



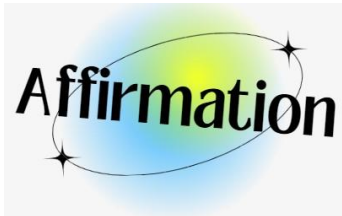
Hug someone on your right

Accept: Move 2 steps forward
Reject: Move 2 steps backward



Compliment another player

Accept: Move 3 steps forward
Reject: Move 3 steps backward



Follow a social media account that shares positive content

Accept: Move 1 step forward
Reject: Move 1 step backward



Make a post about a good cause

Accept: Move 4 steps forward
Reject: Move 4 steps backward



Make a positive comment about someone else's photo

Accept: Move 3 steps forward
Reject: Move 3 steps backward



Say something positive about social media

Accept: Move 3 steps forward
Reject: Move 3 steps backward



Each player must compliment you

Accept: Move 2 steps forward
Reject: Move 2 steps backward



Post a picture of yourself

Accept: Move 3 steps forward
Reject: Move 3 steps backward



Show the other players positive content from your social media feed

Accept: Move 1 step forward
Reject: Move 1 step backward



Call a loved one and tell them that you love them

Accept: Move 3 steps forward
Reject: Move 3 steps backward



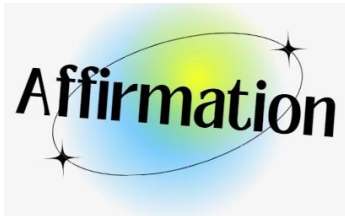
Hug the person to your left

Accept: Move 3 steps forward
Reject: Move 3 steps backward



Stand in your best Superman pose and say, "I am woman, hear me roar"

Accept: Move 3 steps forward
Reject: Move 3 steps backward



Tell the other players,
"I can be whatever I want to be"

Accept: Move 3 steps forward
Reject: Move 3 steps backward



Tell each person in the game a positive affirmation

Accept: Move 3 steps forward
Reject: Move 3 steps backward



Ask each player to complete this affirmation:
"I am _____"

Accept: Move 3 steps forward
Reject: Move 3 steps backward



Ask each player to complete this affirmation:
"I choose to be _____"

Accept: Move 3 steps forward
Reject: Move 3 steps backward



Name three positive attributes about the
person to your right

Accept: Move 3 steps forward
Reject: Move 3 steps backward



Post a positive comment on a player's Facebook wall

Accept: Move 2 steps forward
Reject: Move 2 steps backward



Tell the other players, "The past is the past, and my
past doesn't predict my future"

Accept: Move 2 steps forward
Reject: Move 2 steps backward



Tell a funny joke to the other players

Accept: Move 3 steps forward
Reject: Move 3 steps backward



Tell the other players what you do in order to have a positive mindset

Accept: Move 2 steps forward

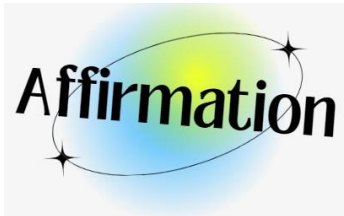
Reject: Move 2 steps backward



Tell the other players three things that you are grateful for in your life

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Tell the other players how you challenge yourself

Accept: Move 1 step forward

Reject: Move 1 step backward



Tell the other players your healthy coping skills

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Give tips to the other players about how to stay away from negative people

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Mention three things that give you confidence

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Tell the other players how you would like to improve yourself in life

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Tell the other players one bad habit you overcome throughout the years

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Complete this phrase: "I know I am happy when..."

Accept: Move 1 step forward

Reject: Move 1 step backward



Share with the other players one lesson you learned in life

Accept: Move 3 steps forward

Reject: Move 3 steps backward









Should children be allowed to have social media accounts? Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Is social media a threat to democracy? Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Does social media help or hinder free speech? Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Is social media making us stupid? Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Is social media out of control? Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Should social media be allowed to limit free speech? Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Should politicians be banned from social media if they spread misinformation? Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Should social media be allowed to sell your personal information? Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Is social media addictive? Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Should newsfeeds be allowed in social media? Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Does social media make us less social?
Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Is social media ruining society?
Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Is social media bad for mental health?
Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Is social media making us a sad generation?
Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Does social media help to create new jobs?
Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Does social media increase awareness about issues like domestic violence? Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Can we live without social media?
Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



What can you do to make your social media accounts safer and more secure? Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



What should be the minimum age to open a social media account? Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Is social media a source of building relationships and staying connected? Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



How do you feel after using social media?
Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Why should I post negative content about myself?
Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



How much is too much time on social media?
Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Would you tell your best friend they have a problem with social media? Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Do you think your parents are addicted to social media? Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Ask each player to answer this question: "True or false: I use social media more than talking to my friends in real life." Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Do you allow notifications for all of your social media accounts? Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Are you being yourself on social media or pretending to be someone else? Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Do you think social media is hurting society?
Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



How many hours do you spend on social media per day? Is it too much? Discuss for two minutes
Accept: Move 3 steps forward
Reject: Move 3 steps backward



Is staring at a phone screen affecting your health (eye strain, wrists, etc)? Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Do you feel social media privacy policies are effective? Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Do you think social media is affecting your overall well-being? Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Ask each player to answer this question: "In one or two words, describe how you feel after using social media for one hour."

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Has social media influenced your political opinions?

Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



How does social media help small businesses succeed? Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Is it fair that a potential employer can look at your social media accounts to find out more about you?

Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Has social media helped us become a more connected society or made us more antisocial?

Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Do you feel emotionally disconnected from society because of social media? Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



What are three ways social media distracts you?

What can you do to prevent this?

Discuss for two minutes

Accept: Move 3 steps forward

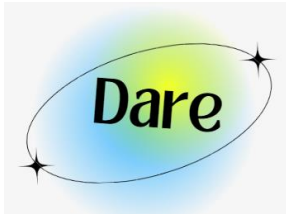
Reject: Move 3 steps backward











Unfollow a toxic person from an app of your choice

Accept: Move 1 step forward

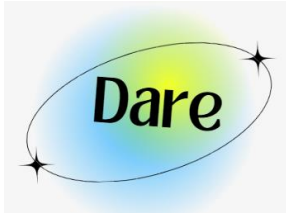
Reject: Move 1 step backward



Uninstall a social media app of your choice until the end of the game

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Turn off your data or Wi-Fi for five minutes

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Unlock your phone and give it to the person on your right for two minutes

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Limit your screen time of a Social Media app and show the other players

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Message someone you are out of touch with right now

Accept: Move 6 steps forward

Reject: Move 6 steps backward



Put your phone in airplane mode for five minutes

Accept: Move 4 steps forward

Reject: Move 4 steps backward



Let the person to your left DM anyone from your phone

Accept: Move 5 steps forward

Reject: Move 5 steps backward



Download a screentime limiting app (or show a downloaded one to the other players)

Accept: Move 3 steps forward

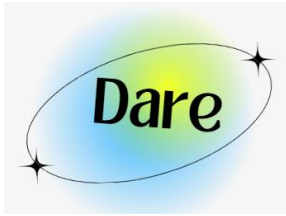
Reject: Move 3 steps backward



Show an embarrassing photo of yourself to the other players

Accept: Move 4 steps backward

Reject: Move 4 steps backward



Send a funny selfie to the third person on your Messenger list

Accept: Move 3 steps forward

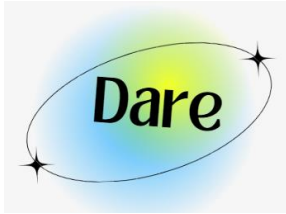
Reject: Move 3 steps backward



Show everyone the list of messages of your Instagram or Messenger

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Take a video of you singing 'Happy Birthday' and post it on your social media

Accept : Move 2 steps forward

Reject: Move 2 steps backward



Text someone "I LOVE YOU" and show it to the rest of the players

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Post a bad joke on any of your socials

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Send a voice recording speaking in a different accent and send it to someone of your choice

