

TAPPING INTO YOUR CRITICAL MIND!

Workshop 10

REFRESHER



Critical thinking means not believing everything you see or read on social media! Be wary of the information you come across and know how to assess its credibility.

Your turn!

Use these strategies for **responsible social media use**:

- * Use your critical thinking;
- * Take breaks and notice how you feel;
- * Choose the pages you like and the people you follow very carefully;
- * Take a moment to think before posting or sharing;
- * Limit how much personal information you disclose and share online;
- * Try going offline for a few hours or a few days;
- * Follow the “3 zeros” rule: zero screens while getting ready in the morning, zero screens during meals, and zero screens in your bedroom;
- * Turn on the “Screen Time” feature on your cell phone to see how many minutes you use it each day.

OFF

TRAIL



OFF-TRAIL Challenge

This week...

- 01 Think about how you could improve or change your social media habits to be more effective;
- 02 Try at least two strategies to accomplish this goal;
- 03 Talk to your friends about it.

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