

# My Social Media Use Agreement

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

I, \_\_\_\_\_, agree to use social media responsibly and in a way that promotes my well-being. I will adhere to the following guidelines:

## 1. Time Management

- I will limit my daily social media use to \_\_\_\_\_ hours per day.
- I will not use social media during these times: \_\_\_\_\_

*Example: No devices during meals, no social media after 9 PM*

- Other time management strategies I'll use:

\_\_\_\_\_  
\_\_\_\_\_

## 2. Content Interaction

- I will unfollow or mute accounts that make me feel: \_\_\_\_\_
- I will engage more with content that: \_\_\_\_\_

*Example: Unfollow accounts that promote negative self-image, engage more with educational content*

- My personal rules for content interaction:

\_\_\_\_\_  
\_\_\_\_\_

## 3. Privacy and Security

- I will review my privacy settings on: \_\_\_\_\_
- I will be careful not to share: \_\_\_\_\_

*Example: Review settings monthly, don't share personal address or phone number*

- Additional privacy measures I'll take:

\_\_\_\_\_  
\_\_\_\_\_

## 4. Emotional Well-being

- If social media makes me feel \_\_\_\_\_, I will \_\_\_\_\_
- My go-to self-care activities when overwhelmed are: \_\_\_\_\_

*Example: If it makes me feel anxious, I'll take a 30-minute break; go for a walk, practice deep breathing*

- Other strategies to maintain my emotional well-being:

\_\_\_\_\_  
\_\_\_\_\_

## 5. Positive Engagement

- I will use social media to connect with others by: \_\_\_\_\_
- I will share content that is: \_\_\_\_\_

*Example: Messaging friends directly, sharing uplifting news or personal achievements*

- My ideas for positive social media engagement:

\_\_\_\_\_

\_\_\_\_\_

## 6. Accountability

- I will share this agreement with: \_\_\_\_\_
- I will review and update this agreement every: \_\_\_\_\_

*Example: Share with a parent or friend, review monthly*

- How I'll hold myself accountable:

\_\_\_\_\_

\_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Remember, this agreement is flexible and can be adjusted as your needs and circumstances change. Keep thinking about what works best for you and adjust as needed.