

My Social Media Literacy Checklist

App/Site Used:

Account Viewed:

Messages About the Body:

- | | |
|---|--|
| <input type="checkbox"/> Suspected filter/editing/Photoshop | <input type="checkbox"/> Tells you weight/size/shape can change quickly |
| <input type="checkbox"/> Perpetuates the "Thin Ideal" | <input type="checkbox"/> Tells you weight/size/shape can change effortlessly |
| <input type="checkbox"/> Fatphobic content/jokes | <input type="checkbox"/> Body represented as "parts" rather than whole |
| <input type="checkbox"/> Perpetuates rigid/binary gender expression | <input type="checkbox"/> Before/after weight loss pictures |
| <input type="checkbox"/> Lack of body diversity (e.g. size, race, abilities, ethnicity, gender, etc.) | <input type="checkbox"/> Shares size they wear |
| <input type="checkbox"/> Tells you to ignore the body's cues (e.g. hunger, pain, fatigue) | <input type="checkbox"/> Before/after recovery pictures |
| <input type="checkbox"/> Perpetuates youth as the ideal | <input type="checkbox"/> OTHER |

Messages About Food:

- | | |
|---|--|
| <input type="checkbox"/> Food as "good" or "bad" | <input type="checkbox"/> Food as causing "guilt" |
| <input type="checkbox"/> Food item or group labeled as "forbidden" | <input type="checkbox"/> Cheat meal content |
| <input type="checkbox"/> Unqualified spokesperson | <input type="checkbox"/> Food should be "canceled out" with a compensatory behavior |
| <input type="checkbox"/> "What I Eat in a Day" content | <input type="checkbox"/> Food connected to values (e.g. morality, discipline, respect, etc.) |
| <input type="checkbox"/> Ads or sponsorships (e.g. supplements, appetite suppressants, diuretics, etc.) | <input type="checkbox"/> OTHER |
| <input type="checkbox"/> Promotes dieting/fad diets (e.g. "lifestyle change", "protocol", "program", etc.) | |
| <input type="checkbox"/> Unscientific claim about food (e.g. will "cure" a disease, "a fat-burning food", etc.) | |

Interpersonal Triggers While on Social Media:

- | | |
|--|--|
| <input type="checkbox"/> Cyberbullying | <input type="checkbox"/> Feeling "behind" in life |
| <input type="checkbox"/> Triggering likes/comments | <input type="checkbox"/> Comparisons (e.g. food, body, etc.) |
| <input type="checkbox"/> Feeling left out of social activities | |

Emotion(s) I felt:

Thought(s) I had:

Physical Sensations I felt:

I had the urge to:

What I DID and/or what I COULD DO: