



Social Media Audit

Note Catcher

Work with a partner to evaluate your social media habits through the below audit.

LESSON PART ONE

Pros of Social Media Think of all the benefits of using social media. Come up with 3 examples.	Cons of Social Media Think about the negative consequences of social media. Come up with 3 examples.
1. 2. 3.	1. 2. 3.

(Continued below)



Social Media Audit

Note Catcher

LESSON PART ONE (CONTINUED)

Social Media Audit - Partner One

How many hours do you use social media in a day and why?

What is your most used form of social media and why?

How do you benefit from social media?

(Continued below)



Social Media Audit

Note Catcher

LESSON PART ONE (CONTINUED)

Social Media Audit - Partner One (continued)

How has social media negatively and/or positively impacted you?

How can you regulate your social media usage so that it doesn't cause harm in your life?

Underline 1 healthy phone habit to try out in your own life:

- Have no phone zones (set times where you're not on your phone)
- Try a social media cleanse (set aside a few days where you take a break from social media)
- Turn off notifications and turn on Do Not Disturb
- Set phone down, and go outside – Be present in the moment
- Give yourself time to wake up and go to sleep without using your phone