

Name: \_\_\_\_\_

### Peer Influence and social media

Although peer influence peaks in adolescents, adults are not immune to the potential consequences of the atmosphere they surround themselves with. This worksheet is intended to help parents and children reflect on their social media habits and bring attention to how we use social media

1. Why do you use social media?
2. How does using social media make you feel?
3. In your own words, what is peer influence?
4. Based on the definition you provided, do you think that you are influenced by what your peers post online?

\*After you have completed questions 3 and 4, please check the footnote on page two for the formal definition!

5. What are a few examples of negative peer influence? Where do you see these throughout the day?
6. What are some examples of positive peer influence? Where do you see these throughout the day?

For the following exercise, pick a popular social media app (TikTok, Instagram, Facebook) four times throughout a day and write down what you see, why you are on social media, if you see or interact with any content that sparks negative emotions, or if you see or interact with content that sparks positive emotions, and how the overall interactions made you feel.

**Check in #1:**

Name: \_\_\_\_\_

**Check in #2:**

**Check in #3**

**Check in #4:**

**Any final take-aways or thoughts? :**

Peer influence is when you choose to do something that you would not otherwise do because you want to feel accepted and valued by your friends