

Name \_\_\_\_\_

## Navigating the Digital World: Social Media and Mental Health

### Short Answer

1. Name one positive effect of social media usage and explain why it can be beneficial.
2. How does Beyoncé set an example for responsible social media usage?
3. Describe one strategy for responsible social media usage, and explain how it can help individuals maintain a healthy digital life.
4. What is cyberbullying, and why is it crucial to report instances of online harassment?
5. Why is curating your social media feed an essential step in responsible usage, and how can it impact your online experience?

