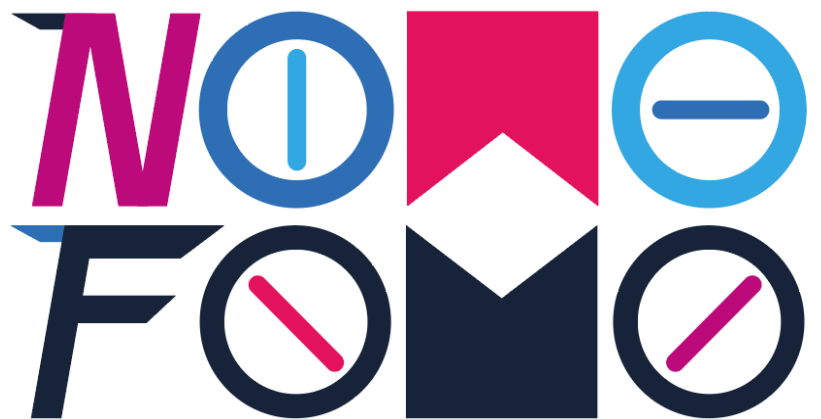




1. Social Media and Body
Perceptions
Call to Action Activity

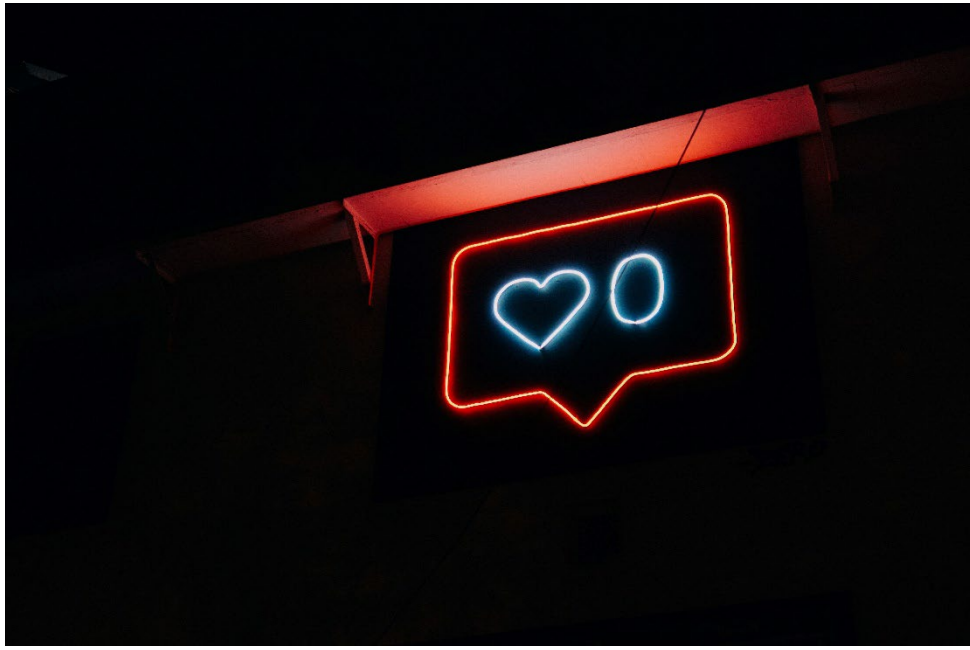


Positive mental health for GEN Z
NO MOre Fear Of Missing Out



The Fundamentals of FOMO

Call to Action Activity

| | | | |
|--|--|-------------------------|---|
| Interactive Infographic Theme | 1. Social Media and Body Perceptions | | |
| Activity Title | FOMO Social Media versus Reality | | |
| Type of resource | Call to Action Activity | | |
| Photo |  | | |
| Duration of Activity (in minutes) | 30 Mins p/day | Learning Outcome | <ul style="list-style-type: none"> Identify the effect social media can have on body perception and understanding that images online don't reflect reality |
| Aim of activity | <p><i>The aim of this activity is to provide learners with the skills and the opportunity to identify the negative effects social media can have on body perceptions. This Call to Action gives learners a chance to find the reality behind the photos that they may see on social media platforms that are often heavily edited, shot from ideal angles or with ideal lighting. This Call to Action will help teach learners the steps needed to help them challenge what they see on social media and help to increase their body positivity.</i></p> | | |



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| Materials Required for Activity | <ul style="list-style-type: none">- <i>Mobile Phone</i>- <i>Template</i>- <i>Pen</i> |
| Step-by-step instructions | <p>Step 1 – It’s not uncommon for us to find ourselves sometimes comparing our own lives to those we see on Instagram and feeling jealous of how perfect it all seems. However, it’s important for our own mental health and body positivity that we take part in the FOMO Social Media Versus Reality Challenge. Taking the steps necessary to identify the heavily edited photos that exist can help prevent the negativity that we might feel about our own body’s when we compare.</p> <p>Step 2- Complete the template below over the course of 1 week where you browse social media normally. Each time you find a photo that someone has taken of themselves on social media that you feel you might be comparing to yourself to, take note of it in the template. Make sure you take note of where you saw it and what hashtags were used in the caption. Taking note of the hashtags is important because we can not only learn to avoid certain hashtags that are triggering, but also certain hashtags can be harmful to follow.</p> <p>After we take notes of these parts of the images, we need to then think and scan the images to see if the photo has been edited. This might include things such as filters, beauty filters or PhotoShop edits. You can find ways to identify these changes here: https://hellsfitness.co.uk/blog/how-to-spot-photoshopped-facetuned-images-on-instagram/</p> <p>Finally, we need to take note of how the photo might have made us feel. Did we feel angered by it, upset or even insecure? It’s important we recognise these feelings and name them so we can better identify and deal with them.</p> <p>Step 3 – Evaluate what you have seen over the week and how you feel. If you felt more often than not that you were seeing images that edited and made you feel insecure, perhaps you should look over what accounts you were following or tags they were using and choose to not follow or block the accounts or tags. In doing this it will help to reduce the amount of edited content you see that can be incredibly negative for our mental health and for our body perceptions.</p> |



| Template | What was the post and where did you see it? | What hashtags did the photos have? (#FitSpo etc) | Did the photo have filters? Does the photo look photoshopped? What didn't seem realistic? | How did the photo make you feel? |
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NO MORE FOMO

Positive mental health for GEN Z
NO MORE Fear Of Missing Out



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