

# You Are Not A Frog

## Workbook, CPD & Reflection Log



### Episode 59: A Social Dilemma? With Dr James Thambyrajah

For this episode, Rachel is joined by Dr James Thambyrajah, a portfolio GP and a faculty board member for the RCGP South West Thames.

James talks about the profound effects of social media in our daily lives and its role in the way information (or misinformation!) is disseminated, causing deep division in our society. He also shares his tips to help us get out of our own personal digital echo chamber.

#### Podcast links

- [The Social Dilemma](#) on Netflix
- [Indistractable: How to Control Your Attention and Choose Your Life](#) by Nir Eyal
- [Dad Tired Podcast Episode: Developing A Tech Plan For Your Family](#) by Jerrad Lopes featuring Arlene Pellicane
- Dr James Thambyrajah's [Twitter](#)
- [Sign up here](#) for more FREE resources.
- Join the [Shapes Collective Facebook group](#).
- [Guides](#) by the Royal College of Paediatrics and Child Health
- [Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).

## **QUOTE TO REMEMBER:**

***'I think there are dangers here, that it affects not only our social lives and what we like on Facebook—it affects our politics. It affects the way we view news and also kind of the way we assimilate information'.***

### **What You Will Learn From The Activity**

Social media has become a necessary tool in our day-to-day interactions. While it may have its own perks, its effects are subtle. If we are not careful enough, we may gradually become its pawn. Intimacy, as the core of relationships, is also becoming an afterthought.

As we become less aware of how it's influencing our actions, we may fail to separate ourselves from our devices. But our lives are more than these technologies. So how do we go beyond our screens?

This workbook aims to raise your awareness of the impact of social media and technology in your life and on your family. It allows you to reflect on this social dilemma while also recognising your responsibility and accountability for every piece of information you share and receive.

As James mentions in the episode, social media has its dangers, but the most crucial step is to acknowledge the problem. To do that, we must discuss and reflect on its complexities to reclaim our power in making decisions.

### **Activity: A Personal Look at My Social Media**

On the average, how many hours do I spend on social media per day?

Do I struggle with controlling my screen time? Why or why not?

How do I look out for my family in terms of their social media use?

In the podcast, Dr James mentioned 'digital vegetables' and 'digital candy.' Based on my daily social media activities, what are my 'digital vegetables'? What about my 'digital candies'? Why?

When presented with certain information online, how do I ensure that it's accurate and true?

What steps can I make to limit my daily screen time?

CPD time claimed:

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Follow Rachel on Twitter @DrRachelMorris and find out more about her online and face to face courses on surviving and thriving at work at [www.shapestoolkit.com](http://www.shapestoolkit.com).