

×

×

BUILDING HEALTHY DIGITAL HABITS

*A guide to socio-emotional
well-being on Instagram*





01	<u>Introduction</u>	03
02	<u>Key skills for young people online</u>	05
03	<u>Workshop Lesson Plan/Self-Serve guide</u>	08
	I. Instagram Bingo: An Introduction to the Workshop	
	II. Making Instagram work for young people: Quizzes, Tips & Tricks	
	• Quiz I: Sharing with Sensitivity	
	• Quiz II: Maintaining Perspective	
	• Quiz III: Responding with Kindness	
	• Quiz IV: Becoming Conscious Consumers of Information	
	• Being a Friend Online: Help for hard conversations	
	• Tools for socio-emotional well-being	
	III. Managing Time Spent Online: Discussion & Debrief	
	IV. Appendix 1-6	
04	<u>Fostering a healthier relationship with technology</u>	57



When young people gain self-awareness, they can make informed decisions about how they use Instagram

Building Healthy Digital Habits is a collaboration between Instagram, [The Jed Foundation](#) (JED) and [Young Leaders for Active Citizenship](#) (YLAC). The guide has been adapted for India from the toolkit titled '[Pressure to be Perfect](#)' by Instagram and the Jed Foundation.

The guide is intended to help individuals—primarily teachers, educators, parents, as well as others with young people in their lives—navigate conversations about Instagram usage, with the goal of ensuring that the time young people spend on Instagram is positive, inspiring and balanced.

With a focus on teenagers of ages 13 to 18, the guide consists of a lesson plan for a workshop to engage young people in talking openly about their time online and its impact on their socio-emotional well-being. The lesson plan can also be used by young people themselves to introspect on their own behaviour online and to learn more about safe and effective ways to manage online interactions. When young people gain self-awareness, they can make informed decisions about how they use the platform.

This is a guide book, not a rule book

Additionally, the guide also talks about many Instagram features that users may not be aware of. Features like being able to limit the audience on certain pieces of content to a small group of close friends or being able to turn off comments on certain posts provide Instagram's users to be very intentional about their usage on the platform. To encourage users to become more critical consumers of content on Instagram, there is a section on misinformation and the negative effects it can lead to. There's also a section on how to help others, so young people know how best to respond to friends in need. These are among some of the tools and techniques on offer that young people can take full advantage of when using the platform.

This is a guide book, not a rule book. Its aim is to better understand the socio-emotional space young people operate in and support them by engaging in healthy conversations around using Instagram or any other social media platform. The prescribed framework can be contextualised to various settings allowing the user to determine what works best for them, their students and/or their family.

02



Key Skills For Young People Online

Our research has identified four key skills that can be beneficial for young users to ensure they have a positive time online. These skills are: knowing what to share and when, maintaining a healthy attitude toward online life, understanding how to help others in distress and becoming conscious consumers of information available online.

The lesson plan in this guide consists of a list of ways to start an open conversation and techniques relating to each of these skills. Having an open conversation about these topics can allow the user to check in with young people about their online decision-making and the emotions surrounding their time online and to work together to make the time spent on Instagram a rewarding experience!



1. Sharing with sensitivity

It's important for young people (and anyone!) to know where and when to share sensitive topics or feelings. Sharing too much information about one's life or feelings can have negative consequences, especially for young people who may have trouble understanding what is and is not safe to share online. It can be helpful for them to hear your perspectives on what kinds of feelings and information are appropriate to share where and to be reminded that anything posted in public is potentially out there forever. This conversation could be an opportunity to convey that decisions have consequences and that we make better decisions when we've taken a step back to think first and then take intentional actions.

2. Maintaining perspective

While social comparison is something that happens both on and offline, young people are more prone to comparing themselves with others than almost any other age group, often with negative consequences. How their posts are received, for example, can significantly affect their mood and self-esteem. It is helpful to be aware of this sensitivity and to pay attention to whether online comparisons are affecting their overall well-being. If one notices a great deal of emphasis on being liked online, it is important to check in. One can also have conversations about all the work that goes into what looks like a "perfect" life online and about the positive things that exist in the other parts of their lives.

3. Responding with kindness

Instagram is a kind and supportive community and people often open up about difficult subjects in order to create awareness or find support. For the most part, these conversations are positive and productive. However, at times, a community member may be in real distress. In situations that might be negative, it is important that young people respond with empathy. Instagram has created tools within the app so that anyone can anonymously report concerning behaviour, including bullying. These tools will be covered in the workshop below and it is important that young people have a basic understanding of how to use these tools and the situations which may call for their usage.

4. Becoming conscious consumers of information

Misinformation (unintentional spreading of false information) and disinformation (intentional spreading of false information), more commonly known as fake news, have penetrated social media platforms across the globe and have shown disastrous effects on the social fabric that ties us together as a society. In a broader sense, fake news is misrepresentation, false articulation and a deeply biased reporting of unverified facts that is presented as authentic news. Misinformation has been the cause of countless incidents of violence and unrest, therefore, it is important for young people to be more mindful consumers of information and data from social media platforms, like Instagram.


03

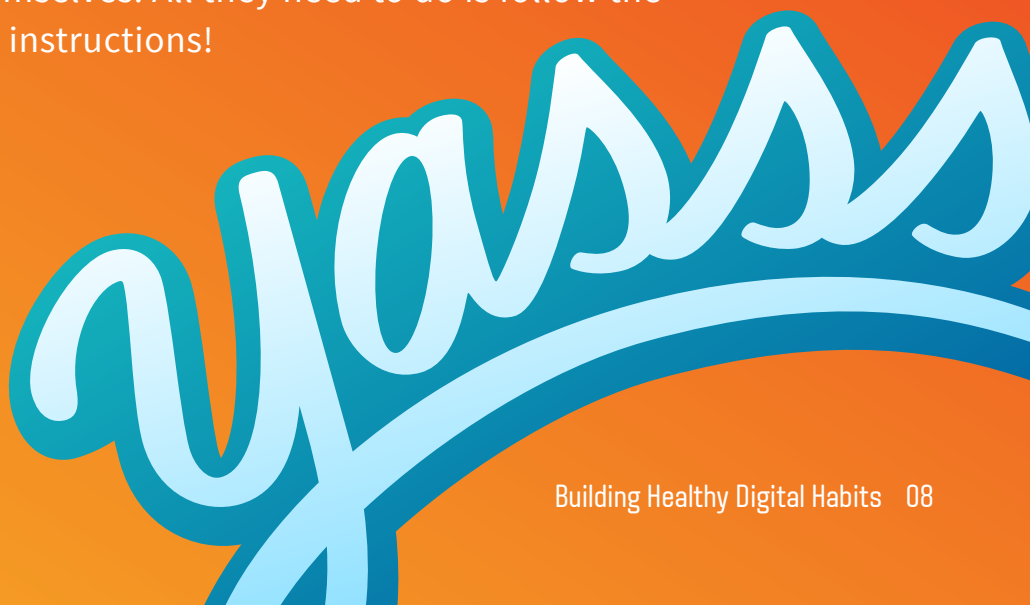


Workshop Lesson Plan & Self-Serve Guide

Editing a photo to look just right, thinking of the perfect caption or sharing stories and daily updates are features that make Instagram fun. However, there are also other skills that young people can learn to enhance their experience on the platform.

In the subsequent lesson plan/self-serve guide, there are tools and techniques that can help young people introspect their own behaviours online and become better to themselves and others on Instagram. The aim is to help young people build a strong sense of what to share and when, keeping a good perspective on the role Instagram plays in their life and knowing how to help others to keep their time on the platform more intentional and positive.

While the next section of the guide is primarily a lesson plan for educators, young people can also use it as a self-serve guide that they can navigate by themselves. All they need to do is follow the  marked boxes for the instructions!



Objectives

To help young people gain self-awareness and make informed decisions about how they use Instagram.

Outcomes

Participants will be able to know what to share and when, maintain a healthy attitude toward online life, understand how to help others in distress and consume information carefully.

