

A Healthy Feed

Creating a Positive Social Media World & Presence

In the same way we aim to consume healthy food, we should also consume a healthy social media feed. Use these questions to help you clean up your social media!



Instructions

Get with a partner and go through the social media accounts you visit often. Then, answer these questions and dig deeper.

- | | Yes | No |
|---|-----|----|
| 1 Does the content posted on this page bring me joy?
Why? | | |
| 2 Does the content posted on this account inspire me?
How? | | |
| 3 Does the content posted on this account help me learn something new?
What? | | |
| 4 Does this account help me stay connected to a person I care about or can learn from?
Who? | | |

The Goal

The goal is to fill your social feeds with content that serves **you**.

Reflections & Actions

Remember to continuously review and improve your feeds according to what's important to you and how you want to feel when scrolling through them!