Selfitis ****
Propagating the self

100 minutes
individual work

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Introduction
In 2014, a viral story being circulated online reported that the American Psychiatric Association (APA) had coined 'selfitis' as a new mental disorder for people who obsessively shoot and share selfies online. That story turned out to be a hoax, but it sparked new research. Now, three years later, selfitis is real.

The purpose of this web task is to practise your (public) speaking skills. The theme of the web task is selfitis. The final task is to deliver a lesson on what selfitis is and whether or not it is an 'OK' phenomenon – something we should/shouldn't have to worry about.

Exploration
Watch the following video: https://www.youtube.com/watch?v=7bF8oHUFjlw

1	Give your own definition of selfitis.
2	Read this brief online article. If you are a selfie-taker, where do you rank on the list? Do you do it to seek attention? To gain self-confidence? Etc.
3	Scroll down to 'Table 4' in this article. Write down which statements represent you and which ones don't.
4	Which category do you think you fall under? 'Borderline', 'Acute', or 'Chronic'? Is that what you could have expected? Any surprises?

Final task
Suppose you are a guest speaker in a high school Social Studies/Life Skills classroom. You have been invited to deliver a 5- to 10-minute mini-lesson on 'selfies and selfitis'.
In your mini-lesson, you must:
- Show a selection/variety of (celebrity) selfies (if possible, since you need a phone/tablet/computer screen – don't print them!).
- Summarise the study referenced in the exploration task.

- Do a brief survey by presenting your audience with a few of the statements used in the study and asking whether or not they represent them.
- Facilitate a discussion around a question like 'Is selfitis dangerous, damaging, (etc.) ?'.

You may research how to deliver a successful lesson or how to be a good public speaker, of course. There are many websites with useful tips – but don't overdo it! This should be a fun activitiy!

Good luck, and don't forget to take a selfie with the entire class at the end of your talk! ☺