

TOP TEN TIPS for Freeing Girls & Women to Be Their Own Best Selves (but actually REALLY good advice for all of us!!!)

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(not dictated by algorithms, filters, and comparison)

- 1. Limit social media time to 30-60 minutes per day.**
- 2. Set intentions and goals for life outside social media**
- 3. Identify whether you're scrolling passively or making genuine connections**
- 4. Get outside perspectives on the world and see the bigger picture**
- 5. Take actions as a family**
- 6. Create body positivity discussions**
- 7. Normalize discussions about social media and its effects**
- 8. FINSTAS - RINSTAS (eliminate fake, make it REAL!)**
- 9. Use ScreenTime settings**
- 10. Educate girls about the false reality of photoshop and filters**

From the LookUp Y4Y Summit's Panel: [The Future is Female: The Impact of Social Media on Young Women and Girls](#)
