




You are more than your Selfie

Exploring Selfie Culture

The Selfie Project

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www.theselfieproject.com.au




The Selfie Project

About Us

- Build a strong Sense of Self
- Develop digital & social media literacy
- Build resilience by redefining the relationship with failure
- Navigate the white noise of adolescence




93million
Selfies are
taken per day.



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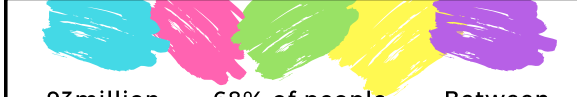
64,583 photos
per minute



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68% of people
filter or
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Between
2011 & 2017
259
selfie-related
deaths



How many of you use social media at least once a day?

- A. Yes, I do at least once a day
- B. I have social media but I only check it once or twice a week
- C. I never use social or digital media platforms

Go to [slido.com](https://www.slido.com)
Enter #gennext

How many accounts do you have?

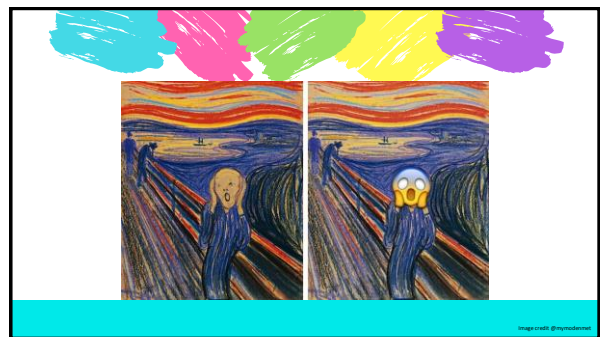
- A. 1
- B. 2-3
- C. 4-6
- D. 7+

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If you don't use social media, why not?

- A. I dont like the content my friends share
- B. I dont like the way it makes me feel about myself
- C. Im not interested in posting content
- D. Im not allowed to
- E. My friends dont use it
- F. I dont see the point
- Other -

Go to [slido.com](https://www.slido.com)
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20 minutes




20 minutes




5 minutes



20 minutes




30 minutes



5 minutes



20 minutes




30 minutes




5 minutes




5 minutes




20 minutes




30 minutes



5 minutes



5 minutes



5 minutes



20 minutes



30 minutes



5 minutes




5 minutes











5 minutes









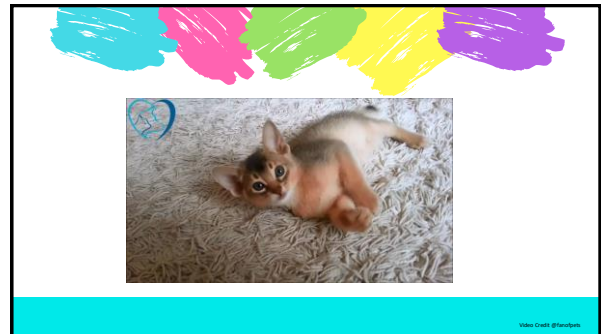
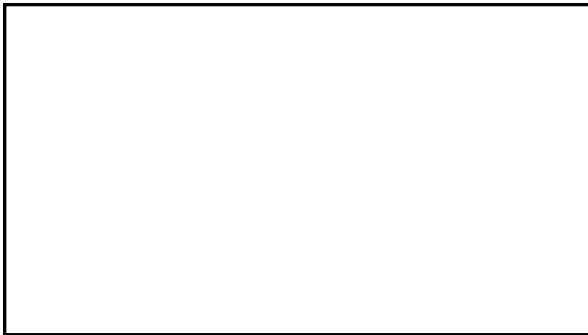

30 minutes




			
20 minutes	30 minutes	5 minutes	5 minutes
			
5 minutes	5 minutes	30 minutes	



			
20 minutes	30 minutes	5 minutes	5 minutes
			
5 minutes	5 minutes	30 minutes	20 minutes

Content creation & curation



Content creation & curation



Content creation & curation



Content creation & curation



Content creation & curation



Content creation & curation



Likes

Do you  me?

☐ Yes ☐ No



Likes

Do you  me?

☐ Yes ☐ No



Likes



Ask yourself

Why am I posting this?



Ask yourself

Why am I posting this?

Am I really doing this because it celebrates my life?



Ask yourself

Why am I posting this?

Am I really doing this because it celebrates my life?
Or, am I posting this for the approval of others? For validation? To feel good about myself?



Content Consumption & Comparison



Do you check your phone first thing when you wake up?

- A. Yes
- B. No

Go to slido.com
Enter #qennext



Content Consumption & Comparison

The Comparison Trap

The Comparison Trap

**Would you delete your social media
accounts if you weren't afraid
of missing out?**

A. Yes but I don't want to feel like i'm
out of the loop

B. No. I love consuming & creating content and
it doesn't matter if my friends use it or not

Go to slido.com
Enter #qennext

The Comparison Trap

Influence



Influence

Ask yourself

Does this person live in alignment with my values & those I expect from the people in my life?



Ask yourself

Does this person live in alignment with my values & those I expect from the people in my life?

Do they make profit from creating self-doubt in others?



Ask yourself

Does this person live in alignment with my values & those I expect from the people in my life?

Do they make profit from creating self-doubt in others?

Do they add something to my life or do they make me feel bad about who I am?



**PRACTISE
SAFE CYBER**



Practise 'Safe Cyber' A how-to guide

1. Take responsibility
for the energy you
bring to this space.

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to this space.

2. Be aware of what
you post.
Nothing is ever really
deleted.



Practise 'Safe Cyber' A how-to guide

1. Take responsibility for the energy you bring
to this space.
2. Be aware of what you post. Nothing is ever
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3. Don't post horrible
photos of your
friends online.

Practise 'Safe Cyber' A how-to guide

1. Take responsibility for the energy you bring
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2. Be aware of what you post. Nothing is ever
really deleted
3. Dont post horrible photos of your friends
online

4. Don't post
anything you
wouldn't want on
your parents' desk
at work.



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5. Take responsibility
for the content you
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6. Remember that
social media is just a
highlight reel.



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7. People post what they think you want to see. Beware of what you encourage.



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8. Be Kind.



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9. Avoid scrolling when you're feeling low.




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10. Be careful who you give your energy to.

The opinion of your cousin's, best friend's, neighbour's boyfriend literally does not matter.



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11. Limit the amount of times you check your likes.



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12. You don't have to follow your friends.

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**13. Keep your phone
out of your bedroom.**

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**14. The BEST things in
life come without
a filter.**

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14. The best things in life come without a filter

THE GOLDEN RULE

**If it makes you feel
bad about yourself, it
has to go.**

#MoreThanMySelfie

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