

Living Authentically

Real Life vs. Social Feeds

Think about how much easier interacting with and making friends online is. However, how we act virtually differs from how we act offline, so let's explore this a bit!



Instructions

1

REVIEW

Get into pairs with a device, and take turns looking at each other's social media feeds.

2

REFLECT

What impressions does your partner have about you from the content you post and interact with? Does it match with how you see yourself and your values? What is different and why?

3

HIGHLIGHT THE REAL

Try being vulnerable and messy! Set aside the fear of how you will be perceived and model your real, uncurated life. This opens a door of empathy —someone may see your post and feel better understood or less lonely, which will always be more valuable than a few extra likes.

Reflections & Actions

As you think back on what you have on your feed:

- Recognize that life is never as it appears on social media and your worth is not measured by the number of followers or likes you have.
- Remind yourself that a messy, uncurated life is what everyone's day-to-day looks like, and being honest about this is a great way to foster connections.
- Reflect on other people's feeds. What makes you feel good about their posts? What makes you feel inferior or left out? How can you apply how you feel to how you act online in the future?