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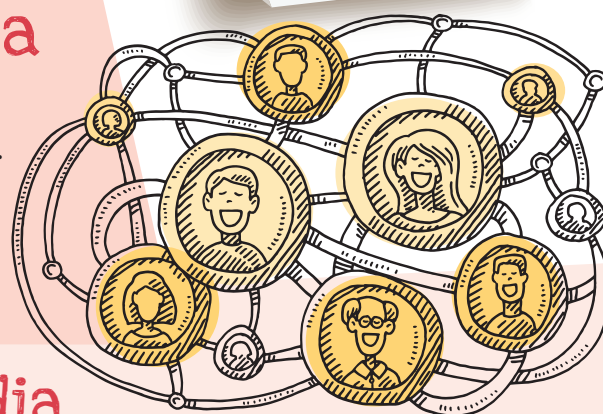


humility  
accountability  
integrity



## The power of Social media

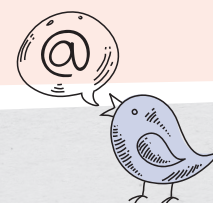
Social media does a lot of good for humanity, and young people can use social media to do a lot of good for others. Social media gives people a voice. It can be a place of encouragement and collaborative sharing; however, it can also remove us from 'being present' in mind, body and spirit in our interactions with other humans.



## How is Social media affecting your life?

There is a lot of good that can be achieved through social media and technology, but when we become immersed in a virtual reality, our ability to be productive, accountable and caring humans is affected.

- ⚡ We may not listen as actively.
- ⚡ We can ignore people.
- ⚡ We may not complete important tasks in time.
- ⚡ We can compromise our own integrity.



How often do you use social media?

- ☐ Rarely ☐ Most days ☐ Every day ☐ Every hour

How many Social Media platforms do you have accounts with?

- ☐ None ☐ At least 2 ☐ At least 3 ☐ At least 5

How would you feel if you didn't have access to Social Media regularly?

- ☐ Hakuna matata! ☐ OK ☐ I'd miss it, but... ☐ Lost ☐ Completely lost

# Is social media Compromising your integrity?

Your integrity is what makes you honourable as a person. It means you follow your own moral convictions and do what you think is right. In regards to social media, two questions to ask yourself are:

Does this post or photo damage my self-respect?

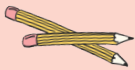
Is it true to who I am?

Identify a time when your, or someone else's, integrity has been compromised on social media.



## Are you living your best life?

A famous phrase is "everybody dies, but not everybody lives". It is important to stop and consider this: are you living your life to the fullest? Are you living your life behind a phone, in front of a video game or through a filter?



## How are you going to keep yourself accountable to living a full and humble life?



When using social media, I am going to:



"Human dignity is the same for all human beings: when I trample on the dignity of another, I am trampling on my own."  
— Pope Francis



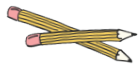
## Social media in Jesus' time

Jesus did not have access to social media in the way that we know it today. His form of social media were the VOICES of the people that he met. Jesus had to ensure that he maintained his personal integrity at all times, showing humility when relating with people.



## Blessings and social media

People who follow Jesus' example have blessed the lives of many in the world. Pope Francis uses social media platforms to bless the global Christian community. Others have utilised social media as a way of sharing the good news, conducting service for others or responding to the human needs of the marginalised.



What does the phrase "You are blessed" mean for you? -----

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"For this very reason, you must make every effort to support your faith with goodness, and goodness with knowledge, and knowledge with self-control, and self-control with endurance, and endurance with godliness."

2 Peter 1:5-6



Q

How can you use social media to impart blessings onto other people?

A



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# JOURNAL

Take your time to write your reflections on the importance of maintaining your personal integrity on social media.