Recommended Time



30 minutes

Instagram Bingo
An Introduction to the Workshop

60 minutes

Making Instagram
work for young people
Quizzes, Tips & Tricks

30 minutes

Managing time
spent online
Discussion & Debrief

Note: The workshop can be conducted with both large and small groups. It can also be modified into a one-on-one session. The recommended time is for larger groups. The activities can also be done in a shorter time frame if conducted as a one-on-one workshop or in small groups.

Materials Required

Printed Worksheets (*can be found in the appendix at the end of the lesson plan*). For virtual sessions or sessions using a projector and screen, please refer to the 'Slides for Workshop' in the 'Teacher Resources' folder.

Methodology

As discussed above, the workshop is divided into 3 smaller sessions, namely:

- Instagram Bingo
- Making Instagram work for young people
- Managing time spent online

Note: The sessions are to be conducted in the order given above. However, they can also be conducted as smaller separate sessions.



Note to the facilitator:

In this workshop, facilitators will navigate conversations about Instagram usage, with the goal of ensuring that the time young people spend on Instagram is positive, inspiring, rewarding and balanced. Facilitators will also discuss Instagram features that young people can take full advantage of as they use the platform. The entire lesson plan is meant to serve as a script to allow ease of facilitation. However, facilitators can contextualise it to their setting, as required. Additionally, for one-on-one workshops, separate instructions are available, where applicable.



For Self-Serve Guide Users

Welcome!

While the above information may not be very relevant to you, take a glance – look at the objective and outcomes of this workshop. Is that something you are here for? If yes, then great!

Carry on and follow the ♥s! Good luck!

Instagram Bingo

Recommended Time



15 minutes

Instagram Bingo

15 minutes

Discussion & Debrief

Materials Required

Printed Worksheets (*Appendix 2A for group workshops/2B for one-on-one workshops*). For virtual sessions or sessions using a projector and screen, please refer to the 'Slides for Workshop' in the 'Teacher Resources' folder.

Facilitators start the workshop with questions given below. They can conduct this as a quick poll with a show of hands.

- How many of you use social media?
- How many of you use Instagram?
- How many of you enjoy your time on Instagram?

It's great to see that like most young people, you all use and love Instagram as a platform to connect with things and people you love. I'm also sure you love using the various features on the platform.

And finally, all of us have stories about our time on Instagram.

Now let's play a game called '**Instagram Bingo**' and find out more about each other and our Instagram personalities!



Note to the facilitator:

Through this game, participants will get a chance to introspect about their behaviours on the platform. It will also help them break the ice with other participants, allow them to open up about their behaviour online and share ideas. The debrief after this game will also set the context for the rest of the workshop.

Facilitators should establish safe space rules before commencing the activity. Some example of safe space rules are as follows:

- a. Everyone should feel comfortable with opening up - that this room is a safe space. What is shared in this room, stays in this room!
- b. No judgement from participants when others share.

For one-on-one workshops:

1. Facilitators establishes safe space rules:
 - a. You should feel comfortable with opening up - that this room is a safe space
 - b. No judgements whatsoever - this is to help me understand you better. What is shared in this room, stays in this room!
2. Participant takes 5 minutes to tick boxes applicable to them
3. Facilitator asks the participant if they have any interesting stories to share.
4. Facilitator acknowledges responses and notes any facts that particularly stand out to guide the rest of the workshop, if required.



For Self-Serve Guide Users


Take a look at the Bingo Worksheet in Appendix 2B of the guide. Take five minutes to look at the different behaviours mentioned in each of the boxes. If the behaviour is something you do, have done or have encountered, tick the applicable box! Once you've ticked as many boxes as possible, pause and think. Do you think you would like to change any of these behaviours? Anything you do well but can do better? If yes, this guide is meant for you.

Carry on to the next section.



Instructions:

1. Establish safe space rules as given above.
2. Pass out a sheet to each participant, along with a pen.
3. First, each participant takes two minutes to tick the applicable box if the sentence given in the box is something they do or have encountered.
(This allows participants to introspect about their own behaviours on Instagram and facilitates sharing as they go around the room)
4. After the first two minutes, participants will take 5-7 minutes to go around the room and get names of other participants who can relate with any of the boxes. They will try and complete as many boxes this way by writing their peer's name in the blank given in the box. Each person they talk to can only sign the sheet once.
(This group discussion allows participants to interact with others, find common ground and share anecdotes)
5. In larger groups (more than 10-15 people), the objective is to finish the whole grid by filling the blanks.
6. In smaller groups (less than 10 people), the objective is to finish a row i.e. five continuous boxes (horizontally, vertically or diagonally).
7. Once someone shouts "Bingo!" the game ends.

1. I have been upset by the number of likes I got on a post _____	2. I have more than one Instagram account _____	3. Someone I know shared details about their personal life that made me feel worried or uncomfortable _____	4. I picked up new skills/learned something interesting through Instagram _____	5. I have restricted people from viewing my story _____
6. I have made my account public and switched it to private multiple times _____	7. I have friends on Instagram that I haven't met in real life _____	8. I felt anxious and/or alone when I saw someone else's stories _____	9. I follow a celebrity/influencer and love the content they share _____	10. I made new friends from different parts of the world _____
11. I follow someone (family member etc.) who shares things that go against my beliefs _____	12. I feel like I have an online community that understands me well _____		13. I have seen content that has targeted my community or my identity _____	14. I have seen/read some distressing news _____
15. I have blocked someone _____	16. I have used photo editing apps to make my face look 'more perfect' _____	17. I have confronted someone who was sharing misinformation/fake information _____	18. I have reported offensive or inappropriate content _____	19. My parents/elders have complained about the time I spend on Instagram _____
20. I have been confused by conflicting information about a certain topic _____	21. Someone's comments on my post made me upset or angry _____	22. I have seen or heard of someone being bullied online _____	23. I have received messages from strangers on Instagram _____	24. I have an Instagram page for a skill I possess (art/music, etc.) _____



Discussion and Debrief

Do you have any interesting stories to share?

1. **Example** - Does anyone have an Instagram page for their art/music?
2. **Example** - Did anyone pick up a new skill from Instagram or was inspired to do so? What was that skill?
3. **Example** - Has anyone had a family or friend that shared content that was against your beliefs? What did you do in that case?

Facilitators allow participants to share their stories for 10 minutes. Encourage others to pitch in if they have similar experiences.

Thank you for sharing.

Those are some interesting stories and what's more interesting is that most of you have similar experiences – which tells us that you are not alone!

1. It is great to see that most of you are aware of how you spend your time on the platform.
2. And with that self-awareness and understanding, you can use some of the tools and suggestions that we will discuss today to make informed decisions about how you use the platform.
3. We will talk about ways to reach out to others who might need help, such as your friends in this room, family or others.

Quizzes

Recommended Time



40 minutes

*For Quizzes &
Respective Briefs*

20 minutes

*For Tips &
Tricks*

Materials Required

Printed Worksheets (*Appendix 3, 4, 5 and 6*). For virtual sessions or sessions using a projector and screen, please refer to the 'Slides for Workshop' in the 'Teacher Resources' folder.

Facilitators distribute worksheets for Quiz 1 (Appendix 3) to each participant or project them on a screen using a projector.

We will start with a few quizzes as a way for you to reflect on your time on social media. This will help you understand what you have already figured out about your time on the platform and where you feel like you want to put in more effort to make sure your time spent is positive.

These quizzes are designed to help you check in with yourself about what feels right and comfortable. There is no wrong or right answer, just choose the option closest to what you think you would do in each scenario.

At the end of every quiz, facilitators ask students to tally their responses - count the number of As, Bs and Cs. After the results are discussed, facilitators distribute the next quiz in the sequence (Appendix 4, 5 & 6).



Note to the facilitator:

After all the quizzes are taken by participants, you can have an open, one-on-one conversation with a participant about these topics should the need arise. This can allow you to check in with your participants about their online experience and to work together to establish positive use guidelines.

For one-on-one sessions:

1. Facilitators let participants complete the quiz on their own for 5 minutes.
2. Facilitators may leave the room and come back to proceed with the debrief.
3. After all the quizzes are completed, you can have an in-depth discussion about certain responses, if required.



