



Teacher Resource

Cringe Culture

Focus Questions

Discuss the BTN High story as a class and record the main points of discussion. Students will then respond to the following:

1. What is cringe culture? Explain.
2. Why do some people create deliberately “cringe” social media videos?
3. What are the benefits of embracing cringe?
4. What are the negative impacts of cringe culture?
5. What role does social media play in influencing cringe culture?
6. How is cringe culture changing the way people behave?

Activities

- In small groups, discuss your experiences with cringe culture and its societal impact. Share your key thoughts with the class.
- Is cringe culture good or bad? Write an opinion essay that discusses the advantages and the disadvantages of cringe culture on teenagers, society and the workplace.
- Find an example of what you consider cringe culture. Write a list of reasons why you think it’s considered cringe, and what you could do to challenge negative thoughts.

EPISODE 52

10th September 2025

KEY LEARNING

Students will discuss what cringe culture is and its impact on society.

CURRICULUM

[Health and PE – Years 7 and 8 \(v8.4\)](#)

[Health and PE – Years 9 and 10 \(v9.0\)](#)

[Work Studies -Year 9 \(v8.4\)](#)

[Work Studies – Year 10 \(v9.0\)](#)

[Civics and Citizenship – Year 9 \(v8.4\)](#)

[Civics and Citizenship – Year 9 \(v9.0\)](#)