

Reflection



Promoting social media wellness is all about developing awareness and encouraging open communication between teens and their families.



We hope you have enjoyed this lesson and the opportunity that it provided to talk about social media and the role that it plays in your life.

Please take the opportunity to reflect on the following questions.



1. This presentation was entitled “10 Things I Wish My Parents Knew About Social Media.” If we changed it to “11 Things” what additional point would you add? Why is that significant?

2. Which statistic/fact from the presentation or the reading surprised you most? Why?

3. What social media tips from the presentation resonated most for you and your parents? How could you apply it to your own situation?

4. The year is 2050, and you have children of your own. Describe how social media has changed, and what you would do differently as a parent.