For Self-Serve Guide Users

We will start with a few quizzes as a way for you to check in with yourself. This will help you understand what you have already figured out about your time on the platform and where you feel like you want to put in more effort to make sure your time spent is positive. There is no wrong or right answer, just choose the option closest to what you think you would do in each scenario.

Start with Quiz 1 on the next page. Tally your answers and check the results that follow. Use the results as a jumping-off place to reflect on how you use Instagram and to decide whether you want to make any changes.

Quiz | Sharing with Sensitivity

1. You finally finished your final exams for the year that you were extremely stressed about. You:

- A Post a meme about freedom, with a long caption about why it was really hard for you and thank your friends who helped you get it done.
- B Post a selfie holding up a sign that says “I’m FREE”.
- C Go out for ice cream with friends to celebrate.

2. You’re out with your friends and take a picture of one of them with a popcorn bucket over her head. Her parents don’t allow her to be on Instagram, but you really want to post it. You:

- A Get her permission and post it publicly, making sure no one can tell who it is.
- B Get her permission and post it to “Close Friends Only,” so only people who were at the party can see it.
- C Don’t post it.

3. You’ve just come across a distressing article about communal riots that occurred in a certain part of the country. The article also has gruesome images that you found deeply disturbing. You:

- A Share it on your story and post it on your feed along with a video telling people how this has disturbed you.
- B Post the link to your timeline and a story along with text telling people how deeply disturbing the article was for you.
- C Direct message the article to some of your closest friends or family, seeking help to deal with the distress the article gave you.

4. You are really upset about an issue you care about. You:

- A** Do a lengthy Instagram Story to share your feelings and then do an Instagram Live later to talk about it more.
- B** Post a picture of yourself on the Feed that slightly relates to the issue, with a one-sentence caption.
- C** Follow accounts of other people who care about this issue, so you can learn more before you post anything.

5. Someone at school is teasing and bullying you about something and you feel really bad about it. It is making you feel conscious and a little scared. You:

- A** Post a sad selfie and describe the whole situation in the caption. You want people to know you're sad and hurting.
- B** Post an Instagram Story of you with a friend who is close to you. You want to keep it positive and show your followers that you have good friends you can trust.
- C** Skip posting anything and talk about it with another friend or someone in your family.

6. You recently got into a huge fight with your parents about certain restrictions they place on you. You believe they are being unjust to you and are acting irrationally. You:

- A** Describe the situation on an Instagram story to vent out your frustration. Having your followers agree with you will help you relax.
- B** Post quotes or memes that talks about generation gap that hints at your situation.
- C** Avoid Instagram and confide in your best friend or sibling.

Quiz I - Results

Make a note of what option you chose most. It is fine if you chose one or more equally.

For participants who chose:

Mostly As:

It seems that you love posting all kinds of things about your life—social media gives you a free outlet to share your feelings. However, you might want to occasionally take a step back and consider your posting options—once something is public, it’s there for everyone to see. You could explore having a private account or limiting some of your content to “Close Friends.” Instagram has other tools to help you and we will discuss that in a bit.

Mostly Bs:

Based on your answers, you’re sensitive and thoughtful about what you share and where you share it. It is great that you’re focused on being true to yourself and surrounding yourself with people who will build you up and cheer you on. Well done!

Mostly Cs:

Based on your answers, it seems that privacy is important for you—whether it is yours or someone else’s. You’re comfortable with the amount of sharing you do online.

This quiz was about sharing on Instagram with sensitivity. When you share something—whether it’s a meme, your thoughts on friendship, or a video of your pet—it’s important to think about where you’ll share it and who will see it.

Quiz II Maintaining Perspective

1. You post a selfie in the morning before school. Once you are home from school, you check your phone and no one has liked or commented on it. You:

- (A)** Decide to check again later since everyone was at school anyway.
- (B)** Delete the photo—you think you look really weird in it or something.
- (C)** Tell your friends you need them to like and comment as soon as possible.

2. You see a challenge going around that requires you to post pictures of yourself in different costumes on Instagram stories. Your friends are all doing it and tagging you to do it. You feel pressured to do so but are not keen to do it yourself. You:

- (A)** Don't post it. You reach out to your close friends who tagged you and explain your thoughts on the matter.
- (B)** Post it with multiple edits because you want to be a part of the challenge.
- (C)** Post a story about why you won't do the challenge hoping that your followers will agree with you.

3. You log on and see a picture of all of your friends going for a movie without you. You:

- (A)** Talk to your closest friend about it to see if you're being too worried or if there is something you should know.
- (B)** Don't say anything but start checking their Instagram accounts every few minutes to see what they are doing next.
- (C)** Message them each separately, telling them that your feelings are really hurt.

4. You love drawing and painting and you consider yourself an artist. You work hard and many people love your art. You decide to start an Instagram account to showcase your art. At first, it's exciting to be followed by friends, but new followers and comments are soon scarce. People only "Like" and do not comment. You:

- (A)** Are disappointed, but you know your friends like your art. You look for other artists whose work you like—maybe they will follow you back.
- (B)** Delete your account—this feels like it was a fail.
- (C)** Post on your main/personal feed that you're thinking of stopping your art.

5. One of your aunts comments on every single thing you post and it's incredibly embarrassing. You:

- (A)** Ignore her. She means well.
- (B)** Turn comments off on your posts and set your stories to allow replies from "People You Follow".
- (C)** Ask your mom to ask her to stop.

6. An Instagram celebrity that you love posted against an issue you believe in. You feel disappointed in them. You:

- (A)** Continue to engage with their content as you know they have other traits that you appreciate. If their stance on the issue gets worse, you will unfollow them later.
- (B)** Unfollow them and post memes or pictures that demean the celebrity.
- (C)** Unfollow them and DM (direct message) the celebrity to express your disappointment. You ask a few friends to do so as well.

Quiz II - Results

Make a note of what option you chose most. It is fine if you chose one or more equally.

For participants who chose:

Mostly As

From your answers it looks like you have a great perspective about the role of Instagram in your life. You have a strong sense of self and desire to grow as a person. Appreciating the positive and not obsessing over something that might be negative is a life skill that's important for everyone to have. Well done!

Mostly Bs

Your answers suggest that you are a very thoughtful and sensitive person. It's important to be able to be thoughtful about what happens online and remember that what might seem like a huge problem is actually minor. You might want to open up some conversations about your emotions with a friend or a family member and get their input. It is important for your time on Instagram to be positive—as well as the time when you aren't on Instagram! Taking a step back to give yourself some space could make a big difference.

Mostly Cs

It looks like you're in touch with your feelings and have a perspective that works for you. It also seems like you have a strong support system. If you sometimes feel upset about the response or lack of response you get on Instagram, you might want to take a step back to explore those feelings and how you deal with them. It may be helpful to make sure that the time you spend online is in balance with the rest of your life.

This quiz was about maintaining perspective on Instagram. Sometimes online interactions can be difficult—especially if you fall into the habit of negatively comparing yourself with others. Being mindful of your emotions and being able to put them into context can help.

Quiz III Responding with Kindness

1. One of your favourite artists posts comics that talk a lot about depression, bullying and stress. Then they abruptly stop posting. You:

- (A)** Figure they must have taken a break.
- (B)** Send them a message saying you love their work and noticed they had stopped posting. You're wondering if everything is OK.
- (C)** Reach out to mutual friends and acquaintances to see if anyone has been in touch.

2. Your best friend, who loves gaming starts following a bunch of other gamers who tell jokes and say things that make you uncomfortable—and your friend has been sharing that content, so you have to see it. You:

- (A)** Mute your friend online but stay friends offline—maybe it's just a phase.
- (B)** Bring it up next time you hang out and ask why they are doing so. You genuinely want to know because it doesn't feel right to you.
- (C)** Tell your friend they have a choice: their new friends or you.

3. Your younger sister said something stupid on Instagram. She took it back and apologized, but the comments on her post are getting out of hand. You:

- (A)** Don't say anything—it will worsen the situation.
- (B)** Casually bring up the situation to see if they want to talk. If she asks for advice, you plan on suggesting she take a break or go on private.
- (C)** Post something defending your sister and targeting the bullies and telling them to stop.

