Name _____   Class _____

Note-Taking Graphic Organizer

Text Title	Examples and Evidence that show the BENEFITS of social media (Paragraph #)	Examples and Evidence that show the RISKS of social media (Paragraph #)
This is Your Brain on Instagram by Kelly McSweeney		• *"Statista reports that the average person spends 135 minutes on social media each day, following an upward trend of increasing time spent on social media each year." (1)* • *"After three weeks, the participants who limited social media said that they felt less **depressed** and lonely than people who had no social media limits." (2)* • *"Psychologist Melissa Hunt...explained, 'Using less social media than you normally would leads to significant decreases in both **depression** and loneliness.'" (3)* • *"Neuroscientists are studying the effects of social media on the brain and finding that positive interactions (such as someone liking your tweet) trigger the same kind of chemical reaction that is caused by gambling and recreational drugs." (5)*

Text Title	Examples and Evidence that show the BENEFITS of social media (Paragraph #)	Examples and Evidence that show the RISKS of social media (Paragraph #)
Teens Say Social Media Isn't As Bad For Them As You Might Think by Katie Notopoulos	• "a Pew Research Center report shows...81% of teens said it makes them feel more connected to friends, 71% said it helps them show their creative side." (1) • "69% said it helps them make friends and with a more **diverse** group of people, and 68% feel like they have people who support them through tough times." (1) • "71% say social media makes them feel included instead of excluded, and 69% say it makes them feel confident instead of insecure." (5) • "67% say it allows them to find a different point of view." (6)	• "Close to half (45%) of teens say they feel overwhelmed by drama on social media and 26% (a minority, but a sizable one) say that it makes them feel worse about their own lives." (8)
This Muslim-American Teen Turned his Suffering into a Full-fledged Battle against Stereotypes By Rae Paoletta		