CHAMPIONS OF THE WEB: A GENZ TOOLKIT

A guide for GENZ, by GENZ

ANAD

#HALF THE STORY

ALL BODIES COALITION.

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CONNECT WITH US

Connect with ANAD and the All Bodies Coalition across social media to learn about and support their missions.

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HalfTheStory
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ABOUT ANAD

@anadhelp

ANAD is a non-profit, 501 (c)(3) organization providing free, peer support services to anyone struggling with an eating disorder. Our peerled programs are available to anyone struggling with disordered eating and body image, regardless of eating disorder type or diagnosis. Through support and education, we strive to relieve suffering and provide hope.

Our work is made possible by the compassionate and dedicated volunteers who are the heart and soul of ANAD. They answer helpline calls, facilitate support groups, mentor those in recovery, and share their own stories to support others on their healing journeys.

ABOUT HALF THE STORY

@halfthestory

In May 2015, our founder, Larissa May shared her struggle with mental health on social media and #HalfTheStory was born, pioneering the leading digital wellbeing movement for the next generation. We work with educational institutions, State and Federal governments, and fortune 500 companies to create new standards for our future.

ABOUT THE ALL BODIES COALITION

@allbodiescoalition

First a Discord Chat community for teens in recovery to connect through, the All Bodies Coalition (ABC) has since grown to become the largest student-led organization in the eating disorder recovery space.

Providing teens with spaces to publish and share their recovery stories in addition to providing community support for those currently going through treatment, ABC works towards making sure that no teen goes through recovery feeling alone.

INTRODUCTION

A warm welcome from your friends at ANAD and the All Bodies Coalition

Social media, today, is a million things. It's a place for creators to share their talents and for family and friends to share life updates. But most importantly, social media is a place for us to connect and interact with one another.

However, as we flock to online platforms as a way to consume, share, and interact with content, it's important that we take a step back the mindfully re-evaluate the ways in which we are doing so. For GENZ, young, creative, bright, but still growing minds, it's crucial to make sure that social media is a landscape that's navigated intentionally — and that young people know and understand that the ways in which we choose to use these platforms is completely under our control.

So today, we're so excited to have you join us in this little journey — a journey of self exploration online, but most of all, of a re-imagination of the many positive ways in which we can integrate social media into our lives as young people today.

With warmth,

Jason Wood
Director of Community Engagement
ANAD

Jennifer Yu
Founder, Executive Director
All Bodies Coalition

HOW WE CONSUME

Being mindful of the content we consume on the daily.

What we choose to allow on our feed is in our control.

Larissa (Larz) May, Founder of #HalfTheStory

Learn about how to ***hack*** your for you page to be exposed to content that makes you feel better, not worse. Click on the image above to view a video from Larz on how to take control of your feed and feel empowered online.

WHAT'S ON YOUR

F Fuels your ***creativity*** and sparks your interest in new and engaging topics and communities

E Energizes you! Good content on your feed should leave you feeling ***better***, not worse!

E Empowers you to be a ***kind*** member of your community and encourages positive discourse.

D Directly contributes to the type of person that you want to be, aka content that reflects your ***values***.

KEY TAKEAWAYS: The content you consume on a day -to-day basis should fuel your energy! (definitely not suck it away) So, fine tune your feed to what you love, and enjoy!

HOW WE SHARE

Being mindful of the content we share with our community.

The internet is a vast, vibrant community. With creators posting everything from their favorite outfits, to the best new cupcake recipe(s) to try, it's exciting to see all the great new perspectives being shared on what we now know as social media! But as creators ourselves, it's important that we understand ***the responsibility that comes with having a voice online***.

Sharing responsibly means posting content that is true to ourselves that doesn't target or harm certain groups of people. Before anything else, this means that we're being aware of the words we choose to express ourselves with — not shaming others for their beliefs, the way they look, or what they choose to express. Remember, social media is supposed to be a kind space for us to share ideas, and ***uplift*** one another, not bring each other down.

Social media is a space for us to share our ideas with kindness, not with hatred.

BEFORE YOU SHARE

Ask yourself these questions to make sure you're posting mindfully.

- Does what I'm sharing accurately represent the type of positive person I am trying to be?
- Does what I'm sharing have potential to harm or target certain groups of people? (even if I don't mean to!)
- Does what I've written in my caption align with community guidelines to keep my peers safe online?

