

Social Media Awareness Survey

Read each of the following statements and decide if it applies to you:

I know about how much time a day I spend on social media.

YES NO UNSURE

I have set boundaries for myself on how much time I spend on social media.

YES NO UNSURE

I find myself looking at my phone every time there is a notification.

YES NO UNSURE

Before I post something on social media, I ask myself why am I posting this picture or message.

YES NO UNSURE

I follow people on social media I have never met.

YES NO UNSURE

I let people follow me on social media that I have never met.

YES NO UNSURE

The number of likes that I get on social media is important to me.

YES NO UNSURE

I compare the number of likes I get on my posts to my friends.

YES NO UNSURE

I compare myself to the people I follow.

YES NO UNSURE

Reflect on your use of social media by answering the following questions:

When do you find yourself using social media?

What is the most common emotion you feel when you use social media?

Before you share a post, do you check to make sure the information is accurate?

Do you ask others for consent before you post a picture of them?

Are you being yourself online?

Do you ever post anything out of anger?

Have you ever tried something because you saw a celebrity doing it on social media?

How hard would it be to take a social media vacation?

Am I spending more time with people virtually than I am in person?

Has the amount of time you spend on social media ever caused you trouble?