The need to belong is a universal and innate need for interaction with other humans (Maslow, 1943). Having a need to belong deficiency is very damaging; lack of social contact can cause depression, grief, anxiety, and loneliness (Jonason et. al, 2008; Ilhan, 2012). Loneliness can be abated by searching for “social surrogates” or inanimate objects that induce feelings of social connectedness, such as a family photo album (Troisi & Gabriel, 2011). Social snacking is defined as striving to remove loneliness by finding simple reminders of social connections, such as photographs, wedding rings, or TV watching (Gardner et. al., 2005; Jonason, Webster, & Lindsey, 2008). Baumeister and Sommer suggests that men and women satisfy belonging needs within two different spheres. Women have a small, intimate sphere of social connection that consists of close friends and family, men have a larger, broader sphere that consists of co-workers or teammates. The purpose of this study was to investigate sex differences in social snacking behavior. We hypothesize that men will engage in pornography and video game usage, and women will engage in social media and television watching. This study is my honors thesis, and I am currently collecting data. I will be able to analyze the data and write the results and discussion sections by undergraduate research day.