

# Eighth Grade, Session 20

## Social Media Armor

Look through your recent posts on Instagram, Snapchat, Twitter, or any other apps and **think about the following questions as you scroll through:**

- What do you post most often?
- What language, emojis, or hashtags are you most often using?
- What type of articles, videos, and posts are you most often sharing?
- What type of filters and edits are you most often using?
- What type of posts do you respond to and how do you respond?
- Have you ever significantly altered your image or post? What did you do and why? (Examples might include: using a photo editing app to alter body shape or whiten teeth, or posting a photo from a terrible night and saying you had a great time.)

Write words and/or draw pictures to describe what you share about yourself on social media. ***What do you show your invisible audience?***



Write and/or draw pictures to describe what you don't show people. ***What do you keep to yourself? Who are you behind the screen?***

