

### REMINDER!

Critical thinking means not believing everything you see or read on social media.



### When you log on to social media...

Stop, settle down.  
Ask yourself questions.  
What are your intentions?  
What are you here for? How do you feel?



### When you log off...

Notice what's going on inside you.  
How does social media make you feel and behave?  
Choose the pages you like and the people you follow very carefully.  
Figure out what they bring you.



### REMINDER !

Remember that you have an influence over your virtual environment. When you log on to social media, take a minute to breathe and settle down.

### HORS-PISTE CHALLENGE

Ask yourself about your use of social media.  
Apply 2 strategies to use social media wisely... and share them with you peers.

