

Name _____

Unplug and Play: Why Kids Should Limit Social Media Time

Short Answer Key

1. Excessive time on social media can lead to feelings of loneliness, anxiety, and depression in kids.
2. Excessive time on social media can distract kids from important tasks like schoolwork by constantly sending notifications and updates, making it challenging to focus.
3. The concern related to cyberbullying is that social media can be a platform for hurtful comments, rumors, and harassment, which can negatively impact kids' mental health.
4. Excessive screen time can contribute to physical health issues like obesity and poor posture in kids.
5. One potential consequence of kids being glued to screens during face-to-face interactions is that they may miss out on the richness of real-life connections and meaningful interactions with others.

