

Social Media Perspectives

NAME _____

DATE _____

Part 1: How Do Social Media Platforms Affect Your Mood?

As you watch the **KQED Above the Noise** video, capture your thoughts in the notes tracker below. You should identify a minimum of three key takeaways and one comment in each of the other sections.

Key Takeaways	Questions I Have
we use social media a lot, and it is changing the way our brains process information. we can't treat all social media platforms the same. The impact largely depends on how and with whom you're using it. Correlation vs. causation: Based on several research studies, there may be a correlation between Facebook use and depressed mood, but not necessarily causation. How we feel when using social media has a lot to do with how (and with whom) we're using it. Passive use is associated with depressed moods, and active use is associated with positive moods.	
My experiences with social media are similar because ...	My experiences with social media are NOT similar because ...



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Part 2: Action Plan

1. Overall, how does social media make you feel?

Answers will vary.

2. When does it make you happiest? Be sure to explain what you're using, how you're using it, and how much you're using it when you have this feeling.

Answers will vary.

3. When does it make you the least happy? Be sure to explain what you're using, how you're using it, and how much you're using it when you have this feeling.

Answers will vary.

4. What is one concrete step you can take in your daily life to make your overall experience with social media happier?

Possible answers include: I will stop checking my phone 30 minutes before bed so I can wind down and get more sleep, or I will unfollow people who make me feel bad about myself.

