

# Posting On Social Media

## Worksheet For Teens



This worksheet is designed to help you reflect on how you use social media and what interactions could be considered risky. “Posting” refers to sharing any type of content (text, images, videos, etc.) on a social media platform—such as Snapchat, TikTok, Instagram, Facebook, and more.

*Complete these examples and use the last row to create your own scenario!*

Behavior/Action	Why Would Someone Do This?	Potential Positive Consequences	Potential Negative Consequences
Posting a picture of you with friends at an event	To share their life on social media	Lots of people see it and “like” the picture	A friend who wasn’t in the picture feels left out
Posting a picture of yourself looking “good”	To get validation from other people	People compliment them on how they look	
Responding to a picture someone else posted	To share what they think and participate in the conversation		
Responding in a sarcastic way to someone’s post			
Receiving a picture that is very personal, offensive, or even illegal			
Forwarding a picture that is very personal, offensive, or even illegal			