

Quick Connect: Social Media 101

Learning Objectives:

1. Identify automatic thoughts that may lead to problematic social media use
2. Recognize potential consequences of unsafe social media behaviors

Part 1: Opening (1 minute)

"Hey, I wanted to check in about something that affects most of us these days: how we use social media. Our online choices can impact our lives more than we might realize. Let's take a few minutes to think about how you're navigating social media."

Part 2: Quick Thought Identification (1 minute)

"Social media often triggers automatic thoughts that can influence our behavior. Do any of these sound familiar to you?"

- 'I need to respond right away'
- 'Everyone else seems to have a perfect life'
- 'I won't be liked if I don't get enough likes'

What thought comes up for you most often when you're using social media?"

"Those thoughts can lead to feelings like anxiety, FOMO, or pressure that might push us toward impulsive posting or other behaviors that don't really represent our best selves."

Part 3: Consequences & CBT Tool (2 minutes)

"Quick decisions online can have lasting consequences. What you post can affect:

- Future opportunities like school or jobs
- Your relationships
- Your privacy and safety
- How you feel about yourself afterward

When you notice those automatic thoughts pushing you toward posting something you might regret, try this simple technique:

- Pause & Breathe: Take 10 seconds before posting
- Check the Track: Ask 'What am I feeling right now? Is something triggering me?'
- Rewind: Consider 'What do I really need in this moment?'
- Play: Put your best decision into action

This quick mental check can make a big difference in creating a digital footprint you'll feel good about."

Part 4: Commitment & Closing (1 minute)

"Before we wrap up, what's one small thing you can commit to trying this week when it comes to your social media use?"

"Remember, what you put online matters, and you have the power to shape it in a way that truly represents who you are and who you want to be."