



Responsible Internet Use

The internet in general is an incredibly powerful tool, utilised correctly it can be an endless wealth of information, can be used to improve mood, wellbeing and outlooks and can keep us connected amongst many other things.

However, there is a constant trend of more negative use of social media and recently we have seen a rise in the amount of “fake news” or at the least, information that is not based in fact.

Most people now indulge in at least some time scrolling through social media feeds each day, whether it's to catch up on current affairs, the latest trends, interacting with friends or a variety of other reasons.

There's a lot of talk about reducing the amount of time we spend online, however, this isn't necessarily the answer for everyone. The more important thing here, is what we are doing with that time. It's worth mentioning though that, young

people now average between 6 and 9 hours of screen time each day, with a large portion of this being social media. If we assume a roughly 16-hour day, this could well be up to (or even more than) half of your time spent awake!

So considering what a large portion of our lives that is, surely the content that we look at for that amount of time is going to have an effect on our perceptions of both ourselves and the world around us, and generally on the way in which we think.

This is why it's so important that occasionally, we step back and evaluate the individuals, accounts and organisations that we follow or interact with.

We're here. Isle Listen.



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If an account consistently makes posts that make you feel or think negatively about yourself or your body, unfollow them!

Replace them with an account that makes you feel good, teaches you something or just brings you joy!

Here are some great accounts and individuals that can make you feel good, entertain, educate and empower you:

- **@POC_IOM** (Twitter/Instagram)
- **@The.Holistic.Psychologist** (Instagram)
- **@TheHonestBloke** (Instagram)
- **@HumansOfNY** (Instagram)
- **@DitchTheLabel** (Instagram)
- **@BodyPosiPanda** (Instagram)
- **@DrJulieSmith** (Twitter/TikTok)
- **@FlorenceGiven** (Instagram)
- **@I_Weigh** (Instagram)
- **@MorganHarperNichols** (Instagram)
- **@BoPo.Boy** (Instagram)
- **@_EvryMan_** (Instagram)
- **@SatisfyingVideo** (Instagram)
- **@LizzoBeEating** (Instagram)

