

Psychology Youtubers!

Today (and tomorrow) we will view parts of, and discuss, videos by three Youtubers:

- Anna Akana: "Jonah Hill and Sarah Brady: When Control meets People Pleasing."
- Kati Morton: "VULNERABLE PEOPLE: Stop Being Taken Advantage Of"
- How to ADHD: "Are ADHDers More Susceptible to Gaslighting?"

These Youtubers are part of a pretty large movement on Youtube focusing on mental health. That said, they all have different perspectives, expertise, and backgrounds, even as they discuss some of the same concepts.

VOCABULARY CHECK

Here are some major concepts or terms that came up in the videos. Try to define them in your group:

- | | |
|--------------------------------|----------------|
| • gaslighting | • boundaries |
| • people pleasing | • neurotypical |
| • ADHD | • trivializing |
| • "to take advantage of" | • abusive |
| • Weaponizing of therapy-speak | • misogyny |
| • vulnerable | • insecurity |

MEDIA AND CRITICAL ANALYSIS

One of the things we're working on in this class is a *critical* approach to screen media in English. To work on that skill, here are some questions:

- What do you think about each of these Youtubers' approach to similar kinds of topics?
- What do you think may be each Youtuber's *motivation* for making these videos?
- What do you think may be good about more people turning to Youtube for free self-help?
 - What are some potential problems with this?
- Who do you imagine are the main audience for these kinds of videos?

FOR REFLECTION

Here are two questions to discuss after some reflection and thinking.

- Have you ever turned to Youtube for information, as opposed to entertainment?
- Have you ever watched Youtube videos about a specialized field of information? For example, have you ever watched psychology videos by other Youtubers? What benefits did you get from them?