HOW WE INTERACT

Being mindful of how we interact with others online.

In addition to the engaging content that we can find on social media, one of the best ways to use platforms is to ***interact with one another.*** Be it through sending one too many reels to your friends or commenting on someone's Tiktok, it's important that we're mindful of the way we interact with one another — making sure that it promotes both kindness and safe discussion.

Interacting positively on social media means actively making the decision to be a positive piece of the puzzle that is our online communities. This can manifest itself as ***compliments under a friend's post*** (Wow! That color looks so good on you! **or** Your art is fire) and the sharing of content that makes others feel good, or otherwise uplifts them.

Of course, you don't need to be dropping comments on every single post you see, but ***setting by positive example***, and otherwise avoiding spreading hateful messaging, is the best thing you can do to cultivate a safer space online for yourself and others.

EXERCISE TO PRACTICE

Today, challenge yourself to compliment a friend under their post! Like their outfit, like their song choice? ***Share the love!***

Complimenting positively on social media can encourage ***a more supportive community***, amongst your friends, and across the platform at-large.

LET'S PRACTICE!

Exercises to feel empowered on social media.

EXERCISE 1: EXPAND YOUR FEED

Although oftentimes it doesn't seem like it, our feeds our in our control! Expand your feed with positive content by ***following 5 new accounts each week*** (even those you wouldn't normally follow!) to expose yourself to new people, ideas, and communities!

Pro Tip: See our favorite accounts on ***page 8*** to check out some body neutral accounts to brighten your feed!

EXERCISE 2: POSTING POSITIVELY

The next time you post, share some positivity with your community by ***including a positive affirmation in the caption, post, or in a story***!

Positive affirmations like "I am kind, I am loved, and I am enough" can help us build ***confidence*** in ourselves. By sharing a little bit of this love with our friends, we can share both positive vibes and positive growth with our friends!

Let's Practice!

Exercises to feel empowered on social media.

EXERCISE 3: REFLECT & GROW

As we consume more content online than we ever have before, it's important that we take a moment to ***reflect on what types of content we are interacting with*** and whether or not it aligns with our personal values. Take a moment to as yourself these ***5 questions*** to help you get to know yourself and your online activity a little better!

1. Does this creator's content add or subtract from my ***energy*** after watching?
2. Does this content align with ***my personal values?*** (ie. of kindness, of self compassion etc.)
3. Does this content expose me to new, diverse, and varying ***perspectives***?
4. Does this creator honor and share the views of ***multiple groups*** and demographics?
5. Do I enjoy the content that I am consuming. (aka. at the end of the day, do I like and agree with the content I am watching) If so, what ***qualities*** of the content spark the most interest in you?

OUR TOP 25

Accounts ABC and ANAD love and hope you'll love too!

INSTAGRAM HANDLE	*CONTENT FOCUS*
@allbodiescoalition	ED advocacy, recovery support
@anadhelp	ED recovery support, mental health
@bodypositivealliance	Body positivity, self confidence
@mentalstormwarning	Supporting men in recovery
@allyraepesta	Recovery journey, self empowerment
@ishawarriors	Yoga to build confidence
@l2smentalhealth	Community building, mental health
@nicolelaeno	Lifestyle, confidence, body positivity
@spencer.barbosa	Mental health, confidence
@effyourbeautystandards	Body positivity, empowering men
@iam.affirmations	Daily positive affirmations
@flourishwithciandra	ED recovery affirmations
@milslives	Lifestyle, ED recovery affirmations
@projecturok	Art, mental health, affirmations
@monknotion	Mental health, affirmations, confidence
@hiddenminds1	Growth mindset, confidence building
@ldoodlez	Art, affirmations, positivity
@itscillahope	Body image, confidence building
@itsmadebyleah	Art, affirmations
@thepsychologymum	Mental health
@mynamesellen	Affirmations, lifestyle, mental health
@iamhayleykaye	Mental health, self compassion
@selfcarespotlight	Self care, mental health
@itslennie	Affirmation reels, mental health
@malloryjpage	Honoring hunger cues, ED recovery

NAVIGATING SOCIAL MEDIA, EMPOWERED

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