

## Digital Platforms Handout

1. What social media platforms do you use? Facebook? Twitter? Instagram? Snapchat? Something else?
2. Approximately how much time do you spend preparing your post: combing through filters, pondering the right caption or location, or the size or place of an icon on the image? Do you enjoy this process?
3. When using these platforms, how often do you find yourself “fixing up” yourself or your situation to post a pic? Sometimes? Never? All the time?
4. How often do you feel prompted or pressured to “present” yourself in this way based on a post you see from one of your friends or followers?
5. Do you get anxious while posting? Do you wonder or worry about how many likes, comments, or shares your post will receive? How do you deal with this?