	BEFORE	DURING								AFTER
				Our deliverable			Our deliverable			Our deliverable
Timeframe		10 min Intro	10 min Activity	5 min Talk	20 min Activity	10 min Discussion	30 min Talk	20 min Talk	1 10 min Activity /End of Workshop	Available webservice
Touchpoints			KAHOOT!						ST.	
Discription	What: Schools order workshops from Go'nok through their web page	Introduction from lecturer about what Go'nok stands for, as well as explaining what they will talk about during the workshop. Warm up questions to get to know the class better	What: Kahoot - Quiz/survey on how teenagers media use is today. Based on statistics	What: Introducing the 4 social media stereotypes that will be the foundation for the rest of the workshop I	Card activity for groups in two. The activity is based on quotes from teenagers that the students are going to ask eachother whether they recognize them selves in the statements or not and why. The cards are categorized, based on the 4 stereotypes	What: Open discussion where the students can share their findings about them selves and what they found as a group. Share experiences or stories that they could relate to	What: Interactive lecture / storytelling on how and why we got our media habits, and what social and mental impact it can have on us. Based on the 4 stereotypes. Open discussion after each topic.	What: Go'nok tool called «Managing the mood» is a open discussion / lecture where they talk about how to strengthening their personal self-esteem, focus on inner dialog and attitudes	What: Students get introduced to «Go'nok på medier» website. Their task is to go into the website and find at least one tips on how to better their social media use that they would like to set as a goal for themselves. Share with the rest of the class before ending the workshop.	What: Go'nok på medier is a website where the students can find some of the facts that's been shared throughout the workshop. As well as tips and tricks on how to better improve their everyday use, a forum and professional chat.
	Why: Experts within the field of soc media and mental health	Why: Building trust Understand what Go'nok is Prepare the class	Why: - Create engagement on the topic - Test how well they know the topic - Compare with classmates	Why: - Learn about the typical trends - Recognise yourself - Better understand the coming activity	Why: - Create reflection and discussion - Learn own and your partners habits - Figure which stereotype they are	Why: - Learn about classmates findings - Create better understanding and humble environment in the classroom - Recognize them selves with others, and not feeling alone with their habits	Why: - Understanding on how we get hooked on media - Scenarios that the students can relate to - Understand patterns - Reflect alone and with the class	Why: - Motivating the students - Viewing their mental habits differently - Encourage change of behavior - Recognize themselves with others - Encourage open minded conversations	Why: - Understanding on how we get hooked on media - Scenarios that the students can relate to - Understand patterns - Reflect alone and with the class	Why: - Available when need of reminder - For everyday context - Learn what others thinks of the topic - Contacting a expert anonymously for less stigma
Generic Learning Outcomes Knowledge & Understanding Skills Skills Behaviours & Progression Enjoyment, Inspiration & Creativity Attitudes & Values		How organisations operate Attitudes towards an organisation Perceptions	Having fun Being surprised Learning facts / information Knowing what or about something Opinions or attitudes towards other peop Increased motivation		 Being surprised Having fun Exploration, experimentation & making Communication skills Deepening understanding Feelings Opinions about ourselves (self- esteem) Opinions or attitudes towards other people Increased capasity for tolerance Empathy Increased motivation What people do What people have done 	 Being inspired Communication skills Feelings Opinions about ourselves (self-esteem) Increaced capasity for tolerance Empathy What people do 	 Being surprised Learning facts or information Making links and relationship between things Deepening understanding Making sense of something How organisations operate Communication skills Emphathy Attitudes towards and organisation What people do 	Opinions about ourselves (self-esteem)	Making sense of things Increased motivation Knowing how to do something A change in the way people manage their lives	Making sense of thingsIncreased motivationKnowing how to do something