

Name _____

Unplug and Play: Why Kids Should Limit Social Media Time

Multiple Choice Questions

1. What are some potential negative effects of spending too much time on social media, as mentioned in the article?
 - a) Feelings of loneliness, anxiety, and depression.
 - b) Improved self-perception and self-esteem.
 - c) Enhanced focus on schoolwork.
 - d) Increased physical activity.

2. How can excessive time on social media impact a child's ability to focus on important tasks?
 - a) It has no impact on a child's ability to focus.
 - b) It can improve their time management skills.
 - c) It can be distracting and disrupt their concentration.
 - d) It encourages better study habits.

3. What is a significant concern related to social media that the article mentions?
 - a) Improved mental health.
 - b) Enhanced self-confidence.
 - c) Cyberbullying.
 - d) Physical fitness.

4. How does excessive screen time affect a child's physical health, according to the article?
 - a) It leads to better posture.
 - b) It encourages outdoor activities.
 - c) It can contribute to obesity and poor posture.
 - d) It has no impact on physical health.

5. What is one potential downside of kids spending too much time on social media during face-to-face interactions?
 - a) Improved communication skills.
 - b) Enhanced real-life connections.
 - c) Missing out on the richness of real-life connections.
 - d) Increased attention to their surroundings.