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Read out the last message you received from Messenger

Accept: Move 2 steps forward

Reject: Move 2 steps backward



React with a heart emoji on the profile picture of the fifth person that messaged you on Messenger

Accept : Move 3 steps forward

Reject : Move 3 steps backward



Go on Instagram and reply to the first person's story

Accept : Move 3 steps forward

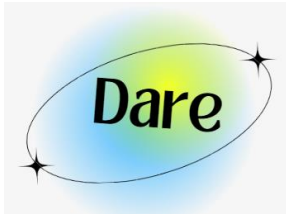
Reject: Move 3 steps backward



Text the 10th person on your messenger, "I need to tell you something..."

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Show everyone the last song you listened to on your playlist

Accept: Move 2 steps forward

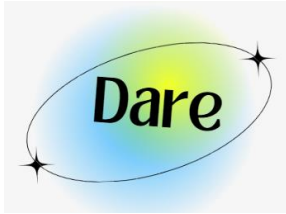
Reject: Move 2 steps backward



Read the last text you posted to the other players

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Share your top Memory from your Facebook account

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Guess the exact number of friends you have on Facebook

Accept with Correct Answer: Move 5 steps forward

Reject or guess incorrectly: Move 5 steps backward



Guess the exact number of Followers you have on Instagram

Accept with Correct Answer: Move 5 steps forward

Reject or guess incorrectly: Move 5 steps backward



Post your last photo to Instagram right now

Accept: Move 4 steps forward

Reject: Move 4 steps backward



Promise "I will not post, comment or create any content on my social media accounts tomorrow."

The players can decide on a punishment if you do

Accept: Move 5 steps forward

Reject: Move 5 steps backward



Show a video of you or another player singing

Accept: Move 5 steps forward

Reject: Move 5 steps backward



Allow the player to your right to post an Instagram on your phone

Accept: Move 4 steps forward

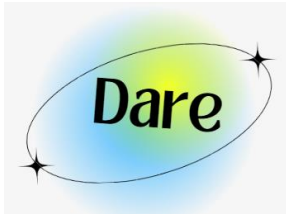
Reject: Move 4 steps backward



Call a friend, pretend it's their birthday, and sing "Happy Birthday" to them

Accept: Move 7 steps forward

Reject: Move 7 steps backward



Let everyone look at your Facebook account for two minutes

Accept: Move 4 steps forward

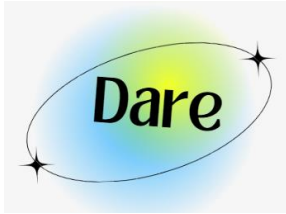
Reject: Move 4 steps backward



Take a picture of the person on your left. Post it on Instagram with the caption, "I love you soooo much"

Accept: Move 4 steps forward

Reject: Move 6 steps backward



Sing a song of the other players choosing and allow them to record it and post to Instagram

Accept: Move 5 steps forward

Reject: Move 7 steps backward



Read the first post on your Facebook feed with an Italian accent. Allow players to record and post it

Accept: Move 5 steps forward

Reject: Move 6 steps backward



Express your love for the person on your right for one minute. Players record and post to Instagram

Accept: Move 5 steps forward

Reject: Move 8 steps backward



Take a group selfie and post it to Instagram with the hashtag #PlatformsGame

Accept: Move 4 steps forward

Reject: Move 6 steps backward



Find both your Mom and Dad's Facebook accounts and post "I love you"

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Find a picture of one of the other players and show it to the group

Accept: Move 1 step forward

Reject: Move 1 step backward



Allow the other players to use a dating app on your phone for two minutes. They can do anything....

