

Name \_\_\_\_\_

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

### Open-Ended Response Answer Key

1. Answers may vary but could include: Social media has positively impacted my well-being by allowing me to connect with friends and share my interests. However, it has also negatively affected me at times, leading to comparison and anxiety. To improve my relationship with social media, I plan to set time limits, curate my feed with positive content, and take regular breaks to focus on real-life interactions.
2. Beyoncé's responsible and positive use of social media can inspire her followers to use these platforms thoughtfully and respectfully. Her example may encourage others to share their passions and connect with like-minded communities while avoiding negativity and online harm. This can contribute to improved mental well-being among her followers.
3. Setting time limits for social media usage involves allocating a specific amount of time each day or week for using these platforms. This strategy can help individuals strike a balance between the digital world and real-life interactions by preventing excessive screen time and promoting healthier offline activities.
4. Awareness and reporting of cyberbullying incidents are crucial for creating a safer online environment. By being aware of cyberbullying and reporting it, individuals can protect themselves and others from harm, discourage perpetrators, and promote a more respectful and inclusive digital world.

