

# #HealthySocialMedia

## Building Positive Body Image on Social Media

### Discussion worksheet

Q1) What is positive body image in your opinion? What does it mean to have positive body image?

Q2) Who are you on social media? Who are you in face-to-face communication? How do these two compare? Use the box below to help you think through these questions.

On social media I am...	Face to face I am...

Q3) Finish the sentence and discuss:

When I'm on social media, I feel...

Why did you answer the question in this way? What may influence how you feel? How do your feelings change with circumstances?

**Q4) Which of your own behaviours on social media can you identify as not helpful to yourself or to others?**

**What are some positive behaviours you've developed?**

**Q5) Based on the problems you've identified earlier and on the positive behaviours you've discussed, can you think of some strategies for healthy social media use and for building a positive body image?**

**Q6) Discuss the proposed strategies outlined in the #HealthySocialMedia: Building Positive Body Image on Social Media report. Which ones are easier to achieve? Which ones are harder to achieve?**