

How Do We Present Ourselves to the World?

Real you vs curated you — which one truly reflects you?

Module 5 • Worksheet 3

 *This is about the image you create online — and whether it truly reflects who you are!*

PART A — What Do You Post?

 What kind of photos, videos or content do you post (or would you like to post) on social media?

Describe the type of content, not specific posts:

🤔 When you imagine someone who doesn't know you seeing your profile — what would they think about you?

 What is the main PURPOSE of posting that content?

Tick the most honest answer:

- ☐ To share things I genuinely enjoy
- ☐ To get likes and followers
- ☐ To show a version of myself I'd like to be
- ☐ To connect with people who share my interests
- ☐ To fit in with what others post
- ☐ I don't really have a specific reason

PART B — For Others vs For You



Sport & Prevention of Emerging Eating Disorders



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PART C — Is the Image You Project Really You?



really



me



Sometimes



for r



Sometimes



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PART D — Choosing How — or Whether — to Appear

👉 Did you know that you can choose HOW you appear on social media — or choose not to appear at all?

Read each option below. Which feels most authentic and meaningful to you?

 Post content about things you love: music, places, hobbies, art — things that reflect your real interests.

 Share photos and videos that feel genuinely YOU — even if they won't get many likes.

 Choose a private profile and share only with people you trust.

- Use social media mainly to follow things you love, without posting about yourself at all.

 Which approach feels most like you? Write down one change you could make to how you use social media:

Key Message

You are not obligated to share any part of yourself online. And if you do, remember: you can choose to present the REAL you — the full, complex, unique person you are — rather than a filtered version built for likes. The real you is worth sharing.

💡 Try this: for one week, only post or save content that YOU genuinely love — not what you think others will like. Notice how it feels! 💚