The Impact of Social Media

1. In what ways does social media contribute to mental health issues such as anxiety, depression, or loneliness?
2. Have you noticed any changes in your mood after spending time on social media?
3. Do you think social media has made it easier or harder to stay connected with friends and family?
4. How do social media algorithms impact the content we see?
5. Have you ever encountered misinformation on social media? How did you react?
6. What is the impact of social media on body image and self-esteem, especially among teenagers and young adults?
7. What are the effects of social media on privacy, and how can individuals protect their personal information online?
8. In what ways does social media influence our perceptions of reality and the truth?
9. Do you think social media is a good source of news? Why or why not?
10. What are the positive impacts of social media on global connectivity and cultural exchange?
11. Do you follow any influencers or celebrities on social media? Why or why not?
12. Have you ever made a purchase based on something you saw on social media?
13. How do you think social media affects young people compared to older generations?
14. Have you ever taken a break from social media? If so, how did it impact you?
15. Do you think there should be more regulation on what can be shared on social media platforms?