

MY EXPERIENCE OF SOCIAL MEDIA

Worksheet 1

It can be useful to be aware of how and why we spend our time online.

What apps do you use most often?

**Spend a few minutes reflecting on why you use social media.
Tick all of the answers that apply to you.**

- To pass the time
- To stay in touch with people and chat with friends
- I like sharing glimpses of my life with my friends
- I use it to create
- I follow pages and accounts I'm interested in
- For gaming
- To hear news updates
- To learn new things like recipes or exercises
- I follow educational pages
- To follow influencers and celebrities that I like

Can you think of any other reasons why you use social media?

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Worksheet 2

Social media sites are designed to keep people using them and coming back to them again and again. Oftentimes, we are surprised when we get that weekly 'average screen time' notification pop up and we see the time we spent online.

Do you know how much time you spend online every day? hours

How satisfied are you with the amount of time you spend online?



I want to cut down on my time spent on social media sites

I haven't thought much about it before

I think I have got a good balance of screen time and offline time

What are some of the positive things about social media in your life?

What are some of the negative things?

What could you do to make your time online even better?