4. You run into a classmate who's extremely upset about something their best friend said to them. You:

- (A)** Go home and keep texting to check in on them—you're worried, but you don't know what to do.
- (B)** Suggest that you call the best friend or go see them so you can assess the situation.
- (C)** Contact a helpline for support.

5. Your friend is going through a tough time at home. Her family is forcing her to pick science over humanities in high school/college. She is now posting stories that talk about depression, anxiety and sometimes, suicide. You:

- (A)** Message her elder brother to ask him to talk to her. He will know how to best deal with such a situation.
- (B)** Call her up to check in. You also recommend a few helplines that will offer her the professional mental health support she needs. If she posts more content on Instagram related to distress or suicide, you report it.
- (C)** Speak to her parents directly without her knowledge, telling them about her concerning behaviour online. It will be the only way the situation will improve.

6. A friend has posted an embarrassing photo or video of you, tagging you to make fun of you. You:

- (A)** Reply to the post with an embarrassing video or photo of that friend, to get back at him/her.
- (B)** DM your friend telling them the post did not please you and subsequently report the post to the platform telling them it's inappropriate.
- (C)** Feel miserable and deactivate or delete your account.

Quiz III - Results

Make a note of what option you chose most. It is fine if you chose one or more equally.

For participants who chose:

Mostly As

From your answers, one can tell that you're empathetic and care about other people—you notice when someone seems down or upset. It can be hard to know what to do or say in these situations, no matter how old you are. However, checking in with people around you, cautiously and empathetically will help you help them. It is always beneficial to speak to people you care about.

Mostly Bs

Your answers show that anyone would be lucky to have you as a friend. Reaching out when you see someone who seems to be upset is a meaningful and kind thing to do.

Mostly Cs

Based on your answers, one can tell you're a caring person who wants to help others. Sometimes it can be hard to know how to help, especially when the situation makes you emotional as well. Be sure to take care of yourself while you're taking care of others! It is easy to cross a line and therefore important to be careful even though your intention might be positive.

This quiz was about responding with kindness. There are times when you might see others going through a difficult time or saying things that might be worrisome. Respond with kindness and with ways that can help them online. Shortly we will discuss tips and tricks on how to be a good friend online.

Quiz IV **Becoming Conscious Consumers of Information**

1. You received a DM that states you two cups of ginger tea everyday will ensure you'll never contract cancer. You:

- A Forward and share it with most friends along with a short message of why you agree with this.
- B Ignore the message.
- C Verify the post through trusted sources on the internet and share the information that you find with the sender of the message.

2. A friend of yours has taken the 'coronavirus licking' challenge and tagged you to participate. This challenge encourages people to lick objects kept in public to show that the virus has been hyped up by the media. You:

- A Accept the challenge and post your own version of it within 24 hours.
- B Repost the challenge on your own page, pointing out to people how this can be dangerous to one's health and for the larger community.
- C Ignore the challenge altogether and talk to your friends about the deadly risks of taking such drastic steps.

3. Multiple elders from your family have sent you a message that a group of top chefs have voted Indian food to be the most nutritious and healthy in the world, but you have seen no such news on the internet or television. You:

- A Endorse the message and spread it among your friends and family since it is a matter of national pride.
- B Ignore the message completely since you know such awards are highly unlikely to be handed out.
- C Search some more for such news on the internet and check if any such award has been handed out. Once you verify that such an award wasn't handed out, you let your family elders know respectfully.

Quiz IV **Becoming Conscious Consumers of Information**

4. A friend posted a story unfairly targeting an ethnic community, which you think is intentionally framed to show that community in a poor light. You:

- (A)** Share it on your story making corrections to the false claims that the person is making.
- (B)** Ignore the message.
- (C)** Reply to the person in private trying to persuade them against holding such views.

5. You post a photo of yourself dressed up for a festival celebrated by your religious community. You start receiving a lot of derogatory comments about your religion/ethnicity. You:

- (A)** Comment on each of their posts and reply to their stories calling them out for endorsing divisive views.
- (B)** Block those users because their comments upset you deeply.
- (C)** Just report their comments for Instagram to take action.

6. Your friend is sharing messages targeting a disadvantaged community in a school group you are part of. You know that these messages are disrespectful and deeply biased. You:

- (A)** Send your friend a private message telling him that he is misinformed and biased and is conditioning the entire family through his messages.
- (B)** Do not confront your friend and let it pass.
- (C)** Ignore the message completely and share verified news articles on the group to debunk the messages.

Quiz IV - Results

Make a note of what option you chose most. It is fine if you chose one or more equally.

For participants who chose:

Mostly As

You enjoy posting and sharing content and interacting with different people through social media platforms. However, you might want to step back and reflect a little more before posting content directly. This can be detrimental to the information system you live in since you might also be spreading misinformation among others. It will be helpful for you to use fact-checking websites before sharing any information that might seem illegitimate. You should also try to be more mindful about people around and respond with empathy when you see negative content or misinformation.

Mostly Bs

You moderate your data and information consumption and are less susceptible to believing and relaying misinformation. You take private actions to break the chain of transmission of the message, however, you can do more to find the correct information through fact-checking sites and let others also know, if you come across misinformation or hate speech. You should also try to be more mindful about people around you and respond with empathy when you see negative content or misinformation.

Mostly Cs

You are a mindful consumer of information on social media. You understand the problems misinformation and hate speech can have. You do not actively share posts or stories you don't trust and thereby, breaking the chain of misinformation going around on social media. You also engage with others on the potential risks associated with sharing misinformation or hate speech, by using verified facts and 'counter speech' effectively. Well done! Your mindfulness is reducing the hate and distrust going around in the world.

This last quiz was about being mindful and conscious about the information you are consuming online. It is safer to be a critical consumer of information and will always serve you better if you verify information from authentic sources before passing it on. It is also important to be empathetic to others around you and be mindful about countering hate speech to make your time on the platform more positive.

Tips and Tricks

for having a positive time on Instagram

For Self-Serve Guide Users

Well done on completing the quizzes. To help you further, here are some tips and Instagram tools to customize your experience and keep things positive. There might be also times when you notice someone on Instagram who seems to be feeling sad or angry. It can be really difficult to know what to say or do in those moments. You'll see some ideas below.

I. Being A Friend Online: Help For Hard Conversations

Being kind and supportive towards others on Instagram is a great thing. In one of our quizzes, we discovered that most of us are caring human beings who want to help our peers on Instagram. There might be times when you notice someone who seems to be feeling sad or angry.

It can be difficult to know what to say or do in those moments. What are some things you could do?

Collect a few responses from participants.

Now let's discuss a few ideas of what you could do.

1. Always take care of yourself first

If you are the person who is feeling sad or angry or bullied, talk to someone. If you don't have an adult or a peer you feel comfortable with, there are helplines available depending on the situation you are in. ChildLine India Helpline is available 24x7 at 1098 for situations where you are feeling negative or threatened by someone around you. In other situations you can use the TISS iCall, Samaritans Mumbai or Fortis Mental Health services for general mental health support. It's Ok To Talk is another great platform for resources on mental well-being. You can also recommend these to someone else who is in distress or needs help. A complete list of these resources will be shared with you at the end of the workshop (*Appendix 1*).

2. Know the signs to watch for in others

People may communicate their feelings in different ways, but there are things that can give you clues to their emotional state. The World Health Organisation suggests looking out for behaviours such as:

- They're not acting like themselves
- They are feeling sad
- They talk about feeling hopeless
- They lack energy in doing things or meeting people
- They are harming themselves or talking about suicide
- Their mind seems to be somewhere else
- They are restless and can't relax
- They've become very negative towards life
- They feel constantly worthless or guilty about something

Everyone has some bad days, but if you notice someone exhibiting any of the above behaviours repeatedly, the tips below can help you figure out what to do.

3. Reach out

A phone call, a text, or a DM telling someone that you care about them can mean a lot. You don't have to have all the answers—just letting them know that they aren't alone and that you care about them is a kind thing to do.

