

STAYING NNECTED

ins & outs of
social media

survey says talking with friends is the #1 thing teens do on social media based on 241 students surveyed.

139 **13** **65** **24**

talk with friends post content watch content other

24/7

It's very hard to go without [social media] because I am on it all of the time. I socialize and watch content to fill my day, especially during the pandemic.

—BRITTANY, HARLAN COUNTY HIGH SCHOOL [KY]

pandemic necessity

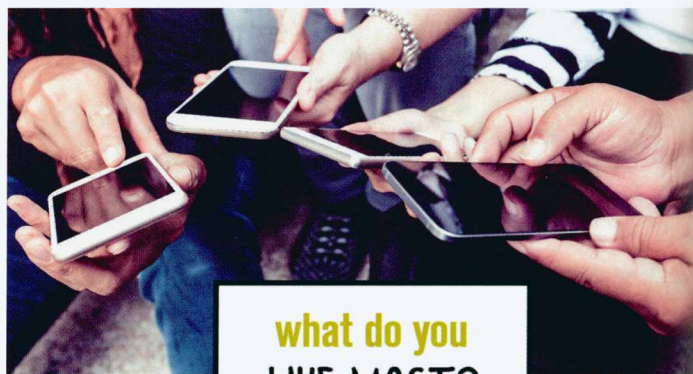
How has social media made you feel more connected to your community during the pandemic?

Social media has allowed me to see how my other friends were dealing with the pandemic and to have conversations about it. Those conversations made me feel like my emotions were valid, that feeling angry wasn't such a bad thing if others were also feeling it.

—GERARDO, ADDISON TRAIL [IL]

Social media has helped me find new ways to cope with quarantine. I was able to find resources that helped me stay busy and productive.

—ADELYNN, HERDIE TRASK HIGH SCHOOL [NC]



what do you LIKE MOST?

My favorite part about social media, specifically *Instagram*, is probably being able to post things that I can look back on and have memories of. I also love photography and traveling so I can record where I go and what I see and share that with friends.

—CLARICE, THE ROCK ACADEMY [CA]

I like how much of a community can be created so easily. How much you can support someone on the other side of the world with just a few words and an ear to listen.

—ALEXANDER, AITE [CT]

I like the funny videos on social media.

—OLIVIA, CYPRESS LAKE HIGH SCHOOL [FL]

The potential it has to educate and connect people. I've always thought that a lot of people's issues stem from a lack of those two things, and the fact that social media has the potential for bridging these gaps is super exciting!

—ELLA, BALTIC HIGH SCHOOL [SD]

The endless number of games you can play.

—ARAGAIL, ARKANSAS SCHOOL FOR THE BLIND AND VISUALLY IMPAIRED [AR]

I love watching my favorite influencer's content.

—AMELIA, SACRED HEART [MO]