



SOCIAL MEDIA & SELF-IMAGE

[Video link](#)

What have you heard about influencers, social media ads, filters and apps like Photoshop?

How do you know if an online post is real, an ad, or has been altered?

What are some examples of media posts that are advertisements or Photoshopped?

How can you think critically when scrolling social media?

What are some activities you can participate in when you take breaks from social media?
