



BODY IMAGE AND SOCIAL MEDIA

“How Healthy Is Your Social Media?”

Part 1 – Quick Social Media Check

Circle **Yes** or **No**. Every **Yes** = 1 point.

- | | |
|---|----------|
| 1. I compare my body to people online. | Yes / No |
| 2. I edit my photos before posting. | Yes / No |
| 3. I feel worse after scrolling for a long time. | Yes / No |
| 4. I follow accounts that show real, unfiltered bodies. | Yes / No |
| 5. I have skipped meals because of online photos. | Yes / No |
| 6. I unfollow people who make me feel bad. | Yes / No |
| 7. I believe filters make everyone look perfect. | Yes / No |
| 8. I feel happy with my body most days. | Yes / No |
| 9. I talk to friends/family when I feel insecure. | Yes / No |
| 10. I take social media breaks when I need them. | Yes / No |

Part 2 – Your Social Media Health Score

Count your **Yes** answers:

0–3 → Social Media Superstar

“You use it wisely and stay positive – keep it up!”

4–6 → Scrolling with Caution

“You’re aware, but it sometimes affects you. Small changes can help!”

7–8 → Feeling the Pressure

“Social media is hitting hard – time for more real-life focus.”

9–10 → Need a Digital Detox

“It’s time to protect your confidence – you deserve to feel good!”

Part 3 – One Positive Change

Finish the sentence (write it big!):

“If I change one thing about my social media habits this week, I will _____

because _____.”

Examples:

...unfollow 5 negative accounts because I will feel happier.

...post one real photo because I want to be myself.

You are beautiful exactly as you are – social media doesn’t change that.

Be kind to yourself today. You’ve got this! 