Accept: Move 7 steps forward

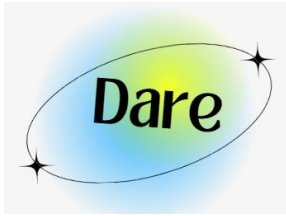
Reject: Move 7 steps backward



Choose one player and share a memory you had together

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Unfollow a toxic person from an app of your choice

Accept: Move 1 step forward

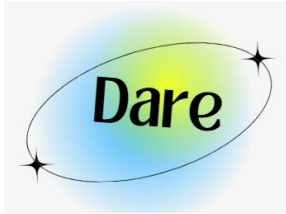
Reject: Move 1 step backward



Uninstall a social media app of your choice until the end of the game

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Turn off your data or Wi-Fi for five minutes

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Unlock your phone and give it to the person on your right for two minutes

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Limit your screen time of a Social Media app and show the other players

Accept: Move 3 steps forward

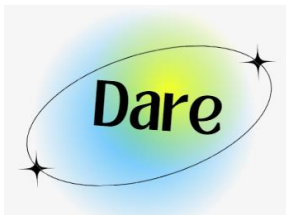
Reject: Move 3 steps backward



Message someone you are out of touch with right now

Accept: Move 6 steps forward

Reject: Move 6 steps backward



Put your phone in airplane mode for five minutes

Accept: Move 4 steps forward

Reject: Move 4 steps backward



Let the person to your left DM anyone from your phone

Accept: Move 5 steps forward

Reject: Move 5 steps backward



Download a screentime limiting app (or show a downloaded one to the other players)

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Show an embarrassing photo of yourself to the other players

Accept: Move 4 steps backward

Reject: Move 4 steps backward

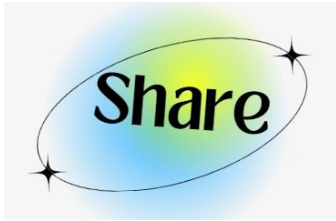








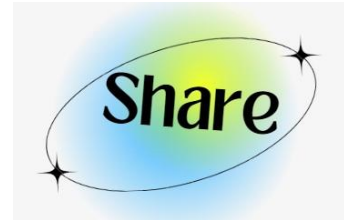




Describe how social media helps you when you are sad

Accept: Move 2 steps forward

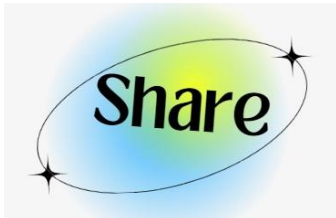
Reject: Move 2 steps backward



Tell the other players about a time you were harassed or bullied on social media

Accept: Move 5 steps forward

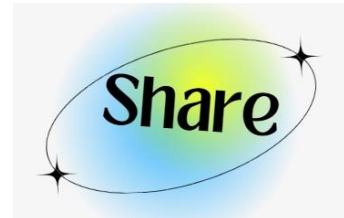
Reject: Move 5 steps backward



Share what you do to limit your use of social media

Accept: Move 3 steps forward

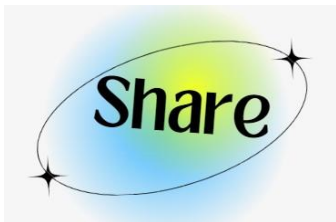
Reject: Move 3 steps backward



Tell the other players about a time you reported or blocked someone's social media account

Accept: Move 4 steps forward

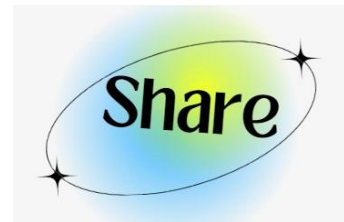
Reject: Move 4 steps backward



Explain how social media helps you in your daily life

Accept: Move 2 steps forward

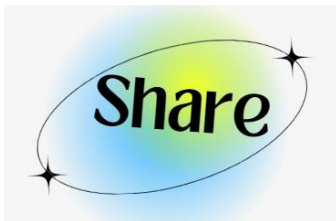
Reject: Move 2 steps backward



Tell the other players which platform is your favorite and why

Accept: Move 1 step forward

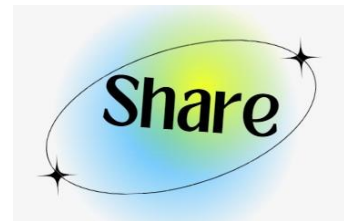
Reject: Move 1 step backward



Tell the other players about your favorite content to watch/create

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Talk about the standards that social media imposes on you