4. What to say

It's best to keep it simple but kind. Try things like, "I've noticed you posting a lot of sad memes lately, are you OK?" or "I'm just messaging you because you seemed really upset the other day. How are you?".

5. Don't assume someone else will do it

You might think that a person has a lot of other friends, or that you don't know them well enough to get involved—but you never really know. It's likely better to check in and find out that they're fine than to ignore something that's worrying you.

6. If they open up, listen

Avoid offering advice or talking about yourself—keep the focus on the other person and how they are feeling. Asking questions like, “Have you talked to anyone else about this?” can be a way to see if they have support in the other parts of their life.

7. Encourage them to get help

Sometimes we can get so caught up in our feelings that we don't see a way out. You can suggest that your friend talks to their parents or another responsible adult, or share resources like the ChildLine India Helpline or others mentioned previously. A complete list of these resources will be shared with you at the end of the workshop (*Appendix 1*).

8. Report concerning content

If you feel someone is in immediate danger of harming themselves, you should contact 100 first and then let Instagram know by reporting the concerning content so that Instagram can help connect the user at risk to information and resources. There are teams all over the world working 24 hours a day, seven days a week to review these reports. The poster will not know who made the report, but they will get help the next time they open the app. To make a report, *tap above the post, then tap Report. Select “It's Inappropriate > Self Injury.”* If you come across content that you think is stoking divisions and fear among people, or it contains hate speech and symbols of oppression you must report it to Instagram.

Not just that, if you see someone spreading false information, bullying another person and being violent in their posts or actions, click on top of the post: *Report > It's inappropriate and choose the most accurate option from the options that follow.*

9. When to tell someone

If the person you've reached out to doesn't show any signs of feeling better, if you start feeling uncomfortable with what they asked you to keep secret, or if their behaviour gets more extreme, talk to an adult or a friend you trust about next steps. If you feel someone is in immediate danger to themselves or others, you should contact 100.

II. Tools for socio-emotional well-being

Now, let's move to how to make Instagram work for you and how you can make the most of the platform. There are lots of tools you can use to customize your experience and keep things positive. I am sure a lot of you already know some of these tools. So as we go along, I will ask you to help me identify some of them.

Collect a few responses from participants after every question.

Let's see who gets the most answers!

1. Follow your feelings

Check in with yourself after you've been online for a bit. If you're thinking about all the things you need to change—your hair, your body, the way you dress—maybe you need to adjust the way you are experiencing Instagram. Look for people and accounts that connect you to new and existing interests and make you feel good about yourself.

2. Perform routine maintenance

Try going through the list of accounts you follow every once in a while and edit. As you go through them, consider unfollowing any accounts you're no longer interested in or accounts that bring you down in some way. Cutting down your follow list often can open up space for new people who make you happy.

Question: How can you do this on Instagram? Can someone tell me?

HOW TO: On your profile, click "Following." Scroll through and tap the "Following" button next to anyone's name you want to unfollow. The button will turn blue. You can also go to someone's profile and tap "Unfollow".

3. Find new follows

You can enrich your experience by regularly looking for new and interesting people to follow.

Question: How can you do this on Instagram? Can someone tell me?

HOW TO: Explore is one way to browse through accounts and topics—tap the magnifying glass when you open the app and try searching on a tag for something you enjoy like #baking, #sports, #music or #photography.

4. Mute people you don't want to unfollow

If you don't want to unfollow someone, you can just mute it.

Question: How can you do this on Instagram? Can someone tell me?

HOW TO: Tap the three dots “...” menu in the corner of one of their posts. You can choose whether to mute feed posts, story posts, or both from an account. You can also mute someone by pressing and holding on a story.

5. Use "Restrict" to protect your account from unwanted interactions

If someone is being aggressive or negative in your comment section, you can put them on a “Restricted” list. Comments from people you restrict will only be visible to them unless you approve them. Restricted people also won't be able to see when you're online or when you've read their messages. If you aren't ready to unfollow or block someone, you could try starting with “Restrict”.

Question: How can you do this on Instagram? Can someone tell me?

HOW TO: You can restrict someone by swiping left on a comment, through the Privacy tab in Settings, or directly on the profile of the account you intend to restrict. Tap “Restrict” to add the account to your restricted list.

6. Block when necessary

If someone's behaviour is impacting you negatively and muting isn't enough, block them. It's the best way to stop any unnecessary problems. They won't be able to view your posts or find you in search and they won't know that you did it.

Question: How can you do this on Instagram? Can someone tell me?

HOW TO: Tap the three dots "⋮" on their profile, then tap "Block".

7. Make connections, not comparisons

You want to get inspired to make changes and explore new things, but not get into a space where you feel like you can't win because you are lacking something someone else has. Try to keep in mind that you're just seeing one part of their life, one that they've perfected and polished.

8. Choose your audience

Being public on Instagram is public in the true sense of the word. Anyone can see what you post—and once something is out there, it's pretty much impossible to get it back. You might want to make your account private so the only people who see your posts are the people that you want to see your posts.

Question: How can you do this on Instagram? Can someone tell me?

HOW TO: Tap "profile button" on the bottom right and then either "options button" (for iOS) or the three dots "⋮" (for Android). Scroll down to "Private Account" and move the slider to the right. The slider will turn blue once the account is private. The accounts following you will still be following you— new followers will have to request access. If there is someone following you on your private account that you want to exclude, go to your followers list and tap to the right of their handle to remove them.

9. Report bullying

If someone is being aggressive online, consider if and how you want to respond. You can mute, unfollow, or block them using the tools on this page, or set your account to private. You can also report posts and profiles that are engaging in abusive or harassing behavior. If bullying is affecting your well-being, try reaching out to a friend or family member to talk about it.

Question: How can you do this on Instagram? Can someone tell me?

HOW TO: Tap three dots “...” above the post or at the top right of their profile. Tap “Report,” and follow the instructions. Reporting is anonymous. They won’t know you did it.

10. Avoid taking extreme sides

It’s great when you connect with other people in your fan groups—it’s how many great friendships are made. It’s probably best, though, to stay away from the harmful side of fan culture, where people gang up on others and bully or harass them. Who wants to be a part of that?

11. Fine-tune your story sharing

Remember that—even if you have a private account—there are ways to post that are even more selective. You can use the “Close Friends” setting on stories so that only certain people see them. People who are unable to see the story won’t know that they are missing something.

Question: How can you do this on Instagram? Can someone tell me?

HOW TO: Create a “Close Friends” list by tapping the three horizontal lines/burger icon “☰” in your profile, then tapping “Close Friends.” Then, when you create a story, choose “Close Friends” at the bottom of the screen instead of “Publish to your profile.” You can also create a specific list for individual stories.

Threads from Instagram, a new camera-first messaging app, is another private space just for your close friends. Once you install the app, messages from people on your Close Friends will come straight to Threads, so that you never miss something from your closest friends.

12. Be direct

Sometimes you really just want to share with a few people. That's smart! When things are really personal, you can feel really vulnerable. Instagram Direct Message (or DM) is the most private way to share on Instagram, so consider using it in these situations.

Question: How can you do this on Instagram? Can someone tell me?

HOW TO: To send a message (text, image, or video), click the “✉” icon at the top right of your Feed and choose who to share it with (up to 15 people). You can also message someone by clicking that same icon from their profile.

13. Control comments

Your comment section is a great place for interaction and conversation and for people to react to what you're posting. And because it's your comment section, you can set it up to be the kind of space you want it to be. Some people are fine with it being open to everyone. Some people never read their comments. There's also the option to allow only certain people to comment. This can be great if you want to stay public but don't want to let the entire world weigh in on what you're up to.

Question: How can you do this on Instagram? Can someone tell me?

HOW TO: Go to settings and choose “Comment Controls.” You can choose to allow comments from only your followers, or only the people you follow, or turn off comments entirely. You can also filter out comments that use any specific words or phrases that you find upsetting or prefer not to see. For example, if someone uses hateful comments against a religion or a minority or just uses offensive language in English or any other Indian language, you can report the specific word or phrase.

