

Educator Guide: Should Teens Turn to TikTok for Help with Mental Health?



Use our modifiable [Student Viewing Guide](#), which includes:

- Quickwrite prompt
- Video comprehension questions
- Evidence evaluation/CER graphic organizer

This guide is designed to support your students with these learning objectives:

1. Students will analyze and evaluate evidence related to the benefits and harms of mental health content on TikTok.
2. Students will write arguments and present research on [KQED Learn](#).
3. Students will create a selfie video about their experience engaging with mental health TikTok and how it impacted their mental health.

Need support bringing current or controversial issues into your classroom?

Start with these resources from [Facing History and Ourselves](#) and [Learning for Justice](#)

[Decades of evidence](#) show that students benefit when we bring the world into our classrooms and make space to discuss current issues. Before launching into a potentially controversial topic:

1. [Make a plan](#)
2. [Set expectations](#) or reinforce community norms around civil discussion and respectful interaction
3. Make space for all voices. The [student viewing guide](#) is designed to help students reflect, gather evidence and articulate their views before joining a class discussion or posting on KQED Learn.
4. Intentionally discuss the ongoing problem of [political polarization](#) and [“us/them” thinking](#), and how they affect your community.



Watch video



Join this Discussion



Make & Share

Use this [student viewing guide](#) with:

- Quick-write prompt
- Comprehension questions about the video
- Student note catcher

More student supports the Discussion page:

- Glossary with vocabulary used in the video
- Annotated source list
- Video transcripts in English and Spanish

Students sign into KQED Learn and click the [“Join the Discussion”](#) button to respond to the Discussion question.

Responses should be supported by evidence from the Above the Noise video or other research on the topic.

Supports for joining the discussion KQED Learn:

- [Sentence frames](#)
- [Discussions rubric](#)
- [Response analysis activity](#)

Please refer to our [Code of Conduct](#) as well as your school’s behavioral expectations before joining.

Students create a selfie video about their experience with Mental Health Tik Tok or social media posts. They will answer the questions: Have you come across mental health posts that you have found helpful? How did they make you feel and what next steps did you take after watching them?

Post your media creation in the Make & Share tab.

Teachers: Learn more about making media for the classroom on [KQED Teach](#).

Standards

CCSS.ELA-Literacy.CCRA.R.1	Read closely to determine what the text says explicitly and to make logical inferences from it; cite specific textual evidence when writing or speaking to support conclusions drawn from the text
CCSS.ELA-Literacy.CCRA.R.7	Integrate and evaluate content presented in diverse media and formats, including visually and quantitatively, as well as in words
CCSS.ELA-Literacy.W1	Write arguments to support claims with clear reasons and relevant evidence
CCSS.ELA-Literacy.W6	Use technology, including the Internet, to produce and publish writing and to interact and collaborate with others
NGSS.SEP.7	Engaging in argument from evidence
NGSS.SEP.8	Obtaining, evaluating and communicating information
ISTE Digital Citizen	Students recognize the rights, responsibilities and opportunities of living, learning and working in an interconnected digital world, and they act and model in ways that are safe, legal and ethical.

***KQED's Media Tool Policy:** In KQED Education's media literacy work, we take an approach to platforms and tools that focuses on developing media-making competencies that are transferable to an individual's specific technology context. When we recommend software for specific mediamaking activities, our factors for consideration include ease of use, whether the tool is open-source, whether it works across platforms and whether it offers the necessary functionality for the task free of cost. If there are no free tools appropriate for the task, we prioritize the lowest-cost solution able to produce high-quality media.