

Name _____

Scrolling Through Influence: How Social Media Affects Peer Pressure and Self-Esteem

Short Answer

1. How can you combat the impact of "comparison culture" on social media?
2. Explain the concept of "FOMO" and how it can influence your decisions.
3. Describe a situation where social media can positively impact your self-esteem.
4. What steps can you take to be more authentic in your online presence?
5. How can seeking support from trusted individuals help mitigate the negative effects of social media?