14. Verify information

Before posting or sharing any information that can have political and social consequences, information that might have a lot of name-calling and a call to action, authenticate it before sharing and influencing your own friends and followers. It is extremely difficult to keep track of the range and scale at which misinformation spreads and the only reason it spreads is because people think they are sharing information which is authentic and genuine (without fact-checking it before sharing). In order to break this chain, if you are unclear if a certain post is true or not, restrain yourself from sharing it, otherwise, fact-check it yourself from multiple sources before doing so.

15. Calm down conflict

Sometimes the comments on a post can get out of hand and even go places that have nothing to do with what you put up. If you're uncomfortable with a conversation going on in your comments, you can try letting people know by saying something like, "Hey, I think we should not talk about this anymore and move on to something else." If that doesn't work, you can also delete comments or change your comment settings like we discussed previously. It's a good idea to let people know you are doing this, so they are not offended or feel bad. You can post, "I'm going to freeze these comments now," or message someone and say, "Hey I deleted your comment because....".

A little communication can prevent hurt feelings.

Question: How can you delete a comment on Instagram? Can someone tell me?

HOW TO: To delete a comment, swipe left and tap "Delete." To turn off comments on a post, tap the three dots "... " at the top right, then choose "Turn off commenting."



Great!

It was fantastic to see how most of you knew how to use Instagram tools to your advantage to make your experience on the platform more fulfilling.



Facilitators can give a 5-10 minute break here or move on to the last part of the session.

Managing time spent online

Recommended Time



10 minutes

*For Managing
Time Spent Online*

20 minutes

*For Debrief &
Closure*

Materials Required

Pre-filled bingo worksheets, Print-out of list of resources (*Appendix 1*). For virtual sessions or sessions using a projector and screen, please refer to the 'Slides for Workshop' in the 'Teacher Resources' folder.

For Self-Serve Guide Users

Take a moment to think about these questions:

1. Do you think you spend more or less time on social media than you should?
2. Do you feel more withdrawn or lonely after you have been on a particular app for a long time?
3. Do you find yourself more irritable or anxious because of social media?

Once you have some answers, think deeply about them and jump to the next .

Facilitators establish the safe space rules for a quick classroom poll. Questions for the poll are as follows:

1. How many of you think you spend more time on social media than you should?
2. How many of you think you spend less time on social media than you should?
3. How many of you think you spend the perfect amount of time on social media, according to you?
4. Now, how many of you feel more withdrawn or lonely after you have been on a particular app for a long time?
5. How many of you find yourself more irritable or anxious because of social media?

Thanks for helping me with that. As you can see, you're not alone when it comes to spending time online. The quality of the time you spend online is incredibly important to your well-being. So is the quantity; too much screen time could mean that you are neglecting other important things in your life. The goal is to make the most of all your time, online or off.

Let's discuss a few tools on Instagram that can help you balance your time online and offline. Before we begin, can someone tell me a few tools that they already know of?

Collect a few responses from participants.

Thanks for sharing. Let's see how many of you shared the same tips.

For Self-Serve Guide Users

The quality of the time you spend online is incredibly important to your well-being and so is the quantity. Too much screen time could mean that you are neglecting other important things in your life. Below are a few tools on Instagram that can help you balance your time online and offline.

1. Check your activity

There is an easy way to see how much time you are spending on Instagram. Go to your settings page and tap on "Your Activity." You'll see a dashboard with the average amount of time you spend on Instagram. Tap any bar to see your time for a specific day. Surprised by what you see? You might benefit from cutting back.

2. Set a reminder to log off

If you want to cut back on your screen time, you can set a daily reminder that will alert you when you've been on for a certain amount of time. Bonus: When you set a time limit, you might find yourself being more thoughtful about what you do on Instagram. To set up a reminder, go to your profile and tap the burger icon "☰" (three horizontal lines). Then tap Your Activity > Set Daily Reminder. Choose the amount of time and tap Set Reminder.

3. Be in the moment

Sometimes having your phone around can distract you from really experiencing and enjoying what's going on around you. Remember, you don't need to post in exactly at that time. Try taking a few photos and then putting your phone away so you can really be present, then sharing them later with your thoughts. Bonus: You're less likely to make a typo.

4. Mute notifications to help you focus

If you have trouble ignoring notifications, turn them off. Try muting notifications during times that you want to be offline. It can also be helpful to physically put your phone away in a drawer or another room during meals, hangouts, or study sessions. To mute notifications, go to your profile and tap the burger icon “☰” (three horizontal lines), then tap Your Activity. Tap Notification Settings and tap Pause All, then select how long you want to mute them. You can also mute specific types of notifications.

5. Give your phone a bedtime

If you have trouble falling asleep, it could be because you use your phone too much late at night. Your brain needs time to rest. Try putting your tech to bed about an hour before you hit the hay.

...and a wake-up time

Checking your phone first thing in the morning isn't necessarily bad, but you might want to experiment with an a.m. routine that puts self-care at the centre. Try doing a few things—showering, having breakfast, brushing your teeth—before you go online. You'll be more awake and able to interact with people and you might get to school on time!

Revisiting the Bingo (Think-Pair-Share)

For Self-Serve Guide Users

Let's go back to the Bingo sheet that you used earlier. Take a look at the boxes you marked. First, focus on the ones that you feel are behaviours you would like to change. After this workshop, are you equipped with techniques to solve some of the issues? How will you do so?

Now look at your more positive behaviours. Do you have a better understanding of why you do so? Anything you can do to improve? Think about sharing with sensitivity, maintaining perspective, responding with kindness and becoming conscious consumers of information.

If you feel like you need more information, revisit the tools and tips shared earlier to find some answers!

Let's go back to the Bingo game we discussed at the beginning of the workshop/in our first session and see if we have more perspective on our online presence.

Facilitators lead with the following instructions.

Instructions:

1. **Think:**
 - a. Once you all have your bingo worksheets, spend two minutes seeing the boxes you personally ticked. Focus on the ones that you feel are behaviours you'd like to change. After this workshop, are you equipped with tips and tricks to solve some of the issues? How will you do so?
 - b. Now, spend two minutes on some of your other, more positive behaviours. Do you have a better understanding of why you do so? Anything you can do to improve? Think about sharing with sensitivity, maintaining perspective, responding with kindness and becoming conscious consumers of information.
2. **Pair:** Take 5 minutes to discuss your new learnings in pairs. Help each other come up with solutions and guide each other where necessary.

3. Share: Now it is time for you to share some of your learnings with the rest of us. Would anyone like to volunteer and express what were some of the things they would do differently as a result of the session?

4. Likely Responses:

- a. I felt like I wasted a lot of time on Instagram. Now I know that I can mute notifications or set reminders to help me keep my time on the app productive and positive.
- b. I know what to do if I see negative or offensive comments. Reporting each piece of information will help Instagram to take it down faster.
- c. There is a lot of conflicting information going around on the internet. A lot of it seems reliable, but I often get confused on what to believe and what not to. Now on, I will verify sensitive information through multiple sources before I share it.



Facilitators allow participants to share their ideas for 5-7 minutes. Encourage others to pitch in if they have similar experiences.

Closure

For Self-Serve Guide Users

We are now at the end of the guide. The guide has been designed to help you figure out the best ways for you to use the platform. Remember that Instagram is a community and there are people and tools to help you at every stage. Be mindful of how your time online impacts your emotional well-being, use the tips and tools we discussed to improve your experience. You should also connect with the resources mentioned for further thought and discussion.

See Appendix 1 for a list of great resources you can use.



Thanks for sharing, once again! And with that developed understanding, we are reaching the end of the workshop.

1. Today's session was to help you figure out the best ways for you to use the platform.
2. Remember that Instagram is a community and there are people and tools to help you at every stage.
3. I encourage you to be mindful of how your time online impacts your emotional well-being, use the tips and tools we discussed to improve your experience.
4. You should also connect with the resources mentioned for further thought and discussion.
5. A list will be shared with you after this class by print/email.

Hope this session helped think about how you can make your time on Instagram more positive, inspiring and balanced.



Facilitators allow participants to ask any questions they may have before closing.

For young people facing any form of distress:

1. ChildLine India Helpline

[CHILDLINE 1098](#) is a phone number that spells hope for millions of children across India. It is a 24-hour a day, 365 days a year, free, emergency phone service for children in need of aid and assistance.

