

# TIPS FOR DISCUSSING SOCIAL MEDIA WITH CONFIDENCE CLUB MENTEES

**Build trust by asking questions!** Ask your mentee what social media platforms they use, what types of accounts they follow, and what they like to post on social media. If they show you something on social media, take interest and ask questions about it!

**Discuss the ways social media is unrealistic.** Ask your mentee if there are people they follow on social media that they want to be like. Whether it's a peer or a celebrity, ask why they want to be like them. Also discuss how social media isn't real life by talking about the different ways people edit posts and only post the good things going on in their lives.

**Discuss the problems they face on social media.** Learn about the specific challenges they face with social media by asking them what their favorite and least favorite parts of social media are and if they feel a pressure to post and interact with others on social media in a certain way. You can even discuss the problems you've faced with social media to show them they aren't alone.

**Show them that they have the power to set boundaries with social media.** Discuss screen time, posting authentically, and muting/unfollowing/blocking accounts that make them unhappy on social media. Discuss ways they can unplug and practice self-care when they face challenges with social media. Remind them that you are a safe person to discuss social media with!

