

Guide to curating your feed

Based on the information filled out in your questionnaire, carry out the following exercise.



1 Choosing your platform

Before you look into curating your feed across multiple platforms, think about which social media platforms you no longer need to be on and delete them.

2 Remember your why

WHY do you want to use social media? Remember what you want to get out of it and how you would like it to make you feel. Then carry out the following steps:

3



Unfollow / Block

People and businesses that post content you don't want to see on your own social media feed.

4



Mute / Restrict

If someone posts content that you don't want to see, but you don't want to unfollow, you can mute them for a while and take a break from their content, they won't know.

5



Purposeful Engagement

If you see content that makes you feel how you'd like to feel, purposefully interact with it - like, comment, share, add to favourites. Train the algorithm!

6



Scroll on by

If you see content that doesn't make you feel how you want to feel, but you don't want to take action, simply scroll on by. Do not interact in any way with the content.