

Name _____

Navigating the Digital World: Social Media and Mental Health

Multiple Choice Answer Key

1. b) Connection, support, and sharing passions
2. c) She shares her music, art, and personal life with her fans.
3. b) Feelings of loneliness and inadequacy
4. d) Setting time limits and taking breaks
5. 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.

