

SOCIAL MEDIA

Connecting is a balancing act

Materials: Worksheet copies, template copies, pens or pencils, timer

Directions: Read the worksheet, complete the activity and discuss as a group.

Most of us enjoy staying in touch through Instagram, Snapchat and other social media sites.

But time spent managing “streaks” and staying current can be time lost on other activities.

It's important to balance our social media use with other ways to stay connected.

Today, we're going to examine the pros and cons to social media.

ACTIVITY INSTRUCTIONS

- 1 On the template, fill in your answers to the questions. You'll have 8 minutes to write.
(Set the timer for 8 minutes.)
- 2 When the timer sounds, let's share our answers with the group. How does your personal social media use compare to the group's use? Will you rethink how much time you spend on social media?
- 3 Practice balancing your social media use with alternative methods to stay connected to friends and family.



MY SOCIAL MEDIA USE

1. List social media sites you use daily and how much time you spend on each site.

DAILY SOCIAL MEDIA SITES	TIME SPENT ON THE SITE

2. Write at least one alternative to connect without using social media.

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3. Write at least one pro and one con about using social media.

Pros:

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Cons:

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4. Write at least one pro and one con about using alternatives to social media.

Pros:

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Cons:

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5. How much time per day should be spent on social media?

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6. How much time per day should be spent on alternatives to social media?

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