less lonely
25% / 3%

Less depressed
16% / 3%

Less anxious
12% / 8%

More confident
5% / 20%

Better about themselves
4% / 18%

More popular
3% / 21%

Teens think they're being manipulated.

72%

Of teens believe that tech companies manipulate users to spend more time on their devices.

Distracted Driving
1 in 5 teen drivers

says they check notifications while driving at least sometimes. 44% say they "never" do.

Teens with low social-emotional well-being experience more of the negative effects of social media than kids with high social-emotional well-being.

Percent of social media users who say they:

Sometimes feel left out or excluded when using social media
70% / 29%

Have deleted social media posts because they got too few "likes"
43% / 13%

Feel bad about themselves if no one comments on or likes their posts
43% / 11%

Have ever been cyberbulled
35% / 5%

■ LOW SOCIAL-EMOTIONAL WELL-BEING
■ HIGH SOCIAL-EMOTIONAL WELL-BEING
See Methodology section for definitions of the high, medium and low SEWB groups.

🔍 **Looking closer at teens with low social-emotional well-being**

Percent who say using social media makes them feel:

■ MORE   ■ LESS

Lonely
13% / 39%

Depressed
11% / 29%

Better/Worse about themselves
22% Better / 15% Worse

Common Sense Media, 2018 Social Media Report

Contact us

Email: screenings@indieflix.com

Websites: Indieflix.com/education

                www.thelikemovie.com

Social Media: facebook.com/indieflix   Twitter: @indieflix

                Instagram: indieflixmovies #thelikemovie #indieflix