

## DISCUSSION - Middle School Discussion Theme: Health

Topic 1: "The Role of Social Media in Teen Life: Helpful or Harmful?"

Prompt: Social media has become a big part of daily life for many teenagers. Discuss the positives and negatives of social media in teenagers' lives. Is it a tool for connecting and learning, or does it have more downsides than benefits?

Topic 2: "Is Homework Beneficial for Middle School Students?"

Prompt: Homework has been a part of school for generations, but there's ongoing debate about whether it actually helps students learn or just adds stress. Discuss whether homework is beneficial or if there are better ways to reinforce learning outside of school hours.

Topic 3: "Should Middle Schools Adopt a Four-Day School Week?"

Prompt: Some schools have started experimenting with a four-day school week to allow students and teachers more time for rest and activities outside school. Discuss the pros and cons of this schedule. Would a four-day school week improve or worsen middle school students' learning and well-being?