

Social Media Clean Up

STEP 1

Social media is a tool that is becoming more and more powerful in today's world, in both a personal and professional light. Due to the increasing influence that social media has on how people live and communicate, it is important to understand the risks and barriers that exist when using social media. This lesson will help you evaluate your own use of social media and give you the opportunity to implement new barriers to prevent risk or harm to your personal or professional life.

Informational Security: Protecting information and information systems from unauthorized access, use, disclosure, disruption, modification, or destruction in order to provide integrity, confidentiality, and availability.

Social Media Platform: Technology which allows the sharing and interaction of users who form an online community.

Profile: A profile created by an individual or business to share information about themselves and to connect with others.

Presence: Refers to how an individual or company posts and engages on all their social media accounts.

***Definition sourced from: American Psychological Association*

In the space below, write any thoughts/opinions/ideas you currently have about social media (i.e. pro/cons, do you use it, is it important, what sites do you use, etc.).

Try to fill the box with your ideas!

STEP 1

Your Social Media Reflection

Answer each prompt below based on your own usage of social media. If you don't use social media, try

finding statistics on a local, national, or age-range basis and see if you can fill it in!

Instagram

Do you use it?

☐ Yes ☐ No

What do YOU use it for?

- ☐ Stay up to date with news and current events.
 - ☐ Find funny or entertaining content.
 - ☐ Fill up spare time.
 - ☐ Stay in touch with what my friends are doing.
 - ☐ Share photos or videos with others.
 - ☐ Research products to buy.
 - ☐ General networking with other people.
 - ☐ Because a lot of my friends are on them.
 - ☐ Share my opinion.
 - ☐ Meet new people.
-

Do you think it is more HELPFUL or HARMFUL?

☐ Helpful ☐ Harmful

Twitter

Do you use it?

☐ Yes ☐ No

What do YOU use it for?

- ☐ Stay up to date with news and current events.
 - ☐ Find funny or entertaining content.
 - ☐ Fill up spare time.
 - ☐ Stay in touch with what my friends are doing.
 - ☐ Share photos or videos with others.
 - ☐ Research products to buy.
 - ☐ General networking with other people.
 - ☐ Because a lot of my friends are on them.
 - ☐ Share my opinion.
 - ☐ Meet new people.
-

Do you think it is more HELPFUL or HARMFUL?

☐ Helpful ☐ Harmful

Facebook

Do you use it?

☐ Yes ☐ No

What do YOU use it for?

- ☐ Stay up to date with news and current events.
 - ☐ Find funny or entertaining content.
 - ☐ Fill up spare time.
 - ☐ Stay in touch with what my friends are doing.
 - ☐ Share photos or videos with others.
 - ☐ Research products to buy.
 - ☐ General networking with other people.
 - ☐ Because a lot of my friends are on them.
 - ☐ Share my opinion.
 - ☐ Meet new people.
-

Do you think it is more HELPFUL or HARMFUL?

☐ Helpful ☐ Harmful

TikTok

Do you use it?

☐ Yes ☐ No

What do YOU use it for?

- ☐ Stay up to date with news and current events.
 - ☐ Find funny or entertaining content.
 - ☐ Fill up spare time.
 - ☐ Stay in touch with what my friends are doing.
 - ☐ Share photos or videos with others.
 - ☐ Research products to buy.
 - ☐ General networking with other people.
 - ☐ Because a lot of my friends are on them.
 - ☐ Share my opinion.
 - ☐ Meet new people.
-

Do you think it is more HELPFUL or HARMFUL?

☐ Helpful ☐ Harmful

Snapchat

Do you use it?

☐ Yes ☐ No

What do YOU use it for?

- ☐ Stay up to date with news and current events.
 - ☐ Find funny or entertaining content.
 - ☐ Fill up spare time.
 - ☐ Stay in touch with what my friends are doing.
 - ☐ Share photos or videos with others.
 - ☐ Research products to buy.
 - ☐ General networking with other people.
 - ☐ Because a lot of my friends are on them.
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 - ☐ Meet new people.
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Do you think it is more HELPFUL or HARMFUL?

☐ Helpful ☐ Harmful

Debate Question

Choose a stance for the following question and provide three reasons for why you have formed that opinion or stance (you may do research for this, but it is not required).

Is it possible for a teen growing up in the world right now to have a social life/social circle/friends/etc. without having any presence on social media?

Stance

Reason #1

Provide reasoning for your answer.

Reason #2

Provide reasoning for your answer.

Reason #3

Provide reasoning for your answer.

BONUS POINTS

Click the link below to read an article about social media screenings, then complete the activity that follows.

[Read about Social Media Screenings](#)

- 1) What are some ways that social media can be **HELPFUL** for employees or job candidates according to this article?
 - 2) What are some ways that social media can be **HARMFUL** for employees or job candidates (if they aren't careful or smart about their posts)?
 - 3) Can you think of a time in your own use of social media when you posted something that you regretted? Was it something that could impact a career, college, future choice?
 - 4) If you were an employer, would you look at your employee/job candidate's social media profiles? What kinds of things would you consider to be means for firing or not hiring someone?
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