

A parent / teacher guide to completing the questionnaire

Prompts and conversations to have whilst the young person is completing the questionnaire.



1 Why do you want to use social media?

Prompts: Keep in touch with friends, news, nosy, bored, entertainment, posting photos, hobbies, shopping.

Extra: Ask what social media platforms they use and why? Prompting a conversation about why they might not need to be on all platforms.

2 What do you / don't you want to see on social media?

Prompts for 'do': positive / inspiring content, funny videos, educational posts, top tips, friends posting.

Prompts for 'don't': Repeated content, cancel culture, politics, sad news.

3 How do you want social media to make you feel? 😄😭😬😂😍😡😴😁

Prompts: Good, happy, inspired, relaxed, enlightened, entertained.

4 How much time do you want to spend on social media per day?

Help the young person to think practically. How much free time do they actually have each day? How much of that time would they like to dedicate to the use of social media?

5 How does social media make your life better?

Prompts: Worldwide communities, shared interests, new friends, quicker access to information.

6 If you had more hours in your day, what would you do?

Encourage them to think about how else they could spend their time. Something which they are passionate about: music, sport, volunteering.

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.