

## My Social Media Use

Social Media Application	Amount of Time Spent Online, or the Amount of Time You Would Spend Online if You Could	Positive and Negative Impacts on Daily Life
Example: Instagram	53 minutes per day	Positive impacts: Keeps me connected to my family and friends
		Negative impacts: Less time to do hobbies
1.		Positive impacts:
		Negative impacts:
2.		Positive impacts:
		Negative impacts:
3.		Positive impacts:
		Negative impacts: