

Name _____

Unplug and Play: Why Kids Should Limit Social Media Time

Open-Ended Response Answer Key

1. Parents and guardians can help kids find a balance between online and offline activities by setting clear time limits, monitoring online activities, encouraging open communication about online experiences and concerns, and fostering a healthy relationship with technology.
2. Social media can be a useful tool for kids by helping them stay in touch with loved ones, learn new things, and explore creative interests. To maximize its benefits while minimizing drawbacks, kids should manage screen time, prioritize responsibilities, and use social media mindfully.
3. Open communication with parents about online experiences and concerns is essential for kids' well-being in the digital age because it allows parents to provide guidance, support, and ensure their safety while navigating the online world.
4. Excessive screen time might disrupt a child's ability to focus on important tasks like schoolwork because constant notifications and distractions from social media can make it difficult to concentrate, leading to decreased productivity and potentially lower academic performance.

