

Social Media in My Life

Chart to track usage and impact over 24 hours or one week.

App	Time of Day/ Time Spent	Observations	How it Made Me Feel
Instagram	30 mins morning and evening/ intermittent	Group of friends shared new clothes	Felt bad that I couldn't afford the same
Snapchat	45 minutes spread throughout the day	Kept getting notifications while trying to do homework	Frustrated by distraction and impact on my final product
Tik-Tok	1 hour in bed	Watched live video of new creator and then went through similar ones	Felt good but couldn't sleep – tired and frustrated next day
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The above chart is derived from the Center for Humane Technology's Youth Toolkit: [Social Media and the Brain.](#)