

Name _____

Navigating the Digital World: Social Media and Mental Health

Short Answer Key

1. One positive effect of social media usage is that it allows individuals to connect with like-minded communities, share their passions, and stay informed about important topics. This can be beneficial as it provides a sense of belonging and support.
2. Beyoncé sets an example for responsible social media usage by using platforms like Instagram and Twitter to share her music, art, and personal life with her fans. She demonstrates how to use social media positively and responsibly.
3. One strategy for responsible social media usage is curating your feed with accounts and pages that inspire, educate, and uplift you. This strategy can help individuals maintain a positive online experience by surrounding themselves with content that promotes well-being.
4. Cyberbullying is the act of using digital platforms to harass, threaten, or harm others. It is crucial to report instances of online harassment because it helps protect individuals from harm, holds perpetrators accountable, and contributes to a safer online environment.
5. Curating your social media feed is essential for responsible usage because it allows you to choose the content you are exposed to. By following accounts that inspire and uplift you while unfollowing negative accounts, you can create a more positive and supportive online experience.

