

SOCIAL MEDIA

Statements sheet

1. Using social media is a great way to pass time.

◀.....▶
disagree agree

2. Social media apps can be used to enhance creativity.

◀.....▶
disagree agree

3. Having constant notifications of news updates is great for my wellbeing.

◀.....▶
disagree agree

4. Scrolling apps late at night can interrupt your sleep routine.

◀.....▶
disagree agree

5. Social media can connect you to new groups.

◀.....▶
disagree agree

6. You can learn new things like recipes and exercises from social media accounts.

◀.....▶
disagree agree

7. Following influencers and celebrities creates life-comparisons.

◀.....▶
disagree agree

8. Social media gives a voice to the voiceless.

◀.....▶
disagree agree

9. Social media helps to keep me up to date on what is happening in the world.

◀.....▶
disagree agree

10. Social media is good for preventing boredom.

◀.....▶
disagree agree