

Name: _____

Date: _____

SOCIAL MEDIA

SELF-AWARENESS

Fill out this worksheet to evaluate your social media use and its affects.

1

Which social media platforms do you use most?

2

What are things you enjoy or find positive about social media?

3

Are there aspects that affect you in a negative way?

4

How would you describe your online interactions with other people?

5

Do you think you present yourself authentically online?

6

Describe how social media affects your behavior.

7

Are there any changes you would like to make in your use of social media?