

Guiding Principles

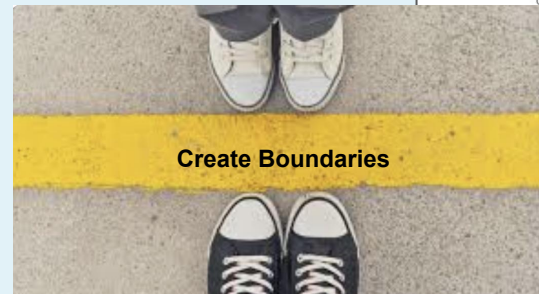
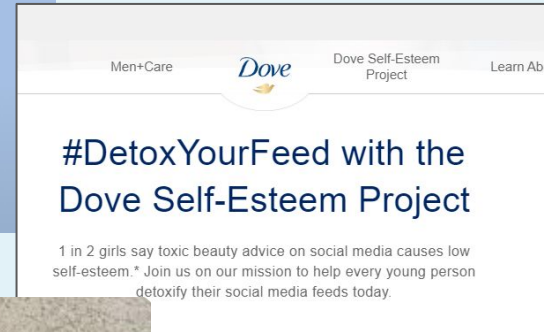
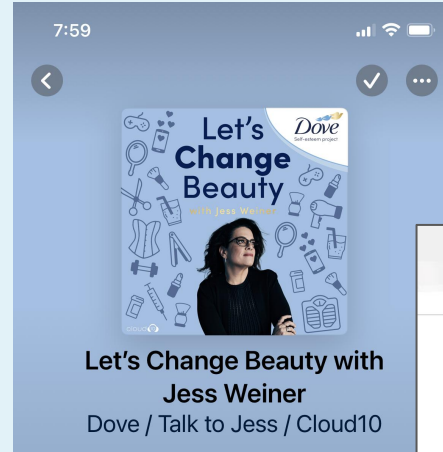
- What you do is more powerful than what you say
- Connect before you correct
- Approach with curiosity, don't judge
- Ask before offering suggestions
- Tolerate not having all the answers
 - Dr. Frank Bartolomeo, PhD, LCSW



Become An Active User Rather Than A Passive User

- #DetoxYourFeed campaign
 - Prep
 - Chat
 - Detoxify
 - Repeat
- Permission to Snooze, Pause or Delete
- Turn off your notifications
 - Pavlov's Dog

Create Boundaries on Social Media



The Business Of Social Media

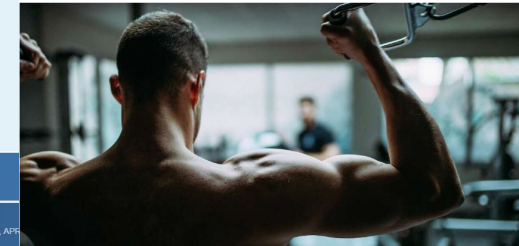
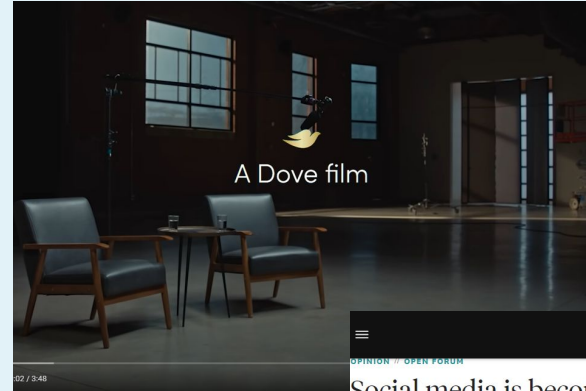
- Check Your Sources
 - Paid content
 - Marketing and advertising
- The Constant Need For Content Creation
 - Remember, everyone only shows their highlight reel
 - Personal Branding is now prevalent
- **Brain Hacking** is the application of techniques and/or technologies to affect an individuals mental state
- Watch Fake Famous



Byproducts of Social Media

Resources for Body Positivity

- Dove Self Esteem Project YouTube
 - Toxic Influence: A Dove Film
 - Dove Real Beauty Sketches
 - Dove Reverse Selfies
- Dr. Nagata says don't be afraid to talk to your boys



YouTube, 2022, Toxic Influence: A Dove Film <https://www.youtube.com/watch?v=sF3iRZtkvAQ>

YouTube, 2013, Dove Real Beauty Sketches, <https://www.youtube.com/watch?v=sF3iRZtkvAQ>

YouTube, 2021, Dove Reverse Selfie, <https://www.youtube.com/watch?v=z2T-Rh838GA>

Nagata, Jason. 2021, Social Media is becoming increasingly toxic for boys' body image, too. San Francisco Chronicle, <https://www.sfchronicle.com/opinion/openforum/article/Social-media-is-becoming-increasingly-toxic-for-16538894.php>

Nagata JM, Bibbins-Domingo K, Garber AK, Griffiths S, Vittinghoff E, Murray SB. Boys, Bulk, and Body Ideals: Sex Differences in Weight-Gain Attempts Among Adolescents in the United States. J Adolesc Health. 2018 Oct 25.

Abstract
Keywords
References

Abstract

Objective

To determine the prevalence of weight-gain attempts in adolescent boys in the United States.

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CARES



Byproducts of Social Media continued

- Influencers are not experts
- Find the Fun
 - Use Social Media to your advantage
 - Change your mood by seeking out content that makes you laugh, relax and find joy
 - Learn a new skill or explore a new hobby



Other Resources - Upcoming Talk

"Ethics, the Public Good, and the Challenge of Social Media"

Tuesday, November 1 | 7:30 p.m.

\$30 | Quick Member: \$20



"An advocate for accountability and transparency in social media, Frances Haugen made the courageous decision to blow the whistle on the company for which she was working - Facebook. She fundamentally believes the problems we face on social media are solvable, and is dedicated to uniting people around the world to bring about change." - Quick Center