

I USE SOCIAL MEDIA RESPONSIBLY

I make conscious choices about how I spend my time online. I use social media to strengthen my relationships and stay connected.

I think positive and aim to be constructive. Before I post something, I ask myself whether it adds value and if I would be comfortable saying the same thing offline.

I treat others with respect and kindness. I take a genuine interest in each of my contacts and listen to what they say.

I remain authentic. I avoid comparing myself with others. I measure myself by my own standards and tell my own story.

I stay in touch with friends and family. I plan dinner dates and outings. I share funny photos and breaking news. I talk with my children while I am on business trips and reach out to old college friends.

I advance my career. I learn from experts in my field and participate in professional discussions.

I limit the time I spend on social media. I turn off my computer and phone so I can engage in face-to-face conversations and other offline activities.

I teach my children to use social media responsibly too. I talk with them about privacy issues and cyberbullying. I work at being a role model for staying safe and connected.

Today, I build healthy online habits and balance my screen time with face-to-face communications. My social media activities have a positive impact on others and myself.

REFLECTION QUESTIONS

1

How can I ensure my social media usage is positive and constructive?

2

What are some ways I can balance my screen time with face-to-face interactions?

3

How does responsible social media use enhance my relationships and personal growth?