

Name \_\_\_\_\_

## When "Just Posted It" Becomes "Just Too Much"

We all post, text, and share - but sometimes we give away more than we realize. In this activity, you'll read 10 sample posts or messages and decide how safe (or overshared) each one is.



Rate each on **The Oversharing Scale**:

1 = Totally Safe      3 = Borderline      5 = Way Too Much Information

1. "Ugh, can't believe I left my keys at home again. Guess I'm locked out until Mom gets back from her night shift at the hospital."

Rating: \_\_\_\_\_ Why? \_\_\_\_\_

2. "Finally got my driver's license! Look - my picture actually turned out okay for once!"  
(Photo of license clearly visible)

Rating: \_\_\_\_\_ Why? \_\_\_\_\_

3. "Study group meets every Tuesday at 3:30 in Room 104 - come if you want to join!"

Rating: \_\_\_\_\_ Why? \_\_\_\_\_

4. "Can't sleep. So anxious lately. I feel like nobody even notices me anymore."

Rating: \_\_\_\_\_ Why? \_\_\_\_\_

5. "Game night at my house this Friday! 213 Maple Street - bring snacks!"

Rating: \_\_\_\_\_ Why? \_\_\_\_\_

6. "Just finished my volunteer shift at the animal shelter - those puppies are so cute!"  
(Photo of student in volunteer shirt)

Rating: \_\_\_\_\_ Why? \_\_\_\_\_

7. "New phone! Text me at my new number - 555-392-4817."

Rating: \_\_\_\_\_ Why? \_\_\_\_\_

8. "Bestie's birthday party last night was epic - here's everyone dancing like total dorks!"  
(Group photo)

Rating: \_\_\_\_\_ Why? \_\_\_\_\_

9. "So excited for our big trip to Florida tomorrow! Hope my houseplants survive the week lol."

Rating: \_\_\_\_\_ Why? \_\_\_\_\_