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SKILLS CHART

Story #	1	2	3	4	5	6	7	8	9	10	11	12	13
Apply		X						X	X			X	
Analyze		X		X	X						X	X	
Author's Viewpoint			X				X						
Cause and Effect						X			X				
Compare/Contrast			X	X						X	X	X	
Describe							X		X				X
Draw a Conclusion		X			X								
Evaluate			X		X								
Form an Opinion	X				X	X					X	X	
Inference							X	X					
Locate Information	X	X			X	X			X	X			X
Main Idea	X						X		X		X		X
Make Generalizations		X		X		X					X	X	
Problem/Solution	X			X			X	X					X
Research			X	X		X		X		X			
Sequence													X
Summarize			X					X		X			
Use Context to Find Meaning	X									X			



Why Isn't My Life as Exciting and Perfect as Everyone Else's on Social Media?

Social media can be a lot of things. It can be a fun way to connect with friends and family. It can be a way to express yourself. It can also leave you feeling left out and lonely. It can even be dangerous.

Sam is the local expert on social media. She helps teens navigate the different platforms. She helps them use their social media in positive ways.

She can give you some ideas on how to avoid common mistakes.



Sam says:

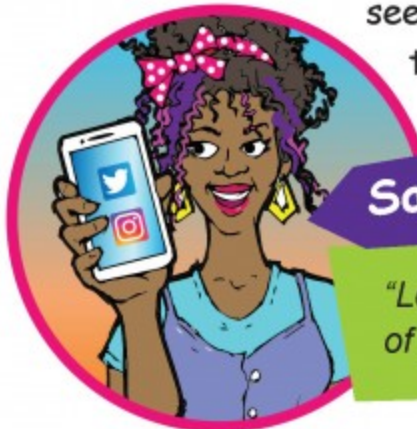
"No one's life is as wonderful as they make it look on social media. Some shots are even staged to make it look like something fun is happening."

Everyone's Life Seems Better

We've all been there. When we don't know what else to do, we scroll through Instagram, Tik Tok or Snapchat. It seems like everyone else is on a beach. Or on vacation. Or at a party. Or has the cutest puppy. And we are at home alone in our pajamas. It isn't fair!



What most people put up on social media is only what they want the world to see. They don't want you to see their acne, so they don't take a picture that day. They don't want you to see them crying over a breakup, so they don't post it.



Sam says:

"Look at your own posts. How much of your real life do they show?"

Everything Is Not as It Seems

Not many people post pictures of themselves with Cheeto dust on their fingers. Or sitting at home alone with sweatpants on. What you see are the highlights of people's lives. Times when they look good and are having fun. Social media doesn't always show the sadness that others are feeling. Or the messiness in their lives.

Do Something Else

When you feel like everyone is having more fun than you, there are some things you can do. If you are craving screen time, you could look up comedy or cute animals on YouTube or TikTok. If these don't make you smile, you can and SHOULD walk away from social media for a while.



Life Before Social Media

You've heard older adults say it. And it's annoying. But there really was life before social media. If you wanted to catch up with someone you picked up the phone. The phone that was attached to the wall! If someone had a great party that you weren't invited to, you never even found out. And when someone you didn't know went to Hawaii, you definitely didn't have to look at their pictures!



Teen Tip...

Social media should be fun. When it isn't, walk away!

Name _____

Use information from pages 1 and 2 to answer the following questions.

Write your answers in complete sentences.

1. Write the sentence in the first paragraph that tells how social media can sometimes leave you feeling.

2. Write the sentence in the second paragraph of the "Everyone's Life Seems Better" section that tells what most people post on social media.

3. Write the sentence in the "Everything Is Not as It Seems" paragraph that tells what social media doesn't always show.

4. Write the sentence in the "Do Something Else" paragraph that tells what you should do if comedy videos don't make you smile.

5. Write the sentence in the "Life Before Social Media" paragraph that tells what people used to do if they wanted to catch up with someone.



It's Called Social Media. Privacy Is Beside the Point, Right?



Sam says:

"Use your privacy settings. Be careful who you share with on social media."

It's fun to share everything that is going on in your life. But everyone doesn't have good intentions. Keeping your posts just between you and your friends helps to keep you safe.

Privacy Settings

Every social media platform has levels of privacy settings. It is a good idea to choose "private" rather than "public". This gives you control. It is up to you who can see your posts.

Location Tagging

It's not always a good idea to let everyone know where you are. You can turn off location services in your phone settings. Look at location settings for each specific app as well. When you post something, signs or landmarks can also give your location away. Sometimes this is fine. It is just something to be aware of.



Fake Friends

Did you know that some people will make up fake accounts to get to know you? They might pose as a friend of your friend. Or as someone that goes to your high school. Their goal is to trick you into thinking they are your friend. Think carefully about who you friend online.

Never agree to meet someone in person that you have only friended online. Never give out personal information to someone online. These rules could save your life. Take them seriously.



Sam's Social Media Review Checklist



Sam says:

"Here's a reminder of the top things to be aware of when using social media."

- ✓ Enjoy your time online with your friends.
- ✓ Keep an eye on your privacy settings and make sure you are comfortable with them.
- ✓ Remember that location tagging and landmarks can give your location away.
- ✓ Keep personal information personal to stay safe online.
- ✓ Remember social media comments, pictures and videos can last forever. Try to leave an impression that your future self would be proud of.
- ✓ FOMO (fear of missing out) is real. And it can hurt. Try to remember that no one's life is as perfect as their social media leads you to believe. Not only did they take that picture 50 times, they probably put a filter on or edited the best one.
- ✓ Kindness matters IRL and on Social Media.
- ✓ Remember: Facts can be proven. Opinions are beliefs. A viewpoint is usually based on an experience. When you are reading the news be aware that all three can be included in the story.