

# AM I USING SOCIAL MEDIA SAFELY?

#SAFESOCIAL

When you think of social media consumption like the consumption of alcohol, you must start by asking yourself these reflective questions. Imagine how you might answer if it were alcohol or drugs.

## So, How are you using?

**Check 'Yes' or 'No' to each question for both alcohol/sex and social media, and then compare.**

Question	Alcohol/Sex		Social Media	
	Yes	No	Yes	No
1. Do I consume social media because I <i>need</i> it instead of <i>want</i> it?				
2. Do I dislike social media but 'do it anyways' because that's what's 'normal'?				
3. Do I use social media because I genuinely enjoy it?				
4. Do I make sure that what I'm consuming is genuinely positive or adding value to my life?				
5. Have I ever been peer-pressured into it or peer-pressured others into using? (Eg. Did you join because all your friends were or has anyone ever said "You have to be on TikTok.")				
6. Has anyone ever made me, or have I ever made anyone else, feel uncomfortable for choosing to abstain from having social media altogether? (Eg. Saying, "Oh my gosh, you're NOT on Instagram?!" or "It's so weird that he doesn't have a Snapchat account.")				
7. Have I ever let social media consume my life or harm relationships with others in my life?.				
8. Have I ever overdosed on social media and spent too much time there/did not remember what I did?				
9. Am I addicted to social media? (Try our self-assessment today: <a href="https://bit.ly/SafeSocialAddictionTest">bit.ly/SafeSocialAddictionTest</a> )				
10. Ultimately, do I consume responsibly and safely?				