

# 1 INSTAGRAM VS. REALITY

## THE SOCIAL DILEMMA



Social media is a canvas for creating an unrealistic image of the world and the expectations to live up to fake unattainable ideologies.

## THE PSYCHOLOGY OF SELLING



Are you aware of the subliminal selling tactics used by big companies? We will help you to spot the signs of advertisement and pressures to buy so you don't fall victim.

## YOUR ONLINE SHADOW



Do you know how much of your data is being stored and what it is used for? We will explore how your data and interactions influence what you see online across all platforms

## SHOULD I SHARE THIS?



What is your moral obligation for sharing and seeing sensitive content online? Exploring the potential backlash of what you share online, and how this affects your digital footprint.

## SHATTERING THE ILLUSION



We want to provide you with the tools to see past the pressures and reduce the anxieties of living within a new social media world.

## COVID-19



More than ever we are living online, how do we ensure we do not lose touch with reality?