

Questions for Reflection

A Healthy Selfie ... Navigating the Online World



How do you feel after you spend time on social media? Does it empower you, refresh you, energize you, or does it leave you feeling less than?

Do you use social media for a distraction? What is it that you want to be distracted from?

What do you share on social media and why?

Does the amount of likes a post receives affect your mood or your perception of what you post?