

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?