# Skill-Building Challenge Worksheet: Keeping Myself Safe on Social Media

Name: Blank Class: Blank Date: Blank

Reflect on your own social media habits. If you are not allowed to use social media, partner up with someone who does and help them. Answer each question below and then complete the final task.

**1.** How often do you use social media?

**2.** What social media do you use?

**3.** Why do you use social media?

**4.** What actions do you take to help you to stay safe on social media? What things do you do that might not be safe?

**5.** What steps could you take to change your behavior so that it is safer? Identify as many specific actions as you can.

**6.** Create a way to track your social media behaviors (e.g., a daily checklist you can fill out). Include everything you already do that keep you safe as well as what you should be doing differently.

Final task: Log your social media behaviors for one or two weeks and reflect on how, or if, your behaviors improved and became healthier. If you are working with a partner, check in with them each day to see how they are doing with their behaviors.