

Name _____

Navigating the Digital World: Social Media and Mental Health

Multiple Choice Questions

1. What are some positive aspects of social media usage?
 - a) Loneliness and depression
 - b) Connection, support, and sharing passions
 - c) Unrealistic expectations
 - d) Excessive screen time

2. How does Beyoncé use social media platforms like Instagram and Twitter?
 - a) She rarely uses social media.
 - b) She uses them to share her music but not her personal life.
 - c) She shares her music, art, and personal life with her fans.
 - d) She uses them for online shopping.

3. What is one negative effect of excessive social media use?
 - a) Increased connection with like-minded communities
 - b) Feelings of loneliness and inadequacy
 - c) Responsible posting
 - d) Setting time limits

4. What is a strategy for responsible social media usage?
 - a) Avoiding breaks from social media
 - b) Mindlessly posting anything you want
 - c) Curating your feed with negative accounts
 - d) Setting time limits and taking breaks

5. What is cyberbullying, and why is it important to be aware of it?
 - a) Cyberbullying is a type of social media challenge.
 - b) Cyberbullying is the act of sending too many messages to someone.
 - c) Cyberbullying involves using digital platforms to harass, threaten, or harm others. It's important to be aware of it to protect individuals from harm.
 - d) Cyberbullying is a form of responsible social media usage.

