

# SOCIAL MEDIA SELF AUDIT

*Name:*

*Date:*

Directions: Use the rubric below to self-assess your social media use and determine how you can improve in each of the different areas.

*App:*

CATEGORY	ALWAYS 4	SOMETIMES 3	RARELY 2	NEVER 1
<b><i>Purposeful Use</i></b>  I use social media with clear goals and purposes (e.g connecting, education, entertainment).	ALWAYS	SOMETIMES	RARELY	NEVER
<b><i>Time Management</i></b>  I am aware of the time I spend on social media and set limits to prevent overuse.	ALWAYS	SOMETIMES	RARELY	NEVER
<b><i>Emotional Impact</i></b>  I am mindful of how social media content affects my emotions and take steps to manage negative feelings.	ALWAYS	SOMETIMES	RARELY	NEVER
<b><i>Privacy &amp; Security</i></b>  I regularly review and update my privacy settings and am cautious about sharing personal information.	ALWAYS	SOMETIMES	RARELY	NEVER

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<b><i>Content Consumption</i></b>  I follow accounts that inspire, educate, and uplift me rather than those that trigger negative emotions.				
<b><i>Critical Thinking</i></b>  I critically evaluate the information and content I encounter on social media, checking for accuracy and bias				
<b><i>Balance &amp; Well-being</i></b>  I maintain a healthy balance between my online and offline life, ensuring social media does not interfere with my daily activities and responsibilities.				
<b><i>Respect for Others</i></b>  I respect others' privacy and opinions on social media, and avoid engaging in harmful discussions.				
<b>AREAS TO IMPROVE</b>				