

Name _____

Unplug and Play: Why Kids Should Limit Social Media Time

Open-Ended Response Questions

1. How can parents and guardians help kids find a balance between online and offline activities, as suggested in the article?
2. In what ways can social media be a useful tool for kids, and how can they maximize its benefits while minimizing its drawbacks?
3. Why is open communication with parents about online experiences and concerns essential for kids' well-being in the digital age, according to the article?
4. Can you provide an example of how excessive screen time might disrupt a child's ability to focus on important tasks?

