

# SOCIAL MEDIA:

WHAT IT'S GREAT FOR AND WHAT IT'S NOT SO GREAT FOR

HOW TO MAKE THE MOST OF SOCIAL MEDIA—AND AVOID LETTING IT REPLACE IMPORTANT THINGS.

## GREAT FOR...



**SPREADING SOME KINDNESS**  
(LIKE POSTING OR COMMENTING WITH COMPLIMENTS).

MEETING PEOPLE YOU NEVER WOULD HAVE ENCOUNTERED IN PERSON AND MEETING NEW FRIENDS WITH SIMILAR INTERESTS.

KNOWING GENERALLY WHAT'S UP IN YOUR FRIENDS' LIVES.



**STAYING CONNECTED WITH FARAWAY FAMILY AND FRIENDS**  
(AND FINALLY BE ABLE TO REMEMBER ALL YOUR LITTLE COUSINS' NAMES).

**CAT VIDEOS.**  
'NUFF SAID.



**QUICKLY INVITING PEOPLE TO A SPONTANEOUS HOT-DOG ROAST.**



**SHOWING EVERYONE YOUR AWESOME NUNCHAKU SKILLS**  
(OR JUGGLING SKILLS OR SINGING SKILLS OR BAKING SKILLS...).



**SEEING PHOTOS OF AWESOME STUFF**  
(LIKE DELICIOUS-LOOKING BROWNIES).



QUICK-AND-EASY ACCESS TO A MASSIVE TANK WHENEVER YOU WANT TO KICK YOUR MAC 'N CHEESE UP A NOTCH OR NEED HELP BRAINSTORMING AWESOME FHE ACTIVITIES.



## NOT-SO-GREAT FOR...

A SAFE PLACE TO GO SUPER DEEP IN A CONVERSATION.

**GOING BOWLING OR SWIMMING OR WALKING IN THE PARK, WATCHING YOUR HIGH SCHOOL TEAM PLAY, ATTENDING A THEATER, OR FEELING THE WEATHER**



DETECTING SOMEONE'S TONE OF VOICE.

**READING THE EMOTIONS ON SOMEONE'S FACE.**



**ACTUALLY EATING A BROWNIE.**



**FINDING AN ACTUAL SHOULDER TO CRY ON.**

**REALLY SEEING THE COMPLETE PICTURE OF WHAT'S GOING ON IN PEOPLE'S LIVES.**



**GOING ON A DATE**



**REPLACING FACE-TO-FACE CONVERSATIONS.**