SOCIAL MEDIA

Name: _____ Date: _____

"According to a Harvard study, routine social media use is positively associated with social wellbeing, self-rated health, and mental health. We just need to be mindful users and keep a healthy perspective about social media's role in our lives. Then we can use it to inspire, educate, show empathy, and become better communicators."

Let's see the way you interact with social media

A. Name the social media platforms you use the most. Write them in order of preference and tell me why number 1 is your favorite.

1. _____ This is my favorite one because _____

_____.

2. _____ **3.** _____ **4.** _____

B. How much time do you spend checking social media a day?

_____.

C. What is the content you prefer? (Vlogs, GRWM, OOTD, gamer, makeup, sports)

1. _____ **2.** _____ **3.** _____

- **Why do you like this content**

_____.

D. What is the social media that you consider has more positive content and why? (Education, sports, habits, health ...)

_____

E. Based on your experience, mention positive aspects or experiences that you have had with the social media listed below (mention at least one per social network. If you do not use any of the social networks mentioned, leave it blank.)

Facebook	Instagram	TikTok	YouTube

LIVEWORKSHEETS