



**Getting the Reps with:
WNBA Player Kelsey Plum**

Healthy Social Media Habits

Key Takeaways

- Social media can help you connect with people and learn new things. It also can invite unhealthy comparison and drama.
- When you see negative comments you have the option to continue to give the hate back or take it and smile. If you feel like it's affecting you and your mental health, though, tell someone.
- One good practice is to set boundaries for yourself. You can choose blocks of time or activities during which you won't check your social media.

Things to Think About

- How do you feel that social media use is affecting you, negatively and/or positively?
- What are some boundaries that you might want to set for yourself?

Ways to Practice

- Pick one boundary to set this week -- blocks of time or activities during which you won't check social media.
- Next time you see a negative comment or when you find yourself wanting to post something negative, think of a way you can respond without spreading the hate.