Helpline number: 1098 (24x7)

Helplines for all:

2. TISS iCall

[iCall](#) is a service from TISS, run by trained mental health professionals. iCALL provides emotional support, information and referral services to individuals in psycho-social distress, across the lifespan and across different gender and sexual identities.

Helpline number: +91 9372048501/022-25521111 (Mon – Sat, 8am – 10pm)

3. Samaritans Mumbai

[Samaritans](#) provides emotional support to callers. They are available on email, phone and in-person free services.

Helpline number: +91 84229 84528/+91 84229 84529/+91 84229 84530 (Mon – Sun, 5pm – 8pm)

4. Fortis Exam Helpline

The [Fortis National Helpline](#) number is for students or parents with queries related to stress, mental wellbeing, exam tips or even to consult a team of experts and behavioural psychologists.

Helpline number: +91 8376804102 (24x7)

5. Parivarthan

[Parivarthan](#) provides multimodal services in the field of mental health. This helpline is serviced by trained, professional counsellors.

Helpline number: 080- 65333323 (*Mon – Fri, 4pm – 10pm*)

General mental-health support and a variety of resources:

6. It's Ok To Talk

[It's Ok To Talk](#) is an initiative by Sangath, a mental health research organisation. The project is implemented in collaboration with Harvard Medical School and is supported by the Wellcome Trust, UK. They are an adolescent and youth-focused programme started in 2016, which aims to increase awareness about mental health and wellbeing, so that more young people feel able to engage in dialogue on mental health and seek help.

Visit www.itsoktotalk.in for more information and resources.



1. I have been upset by the number of likes I got on a post

2. I have more than one Instagram account

3. Someone I know shared details about their personal life that made me feel worried or uncomfortable

4. I picked up new skills/learned something interesting through Instagram

5. I have restricted people from viewing my story

6. I have made my account public and switched it to private multiple times

7. I have friends on Instagram that I haven't met in real life

8. I felt anxious and/or alone when I saw someone else's stories

9. I follow a celebrity/influencer and love the content they share

10. I made new friends from different parts of the world

11. I follow someone (family member etc.) who shares things that go against my beliefs

12. I feel like I have an online community that understands me well



13. I have seen content that has targeted my community or my identity

14. I have seen/read some distressing news

15. I have blocked someone

16. I have used photo editing apps to make my face look 'more perfect'

17. I have confronted someone who was sharing misinformation/fake information

18. I have reported offensive or inappropriate content

19. My parents/elders have complained about the time I spend on Instagram

20. I have been confused by conflicting information about a certain topic

21. Someone's comments on my post made me upset or angry

22. I have seen or heard of someone being bullied online

23. I have received messages from strangers on Instagram

24. I have an Instagram page for a skill I possess (art/music, etc.)

1. I have been upset by the number of likes I got on a post

2. I have more than one Instagram account

3. Someone I know shared details about their personal life that made me feel worried or uncomfortable

4. I picked up new skills/learned something interesting through Instagram

5. I have restricted people from viewing my story

6. I have made my account public and switched it to private multiple times

7. I have friends on Instagram that I haven't met in real life

8. I felt anxious and/or alone when I saw someone else's stories

9. I follow a celebrity/influencer and love the content they share

10. I made new friends from different parts of the world

11. I follow someone (family member etc.) who shares things that go against my beliefs

12. I feel like I have an online community that understands me well



13. I have seen content that has targeted my community or my identity

14. I have seen/read some distressing news

15. I have blocked someone

16. I have used photo editing apps to make my face look 'more perfect'

17. I have confronted someone who was sharing misinformation/fake information

18. I have reported offensive or inappropriate content

19. My parents/elders have complained about the time I spend on Instagram

20. I have been confused by conflicting information about a certain topic

21. Someone's comments on my post made me upset or angry

22. I have seen or heard of someone being bullied online

23. I have received messages from strangers on Instagram

24. I have an Instagram page for a skill I possess (art/music, etc.)

Quiz I | Sharing with Sensitivity

1. You finally finished your final exams for the year that you were extremely stressed about. You:

- A Post a meme about freedom, with a long caption about why it was really hard for you and thank your friends who helped you get it done.
- B Post a selfie holding up a sign that says “I’m FREE”.
- C Go out for ice cream with friends to celebrate.

2. You’re out with your friends and take a picture of one of them with a popcorn bucket over her head. Her parents don’t allow her to be on Instagram, but you really want to post it. You:

- A Get her permission and post it publicly, making sure no one can tell who it is.
- B Get her permission and post it to “Close Friends Only,” so only people who were at the party can see it.
- C Don’t post it.

3. You’ve just come across a distressing article about communal riots that occurred in a certain part of the country. The article also has gruesome images that you found deeply disturbing. You:

- A Share it on your story and post it on your feed along with a video telling people how this has disturbed you.
- B Post the link to your timeline and a story along with text telling people how deeply disturbing the article was for you.
- C Direct message the article to some of your closest friends or family, seeking help to deal with the distress the article gave you.

4. You are really upset about an issue you care about. You:

- (A)** Do a lengthy Instagram Story to share your feelings and then do an Instagram Live later to talk about it more.
- (B)** Post a picture of yourself on the Feed that slightly relates to the issue, with a one-sentence caption.
- (C)** Follow accounts of other people who care about this issue, so you can learn more before you post anything.

5. Someone at school is teasing and bullying you about something and you feel really bad about it. It is making you feel conscious and a little scared. You:

- (A)** Post a sad selfie and describe the whole situation in the caption. You want people to know you're sad and hurting.
- (B)** Post an Instagram Story of you with a friend who is close to you. You want to keep it positive and show your followers that you have good friends you can trust.
- (C)** Skip posting anything and talk about it with another friend or someone in your family.

6. You recently got into a huge fight with your parents about certain restrictions they place on you. You believe they are being unjust to you and are acting irrationally. You:

- (A)** Describe the situation on an Instagram story to vent out your frustration. Having your followers agree with you will help you relax.
- (B)** Post quotes or memes that talks about generation gap that hints at your situation.
- (C)** Avoid Instagram and confide in your best friend or sibling.

Quiz II Maintaining Perspective

1. You post a selfie in the morning before school. Once you are home from school, you check your phone and no one has liked or commented on it. You:

- (A)** Decide to check again later since everyone was at school anyway.
- (B)** Delete the photo—you think you look really weird in it or something.
- (C)** Tell your friends you need them to like and comment as soon as possible.

2. You see a challenge going around that requires you to post pictures of yourself in different costumes on Instagram stories. Your friends are all doing it and tagging you to do it. You feel pressured to do so but are not keen to do it yourself. You:

- (A)** Don't post it. You reach out to your close friends who tagged you and explain your thoughts on the matter.
- (B)** Post it with multiple edits because you want to be a part of the challenge.
- (C)** Post a story about why you won't do the challenge hoping that your followers will agree with you.

3. You log on and see a picture of all of your friends going for a movie without you. You:

- (A)** Talk to your closest friend about it to see if you're being too worried or if there is something you should know.
- (B)** Don't say anything but start checking their Instagram accounts every few minutes to see what they are doing next.
- (C)** Message them each separately, telling them that your feelings are really hurt.

4. You love drawing and painting and you consider yourself an artist. You work hard and many people love your art. You decide to start an Instagram account to showcase your art. At first, it's exciting to be followed by friends, but new followers and comments are soon scarce. People only "Like" and do not comment. You:

- (A)** Are disappointed, but you know your friends like your art. You look for other artists whose work you like—maybe they will follow you back.
- (B)** Delete your account—this feels like it was a fail.
- (C)** Post on your main/personal feed that you're thinking of stopping your art.

5. One of your aunts comments on every single thing you post and it's incredibly embarrassing. You:

- (A)** Ignore her. She means well.
- (B)** Turn comments off on your posts and set your stories to allow replies from "People You Follow".
- (C)** Ask your mom to ask her to stop.

