



Hiveclass
MOVE. CONNECT. THRIVE.

SOCIAL MEDIA & BODY IMAGE

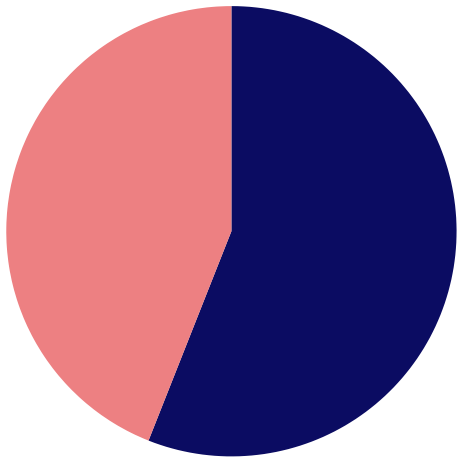
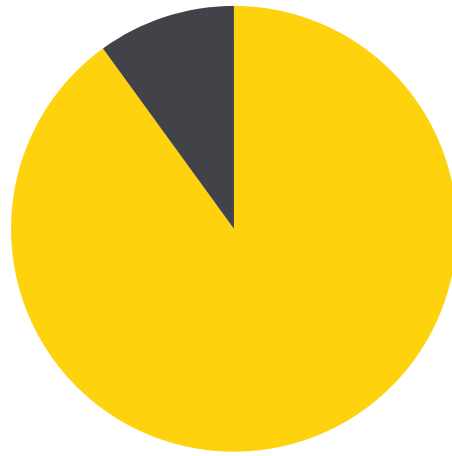
- How social media impacts teen body image
- 3 strategies for taking ownership over your digital life

in collaboration with

HER▲STORY
MENTORSHIP

90%

of girls say they follow at least one social media account that makes them feel less beautiful.



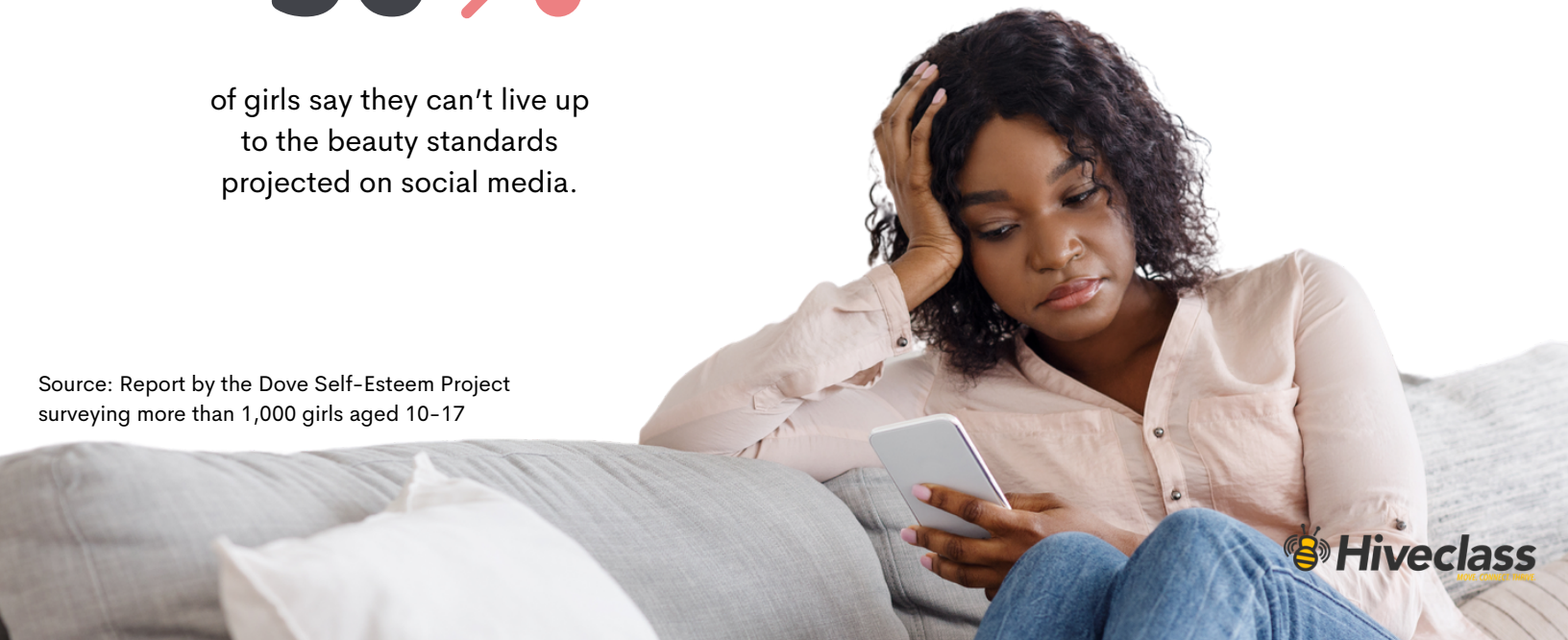
56%

of girls say they can't live up to the beauty standards projected on social media.

1 in 2

girls say toxic beauty advice on social media causes low self-esteem.

Source: Report by the Dove Self-Esteem Project surveying more than 1,000 girls aged 10-17



3 strategies for taking ownership over your digital life

1

JOY-FOCUSED FEED RESET

Own what you see, see what you love.

The first step in reclaiming your digital life is identifying what brings you joy and meaning.

Action Steps:

- Set a timer for 3 minutes and scroll through your feed.
- Notice the accounts that bring you joy or feel meaningful. Start following more accounts like these and spend time engaging with them.
- If after 3 minutes you haven't come across any content that brings you joy, start following and engaging with at least 5 new accounts that are aligned with your passions and what's meaningful to you.

By intentionally curating your feed to reflect your joys and values, you'll transform your digital space into a source of positivity and inspiration.

2 T.H.I.N.K

Social media can often amplify our inner critic, especially when we start comparing ourselves to others.

The THINK strategy can help you develop a voice of self-compassion and you can use it to challenge negative thoughts.

Action Steps:

- When you feel the inner critic rising, ask yourself: **THINK**:
T rue. *Is it true?*
H elpful. *Is it helpful?*
I nspiring. *Is it inspiring?*
N ecessary. *Is it necessary?*
K ind. *Is it kind?*
- Consider what a compassionate response to yourself would be, and replace the critical thought with something nurturing.

By practicing self-compassion, you reclaim your power and strengthen your sense of self-worth, reducing the negative impact of comparison.

3 The #ForMe 21 Day Challenge

Reclaim Your Time, Reclaim Your Well-being

Whether it's unfollowing accounts that trigger comparison or reducing screen time, this strategy empowers you to break free from habits that drain you.

Action Steps:

- Identify one screen-related habit that is harming your well-being.
- Commit to changing this habit for 21 days straight
- After 21 days, evaluate how the change has affected your mental and emotional health. Do you feel more present, less distracted, or more focused?
- Through consistent practice, you'll reinforce healthier, more intentional digital habits that support your overall well-being.

By curating what brings you joy, cultivating self-compassion, and changing habits that aren't serving you, you can make your digital world a space that enhances your well-being.