

Student's Journal

Student Name: _____
(Team leader)

Date: _____

Based on the video you just watched, please answer the questions below.

Question	My Answer
Do you use social media? (Yes or No) Which app do you use the most? How long have you been using that app?	
What are the benefits of using social media?	

Side Quest: Social Media



<p>If you were asked to uninstall the app for a week, would you be ok / not ok with it and why?</p>	
<p>Are you living in the Insta world or the real world or a bit of both? What makes you say so?</p>	
<p>What is the most challenging part about a social media detox?</p>	