

Responsibility Reflection Sheet

Practicing a Sense of Responsibility when using Social Media

From Mindfulness for Teen Worry: Jeffrey Bernstein

Many students say that Social Media offers a way to stay connected with friends and classmates especially during these unique school days.

- Make connections
- See the responses to your posts

It is very important to value the responsibility you have to yourself when using social media

- Your parents or guardians should always be aware (and give specific permission) of the sites you use and which platforms you are part of.
- Be cautious of filters used to isolate your interests (do not view anything you are unsure of). Many of the Social Media platforms have age recommendations/restrictions

Responsibility with Self-Valuing Intentions:

- Focus on your feelings and reflections before you post.
 - Am I satisfied with this post?
 - Do I have second thoughts or concerns?
 - Does this post break any rules established with my parents/guardians?
 - Did peer pressure have anything to do with this post?
 - Is this kind?
 - Can this post be harmful to myself or others?

Cara's Story:

Cara was so excited when she turned twelve her parents let her have a cell phone. A cell phone can be very exciting. She knew she could call, text, Snap, check posts, see pictures/videos and view posts on many different sites. Cara was very excited to start her adventure. "But wait, stop for a second," Cara said to herself. "How do I get started and what is right for me to view?"

How does Cara get started?

X Cara should never start randomly browsing the internet and different sites.

This can be very dangerous.



Parents must be involved at every step of the process.



Cara's parents should enable passwords and use parental blocks to make sure the sites are appropriate.

If Cara sees something posted that is inappropriate or makes her feel uncomfortable, what should she do?



Cara should never view it or continue on the site.



Cara needs to find a trusted adult (parent/ guardian) to remove the unsafe site.