



## *Social Media Plan*

*My criteria for things or people I choose to like or follow:*

Ex. What hobbies or activities bring me joy? Who makes me smile? What makes me laugh?

*Time of day best suited for social media use:*

Ex. Once my homework is done, on the bus on the way to school, etc.

*Time limit I set for social media use per day:*

Ex. I set a timer for ten minutes.

*Questions I ask myself before I share to social media are:*

Ex. Will I regret posting this in five years? Does this post make me feel confident? Etc.

*How I will know I may need to take a break from social media:*

Ex. I feel upset after scrolling social media, I scroll social media instead of taking care of myself, etc.