

Making Neuroscience Fun

A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

Social Media: Be Real & Be Healthy (🌈 A Social Health Story) (5th Grade – 10-11 yrs.) Power Your Brain Challenge Questions



1. What is important to remember about social media? Slide 3
- A. Everyone should have it to keep up with what is going on.
 - B. It is a tool that by itself is neither good nor bad.
 - C. It is never helpful in any situation.



2. Which is an example of a benefit of social media? Slide 4
- A. It can make people feel connected to those who are far away.
 - B. You do not know what is real or fake.
 - C. It takes time away from your friends and family.



3. A negative effect of social media is that you cannot “see” the effects of what you are sharing with others, and you may be hurting someone’s feelings when you did not intend to do that. Slide 5
- A. True
 - B. False



4. What is an example of how social media is not always real? Slide 7
- A. Filters can be used to change the way pictures look.
 - B. Videos and photos can be edited to change the content or location.
 - C. Both A and B are correct.




5. Being nice to others is always more important than being nice to yourself. Slide 8
- A. True
 - B. False





6. Which of the following is NOT good for your self-esteem? Slide 9
- A. Doing things to the best of your ability and trying your hardest.
 - B. Asking for help when you are not feeling good about what you are doing.
 - C. Doing something just because you saw it on social media, and it makes you feel uncomfortable.



7. What is true about friendships? Slide 10
- A. Sometimes friends must compromise.
 - B. You should always do something for your friend regardless of how it makes you feel.
 - C. You only need online friends or real-life friends, not both.

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8. What should you do if you do not feel comfortable doing something, but all your friends are? Slide 11
- A. Do it anyway so they will not laugh at you.
 - B. Trust yourself and do not do it.
 - C. Go along with them so you do not feel left out.

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9. Scientists have done experiments and found that when people act, look, or say things on social media that do not match the way that they act, look, or think, then those people do not have very good self-esteem and do not feel good about themselves. Slide 12
- A. True
 - B. False

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10. What are examples of how social media can positively impact face-to-face, human social interactions?
Slide 14
- A. FaceTime and Zoom
 - B. YouTube and Instagram
 - C. Twitter and TikTok