

TOPIC OF THE MONTH- SEPTEMBER

THIS MONTHS QUESTION

What impression can we leave on others through our posts?

OVERVIEW

Every photo we post, comment you leave, and account you follow helps shape how others perceive us online. Social media gives us the opportunity to express ourselves, but it can also create pressure to present a "perfect" version of our lives. It's easy to compare ourselves to others or feel like we need to fit a certain image to gain approval from people when all we see is everyone else's "perfect" lives. This discussion will be about how we can maintain our reputations and real selves online.

DISCUSSION QUESTIONS

- How do you describe your identity on social media?
- Do you think your social media represents who you are in real life?
- Have you ever posted something because you thought others would like it?
- How important do you think followers and likes are to you?
- If everyone was who they said they were on social media in real life, do you think society would be better or worse?
- How can you improve your life online?

MONTHLY CHALLENGE

Before posting anything, ask yourself:

- Why am I posting this?
- Am I sharing this for myself or for approval?
- Does this reflect who I really am?