

## DIVERSIFY YOUR FEED

### Exercise for Years 8 – Sixth Form

*Evidence shows exposure to a wide range of different bodies improves our body image. We might not be able to control the diet of highly photoshopped and unrealistic bodies we tend to be fed by the media and advertising, but we *\*can\** control who is in our social media feeds.*

*This exercise isn't just about what we see, it's also about whether the people we follow make us feel positive and inspired, or anxious and insecure.*

*Our online wallpaper should be:*

*DIVERSE*

*REALISTIC*

*CHALLENGING*

*INSPIRING*

*POSITIVE*

#### STEP ONE

Ask pupils to log into their Instagram accounts. In pairs, they should find two people who they think represent a 'good follow' because they represent one or more of the attributes listed above.

If pupils are struggling, suggest they look at the body positivity campaigners in the *Naked Beach* lesson plan PDF (downloadable via [natashadevon.com/education-resources](https://natashadevon.com/education-resources))

#### STEP 2

Ask the pairs to feed back to the class on who they have chosen and why. After they have fed back, they should written the insta handles of their choices on a piece of paper, before passing it to the next couple to feed back.

#### STEP 3

When everyone has fed back, ask them to take a photograph of the piece of paper, with everyone's follow choices.

#### HOMEWORK

1. Go through your social media feeds. Pay attention to how what people are posting makes you feel. If it's insecure or anxious then unfollow that person (or if you can't unfollow without it causing drama, mute them).
2. Diversify your feed by following the c30 suggestions produced in class today. Because social media platforms work using algorithms, you will find more diverse, inspiring, positive people in your suggested follows, in future.