

Social Media Reflection Activity

This activity is meant to encourage you to think about the different social media apps you use and how positively or negatively they impact different parts of your life.

Instructions

Color in OR give a rating in each box depending on how you feel the app affects that part of your life.

4 = Very negatively/bad
 2 = Somewhat positively/good
 0 = Does not affect
3 = Somewhat negatively/bad
 1 = Very positively/good

	YouTube	TikTok	Snapchat	Instagram	Other
My overall mood					
My sleep					
My eating habits					
My grades					
How I view my body					
My self confidence					
Feelings of anxiety					
Feelings of depression					
Feelings of loneliness					
Impact of the relationships IRL (in real life)					
Sense of belonging					
Other _____					

Questions to Ask Yourself

- Does the amount of time on social media affect whether you feel better or worse?
- Which app do you feel has the **most positive impact** on you? Why?
- Which app do you feel has the **most negative impact**? Why?
- Do you notice any patterns in how social media affects your mood, friendships, or school?
- What kinds of content make you feel good about yourself? What kind makes you feel worse?