



FEAR FACTOR

Introduction:



- Do you think they have any fear towards what they are doing?
- Do you think this is a good way to face your fear of heights? Why?
- Do you think it is possible to have no fear? Could having no fear have negative consequences?

Fear in the media:



Discuss the questions:

1. What is media?
2. What are the main forms of media that people use these days?
3. Look at the image. How does it relate to the idea of fear in the media?



Fear in the Media:



Discuss the questions:

1. What types of stories that focus on fears do you often see in the media?
2. Have you ever been affected after reading, viewing, or hearing such stories? If yes, why and how? If no, why not?
3. Who do you think tends to be more affected by stories in the media?
4. In your experience, do media stories often make situations sound worse than they really are? Support your opinion.

Fear in the Media:



Say whether you agree or disagree with the statements below.
Explain your opinion.

1. There are more fear-based stories in the media than before.
2. The world is actually safer than before.
3. The media focus on stories about people's fears to make money.
4. Media stories about fear can change people's behavior.
5. The world is more dangerous than it used to be.

Domains of Fear:

Match each of the examples to one of the "Domains of Fear". Shown in the infographic. Then think of another example that matches each category.

Domain	Example 1	Example 2
Relationships	Being lonely	
	Climate change	
	Getting fired	
	Identity theft	
	Losing data files	
	Major storms	
	Spiders or snakes	
	Being Unstylish	

Domains of Fear:

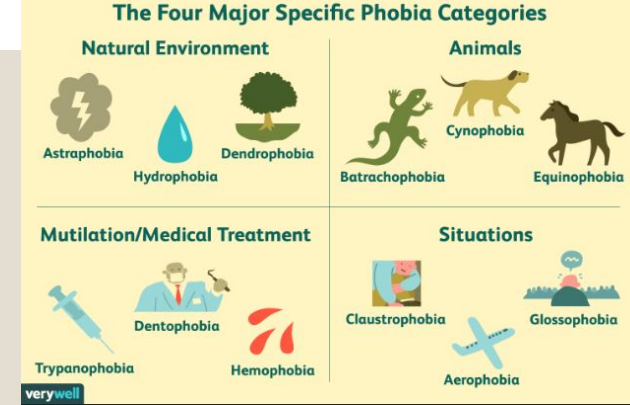


Domains of Fear:

Answer the following questions related to the “Domains of Fear”.

1. Which of the domains of fear impacts you the most?
2. What do people in your country tend to worry about?
3. Do you know someone who is afraid of heights? (who?)
4. Do you worry more about pollution, overpopulation, or climate change?
5. What is your number-one worry about technology?
6. What natural disaster most frightens you?

Fear vs. Phobias:



- What is the difference between “fear” and “phobia”?
- What are some common fears people have? How about phobias?
- Do you think people’s fears change as they get older?
- Do you think it’s possible to get over a phobia? What emotions are related to having an irrational fear?

Writing Activity:



-Choose one of the following questions and write a short paragraph:

1. How can being too fearful affect you as a person? Explain.
2. Do you think society lives in fear? In what ways? Explain your opinion.

- You will have 15 minutes to write the paragraph and then you will share what you wrote with the class.