

Name _____

Navigating the Digital World: Social Media and Mental Health

Open-Ended Response Questions

1. Reflect on your own social media usage. How has it affected your well-being, both positively and negatively? What steps can you take to improve your relationship with social media and maintain good mental health?
2. Beyoncé is known for her responsible and positive use of social media. Discuss how her online presence can inspire her followers to use social media responsibly and the potential impact on their mental well-being.
3. Explain the concept of setting time limits for social media usage. How can this strategy help individuals strike a balance between the digital world and real-life interactions?
4. Cyberbullying is a significant concern in the digital age. Share your thoughts on the importance of awareness and reporting cyberbullying incidents, and how it can contribute to a safer online environment.

