

What Do We Want to Communicate?

Every post tells a story...

Module 2 • Worksheet 2

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💡 *Think about your own habits honestly — every answer is personal and valid!*

PART A — Random or Intentional?

🗨️ When you post something, do you do it randomly or do you want people to think something specific?

- ☐ I post whatever — I don't really think about it
- ☐ I think a little about it before posting
- ☐ I carefully choose what message I want to send
- ☐ It depends on the situation

 What message do you most often want to communicate when you post?

(e.g., I look good today / I'm having fun / I'm talented / I'm happy / I'm with cool people...)

PART B — What You Show and What You Don't

 Do you post any content, or do you choose based on what you want others to think?

How often do you do each of the following?

Post only when I look my best	☐ Never	☐ Sometimes	☐ Often	☒ Usually	☐ Always
Delete posts that don't get enough likes	☐ Never	☐ Sometimes	☐ Often	☒ Usually	☐ Always



SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders

Avoid posting when I feel bad or upset

☐ Never

☐ Sometimes

☐ Often

☐ Usually

☐ Always

Post mainly positive or fun moments

☐ Never

☐ Sometimes

☐ Often

☐ Usually

☐ Always



Is there something you NEVER post because of how others might see it?

PART C — How We See Others Through Their Posts



Do you form opinions about people you follow based on what they publish?

Think about someone you know only through social media. What do you think about them?



Have you ever been surprised to find out someone in real life was very different from their social media profile?

- ☐ Yes, they seemed much better online
- ☐ Yes, they seemed much worse online
- ☐ Yes, they were just different
- ☐ No, they were just like their profile

PART D — Are Influencer Posts Real?



Do you think influencers post content that has been modified or that truly represents their real life?

Tick your view and explain why:

- ☐ Their content is mostly real and authentic
- ☐ Some is real, some is edited
- ☐ Most of it is carefully crafted and not really “real” life



Why do you think that? Give an example if you can:



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SPEED PROJECT

Sport & Prevention of Emerging Eating Disorders

💡 *Every post is a performance. Even yours! And that's perfectly OK — as long as you remember that nobody shows everything.* 🇪🇺



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