

ARE YOU WHAT YOU POST?

– social media vs reality –

1. After watching the short video “Are you living an Insta Lie?” (<https://www.ditchthelabel.org/are-you-living-an-insta-lie/>) about young adults using the app Instagram in their daily life, sketch the individual incidents and how they made you think or feel.
2. Speculate why the characters in the video behave like they do. In doing so, ask yourself:
 - How do the characters behave?
 - What might be their intention/aim?
 - How are their followers expected to react?Following, based on your thoughts, hypothesise what an “Insta Lie” might be.
3. Name potential effects it could have on people using social media when everyone posts “intentionally false representations of real-life”.
4. Reflect on your own self-portrayal and habits on social media. Use the following questions as a guideline for your self-analysis and try to be honest.
 - What social media do you use? Are you an active or passive user?
 - How often do you use social media? When do you use social media?
 - What information do you post about yourself in your social media profile?
 - What content do you normally post?
 - What content do you normally like?
 - Do you normally comment on posts?
 - Which profiles do you follow? Why are you following them?
 - Are you a member of an online community? If yes, which and why?



5. Contrast your social media self-portrayal and habits to the ones shown in the video. Can you see similarities? Where are the differences? Talk about your findings with a trusted peer and carefully assess if you or your peer *have experienced an Insta Lie*.
6. Come up with at least two possible pieces of advice that help to use social media in an honest and sensible way.
7. Homework: Be real – are you what you post?

Create your own Instagram post (photo + description/#!/@) about one of the following situations. Show the real you (without filters, several attempts to make the photo, prior clean-up, makeup, etc.), even though you might not post the picture on Instagram later. You may use the advice from the previous task as a help.

- “Woke up like this”
- “My breakfast”
- “Having a break”
- “My favourite activity/hobby”
- Choose any situation you feel like showing/posting



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