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| Item – Intro, guests, interview, music, SFX, titles, outro etc  | Structure of section / Key information / Questions to ask / Facts  | Duration |
| Intro  | Social media is the most destructive drug. I’m Abigail Smeaden here on mental media. Where we aim to keep you safe on social media. This podcast will advise you, on the harms, these so-called friendly apps, are doing to your mental health, and how we can steer away and remain safe.. I’m joined with Mental health practitioner Johanna… |  |
| Topic / 1  | How does social media affect our mental health?In 2012 social media first made its appearance, in 2013 the rise of mental health started.* Your personal professional experience on this
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| Segue (SFX, musical clip)  | <https://www.youtube.com/watch?v=dGtXTPW84ak>this is Jonathan Haidt’s take on how social media is treating kids – your opinions  |  |
| Topic 2  | Why is social media so harmful?1. Biology
* Brain developments
1. Technology

Social media 0.2 – drugs and binge drinking* The platforms competing with your mind
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| Segue (SFX, musical clip)  |  |  |
| Topic 3 | What can we do as a society, to make social media safer?* What has been done already- is it enough
* What would you like to see be done?
* Guidelines that SHOULD be made
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| Outro  |  |  |
| Closing Theme Music  |  |  |
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