

Name \_\_\_\_\_

## Digital Echoes

### Open-Ended Response Questions

1. Explore the impact of social media on self-esteem and self-worth, as suggested in the Haiku. Discuss both the positive and negative aspects of seeking validation through likes and comments.
2. Reflect on the role of filters in social media and how they can alter or enhance one's appearance. How might this affect self-perception and self-acceptance?
3. Discuss ways in which individuals can strike a healthy balance between using social media for self-expression and avoiding its potentially negative impact on mental well-being.
4. Share your thoughts on the pressure to conform to certain standards of beauty and popularity on social media. How can individuals promote authenticity and self-acceptance in a digital age?

