

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.

- 1

Does the content posted on this page bring me joy?

YES NO

Why? _____
- 2

Does the content posted on this account inspire me?

YES NO

How? _____
- 3

Does the content posted on this account help me learn something new?

YES NO

What? _____
- 4

Does this account help me stay connected to a person I care about or can learn from?

YES NO

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!