6. An Instagram celebrity that you love posted against an issue you believe in. You feel disappointed in them. You:

- (A)** Continue to engage with their content as you know they have other traits that you appreciate. If their stance on the issue gets worse, you will unfollow them later.
- (B)** Unfollow them and post memes or pictures that demean the celebrity.
- (C)** Unfollow them and DM (direct message) the celebrity to express your disappointment. You ask a few friends to do so as well.

Quiz III Responding with Kindness

1. One of your favourite artists posts comics that talk a lot about depression, bullying and stress. Then they abruptly stop posting. You:

- (A)** Figure they must have taken a break.
- (B)** Send them a message saying you love their work and noticed they had stopped posting. You're wondering if everything is OK.
- (C)** Reach out to mutual friends and acquaintances to see if anyone has been in touch.

2. Your best friend, who loves gaming starts following a bunch of other gamers who tell jokes and say things that make you uncomfortable—and your friend has been sharing that content, so you have to see it. You:

- (A)** Mute your friend online but stay friends offline—maybe it's just a phase.
- (B)** Bring it up next time you hang out and ask why they are doing so. You genuinely want to know because it doesn't feel right to you.
- (C)** Tell your friend they have a choice: their new friends or you.

3. Your younger sister said something stupid on Instagram. She took it back and apologized, but the comments on her post are getting out of hand. You:

- (A)** Don't say anything—it will worsen the situation.
- (B)** Casually bring up the situation to see if they want to talk. If she asks for advice, you plan on suggesting she take a break or go on private.
- (C)** Post something defending your sister and targeting the bullies and telling them to stop.

4. You run into a classmate who's extremely upset about something their best friend said to them. You:

- (A)** Go home and keep texting to check in on them—you're worried, but you don't know what to do.
- (B)** Suggest that you call the best friend or go see them so you can assess the situation.
- (C)** Contact a helpline for support.

5. Your friend is going through a tough time at home. Her family is forcing her to pick science over humanities in high school/college. She is now posting stories that talk about depression, anxiety and sometimes, suicide. You:

- (A)** Message her elder brother to ask him to talk to her. He will know how to best deal with such a situation.
- (B)** Call her up to check in. You also recommend a few helplines that will offer her the professional mental health support she needs. If she posts more content on Instagram related to distress or suicide, you report it.
- (C)** Speak to her parents directly without her knowledge, telling them about her concerning behaviour online. It will be the only way the situation will improve.

6. A friend has posted an embarrassing photo or video of you, tagging you to make fun of you. You:

- (A)** Reply to the post with an embarrassing video or photo of that friend, to get back at him/her.
- (B)** DM your friend telling them the post did not please you and subsequently report the post to the platform telling them it's inappropriate.
- (C)** Feel miserable and deactivate or delete your account.

Quiz IV **Becoming Conscious Consumers of Information**

1. You received a DM that states you two cups of ginger tea everyday will ensure you'll never contract cancer. You:

- A Forward and share it with most friends along with a short message of why you agree with this.
- B Ignore the message.
- C Verify the post through trusted sources on the internet and share the information that you find with the sender of the message.

2. A friend of yours has taken the 'coronavirus licking' challenge and tagged you to participate. This challenge encourages people to lick objects kept in public to show that the virus has been hyped up by the media. You:

- A Accept the challenge and post your own version of it within 24 hours.
- B Repost the challenge on your own page, pointing out to people how this can be dangerous to one's health and for the larger community.
- C Ignore the challenge altogether and talk to your friends about the deadly risks of taking such drastic steps.

3. Multiple elders from your family have sent you a message that a group of top chefs have voted Indian food to be the most nutritious and healthy in the world, but you have seen no such news on the internet or television. You:

- A Endorse the message and spread it among your friends and family since it is a matter of national pride.
- B Ignore the message completely since you know such awards are highly unlikely to be handed out.
- C Search some more for such news on the internet and check if any such award has been handed out. Once you verify that such an award wasn't handed out, you let your family elders know respectfully.

Quiz IV **Becoming Conscious Consumers of Information**

4. A friend posted a story unfairly targeting an ethnic community, which you think is intentionally framed to show that community in a poor light. You:

- A** Share it on your story making corrections to the false claims that the person is making.
- B** Ignore the message.
- C** Reply to the person in private trying to persuade them against holding such views.

5. You post a photo of yourself dressed up for a festival celebrated by your religious community. You start receiving a lot of derogatory comments about your religion/ethnicity. You:

- A** Comment on each of their posts and reply to their stories calling them out for endorsing divisive views.
- B** Block those users because their comments upset you deeply.
- C** Just report their comments for Instagram to take action.

6. Your friend is sharing messages targeting a disadvantaged community in a school group you are part of. You know that these messages are disrespectful and deeply biased. You:

- A** Send your friend a private message telling him that he is misinformed and biased and is conditioning the entire family through his messages.
- B** Do not confront your friend and let it pass.
- C** Ignore the message completely and share verified news articles on the group to debunk the messages.

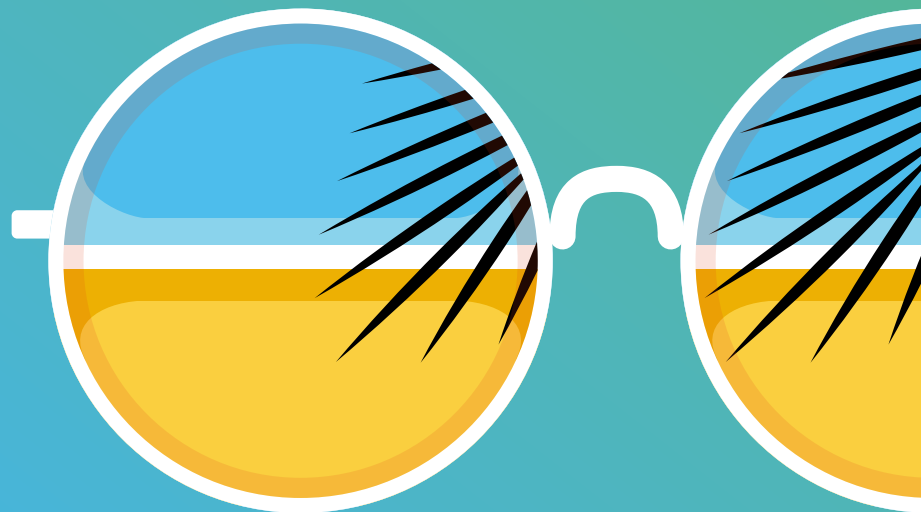
04



Fostering a healthier relationship with technology: Leading by example

Launching a conversation about time spent online can spark defensiveness in a young person especially if it is an adult who initiates it.

Try starting with “respectful curiosity”—asking questions in an open way that helps you understand their experience and the role social media plays in their overall well-being and life. These may be helpful questions to ask: Do you feel more withdrawn or lonely after you’ve been on a particular app for a long time? Do you find yourself more irritable or anxious? Once emotions have been explored, you can mutually decide on parameters for usage.



Instagram has a set of tools that can help with those parameters as covered in the workshop lesson plan. Below is an explanation of some tips on balancing screen time with offline.

1. MODEL THE HABITS YOU'D LIKE YOUNG PEOPLE TO ADOPT

Living a life with intentional screen time is an important part of healthy online behaviour and is good for you and for those around you. Come up with guidelines that work for you and work with young people in your life to do the same. And be transparent if you struggle—if they know it's hard for you, they won't beat themselves up if it's hard for them.

2. CHANGE OVER TIME

When young people first join Instagram, you can explore the app together and discuss who to follow and set parameters that you revisit from time to time. With older individuals, it is important to understand that they need autonomous spaces where they can explore and interact with others. What's key for them is to be self-aware enough to make healthy decisions or to ask for help when they need it.

3. ENCOURAGE PHONE-FREE ACTIVITIES

Quality time offline helps keep what happens online in perspective. You might want to start some weekly traditions that bring the family together to interact with one another, like board games, sports, or a movie night with phones in the other room.

4. BE AWARE OF THE SOURCES OF INFORMATION YOU CONSUME

Applications like Instagram present a lot of information that is new to you. Always be cautious of the accounts and sources from which you are consuming this information.

NOTES:

NOTES: