

Self-awareness may seem unconnected to #SafeSocial, but on the contrary, it is the baseline skill that makes everything else possible. We need to know our likes, dislikes, stressors, goals and inspirations, so that we can successfully create an online experience that supports our best future selves.

We have paired this activity with a self-confidence reflection. We recommend doing them at the same time!

1. What are the things that make me truly happy?

2. What are some of my immediate goals?

3. In what areas do I compare myself most?

4. What are the things that stress me out?

5. How do I react to stress?

6. If I'm about to use social media, how do I feel right now?

7. How can I change my social media experience to be in line with my answers here?

Now, go do that!

Similar to self-awareness, self-confidence may not be the first thing you think about when discussing #SafeSocial. However, confidence before you use social media proved to be a huge factor in *how* people interpreted the content they were seeing. If you can build confidence in yourself, we guarantee you your social media experience will also be better.

We have paired this activity with a self-awareness reflection. We recommend doing them at the same time!

1. What are some things I'm really good at?

2. How will I accomplish my immediate goals?

3. What did I do today to get one step closer to my immediate goals?

4. What and who makes me feel strong and secure?

5. When do I feel most confident?

6. What are the things that make me feel insecure?

7. How can I design my feeds so that they make me feel more confident?

Now, go do that!