

# Social Media Addictions Discussion

Identify an individual you know who has a social media addiction (could be yourself). Briefly describe this person's addiction and how it affects their daily functioning **WITHOUT** any identifying information. Include their age range (ex. 20-23) and basic information (ex. full-time student, works full-time) but again, do not include any information where someone may be able to guess their identity.

Explain how this addiction may interfere with their life if they ignore this addiction. What steps do you think this person should take?

Respond to another post including your opinions. You will not be able to see other posts until your post your initial response.

**BE RESPECTFUL OF POSTS!!!!** If you are disrespectful in anyway, you will receive 0 for the assignment.