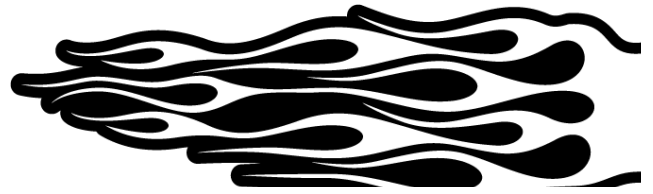


FLAME TEEN HANDOUT

Week 6 – Personal Boundaries and Social Media



For each category listed below, write down the things you are doing well, and the areas where you need improvement. Then, write a goal or two for each category.

Category	What I'm Doing Well	Where I Need Improvement	My Goals
Family			
Friends			
Work/School			
Spirituality			
Body			
Mental Health			

Thoughts On Social Media

How do I think social media helps me? (ie-helps me stay connected, etc.)

How do I think social media stops me from being who God wants me to be? (ie-comparisons, etc.)

What do I need to do to improve my social media interaction to become the person God wants me to be?



I Learned Statements – complete at least two of the sentences below

The image shows a collection of six sticky notes on a grey background. The sticky notes are arranged as follows:

- Top left: A large rectangular note with a spiral binding on the left edge. The text reads "I discovered. . ." followed by several horizontal lines for writing.
- Top middle: A rectangular note with a spiral binding on the left edge. The text reads "I learned..." followed by several horizontal lines for writing.
- Top right: A rectangular note with a spiral binding on the left edge. The text reads "I was reminded that. . ." followed by several horizontal lines for writing.
- Bottom left: A large rectangular note with a solid top edge. The text reads "The question I have is. ." followed by several horizontal lines for writing.
- Bottom middle: Two small rectangular notes stacked vertically, both with spiral binding on the top edge. They are currently blank.
- Bottom right: A large rectangular note with a dashed top edge and a spiral binding on the left edge. The text reads "I was surprised by. . ." followed by several horizontal lines for writing.