

Guiding theme: Emotional Safety in Professional Learning Networks

Breakdown of roles:

Research: Jenna, Maia, Molly

Organization of group, creation of Canva: Neena

Canva Link: <https://canva.svlmujnf8uvwewolink/>

Jenna:

Psych side - how it affects emotional well being/ social medias influence

- Slide 1
 - How PLNs directly impact well-being
 - risks of professional networking on mental health compared to the benefits
 - How others successful curated profiles online drive comparison and anxiety
 - How social media affects mood directly, correlation with mental health disorders on screen time, or media usage, or professional vs personal use on mental health, etc, find source for something like this
 - Having a professional network means that you cannot turn off work or school when you're online, because they're so interconnected (burn out, cognitive overload, switching mindset, hard to relax, connect to MHD)
 - Studies on digital fatigue, social comparison, mental health effects, connect to course on digital identities, PLN, etc
- Slide 2
 - Creating emotional safety online
 - Psychological safety, people act different when they can hide behind a screen, people are scared of being called out, cyber-bullied, etc; how to make users feel more safe reaching out, asking for advice, creating learning communities, and connecting (and fear of expressing their own digital identity)
 - App algorithms are designed to create engagement, even if the engagement is bad, platforms want people to debate and argue in comment sections, this is being prioritized over safe online encounters
 - Compare side by side basically an emotionally unsafe PLN (toxic, fear of expressing oneself, blending personal and professional, designed for conflict and mental health outcomes) to an emotionally safe PLN (boundaries, values of humanity carrying over to online spaces, creating safe spaces, learning how to cope with negativity online)
- Slide 3
 - Strategies for healthy PLN management and how to protect your own mental health
 - Evidence pointing towards how a healthy online relationship does not cause detrimental mental health effects

- Creating positive online interactions, blocking people, taking breaks and setting boundaries, etc
- Link digital footprint and privacy settings to psychological comfort (having control over your platform and who sees your posts, kind of safeguards anxiety and fear of judgement, fear of reaching out and making connects; not sure to include this? Also maybe connects to having personal and professional separate, you can be yourself on personal ones, not worry about that influencing your professional network)
- Give rules that a professional can implement to safeguard their mental health, but still able to connect online and develop their professional network
- Mention how specific platforms impact mental health (algorithms of some apps meant to create conflict, and structure everything you're seeing vs some apps having private group threads to connect, like Facebook having specific groups to join based on career, school, hobbies, etc)
- Maybe find an actual influencer or educator that talks about burnout and models healthy ways to interact online (maybe a reel?)

Maia:

How to teach building a PLN in a secondary classroom

-strength and weakness

- What are the strengths and weaknesses of the privacy, security and acceptable use policies for social media platforms?
- Provide examples of individuals who have used a PLN to become leaders in a field of interest and discuss their presence on the platform.
- How do they use social media platforms to build their reputation/presence?

Molly:

How can PLN's create inclusion?

- What does this look like for the individuals who are part of the networks?
- What does this look like in terms of how members share their learning outside of the network?

Final project and formatting:

Neena: Creating a Canva summary of the research findings and linking to relevant examples from social media.

Timeline:

- August 5-August 9: Molly, Maia and Jenna complete research and put their findings in the shared Google Doc
- August 9-11: Neena to summarize findings in the format of a Canva

- August 11-12: All members to review final format before submitting :)