



Social & Reality

Is what you see always real?

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Module 2 • Worksheet 1

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💡 *There are no right or wrong answers — just be honest about your own experience!*

PART A — When You Post...



What happens when you post a story, video or image on social media?

Think about what you do *BEFORE* posting. Tick all that apply:

- ☐ I post it straight away without thinking about it
- ☐ I choose the best photo or video from several options
- ☐ I get ready (hair, make-up, lighting, background) before taking the photo
- ☐ I apply a filter to improve the image
- ☐ I edit the image or video (brightness, contrast, crop, etc.)
- ☐ I use an app that modifies my face or body shape
- ☐ Other:



What filters or editing tools do you use most often?

PART B — Reality vs. The Post



📸 Think of a post you published recently. What was the REALITY vs. what you showed?

Fill in both columns — you don't have to share it with anyone!



The reality (what was really happening)



📱 What the post showed

🤔 **Why did you choose to show things that way?**

PART C — What About Others?

 **Think of an influencer or someone you follow. Do you think their posts show the full reality?**

Circle your answer:

YES, I think it's real

MAYBE some of it

NO, it's mostly edited

 **What strategies do you think influencers use to make their posts look perfect?**

- Professional lighting and cameras
- A team of photographers, stylists, and editors
- Advanced photo editing apps
- Choosing only the best 1 photo out of 100+
- Other:

 Has knowing this changed how you see their posts? How?

💡 Remember: every post is a choice. No one shows their whole life — what you see is always a curated highlight reel! 📸