

Name _____

Digital Echoes

Open-Ended Response Answer Key

1. The impact of social media on self-esteem can be both positive and negative. Seeking validation through likes and comments can provide a sense of acceptance and connection, but it can also lead to comparison, low self-esteem, and anxiety. It's important to use social media mindfully and prioritize self-worth beyond online validation.
2. Filters in social media can significantly alter one's appearance and may lead to unrealistic beauty standards. This can affect self-perception by creating a desire for unattainable looks. Encouraging authenticity and self-acceptance in a digital age is essential for promoting mental well-being.
3. Striking a healthy balance on social media involves setting boundaries, focusing on real-life relationships, and being mindful of the time spent online. It's crucial to prioritize mental health and well-being and not solely rely on online validation for self-worth.
4. The pressure to conform to beauty and popularity standards on social media can lead to feelings of inadequacy and low self-esteem. Promoting authenticity and self-acceptance involves celebrating individuality and supporting those who resist conforming to unrealistic ideals.