Accept: Move 3 steps forward

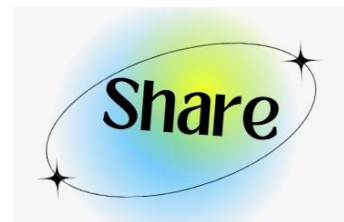
Reject: Move 3 steps backward



Talk about insecurities you have due to social pressure

Accept: Move 3 steps forward

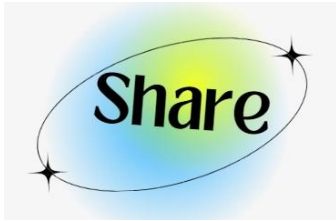
Reject: Move 3 steps backward



Share how social media has helped you overcome your fears/ insecurities.

Accept: Move 4 steps forward

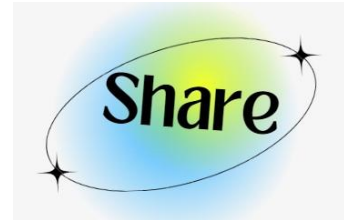
Reject: Move 4 steps backward



Share how social media has helped you improve your social skills

Accept: Move 3 steps forward

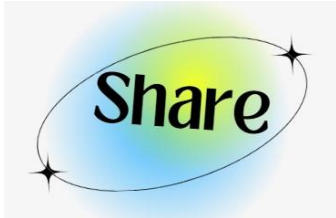
Reject: Move 3 steps backward



Tell the other players how social media has impacted your mental health

Accept: Move 3 steps forward

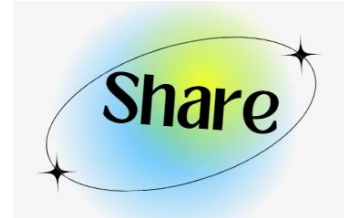
Reject: Move 3 steps backward



Tell the other players a time when you felt insecure after seeing a social media post

Accept: Move 3 steps forward

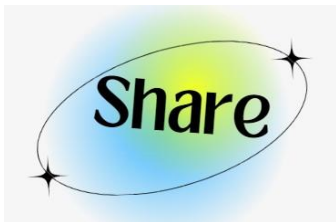
Reject: Move 3 steps backward



Tell the other players about a time you felt body shaming after seeing a social media post

Accept: Move 3 steps forward

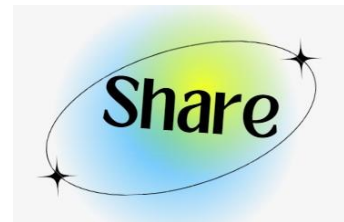
Reject: Move 3 steps backward



Could you stay away from social media for 24 hours?

Accept: Move 1 step forward

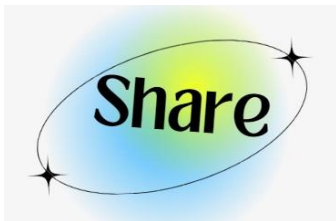
Reject: Move 2 steps backward



Could you stay away from social media for a week?

Accept: Move 1 steps forward

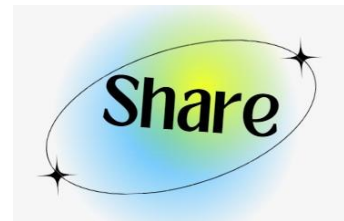
Reject: Move 2 steps backward



Tell the other players about a time you felt lonely or depressed because of social media

Accept: Move 4 steps forward

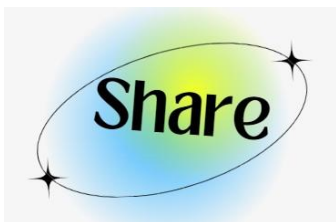
Reject: Move 5 steps backward



Define cyberbullying to the other players and give a real life example

Accept: Move 3 steps forward

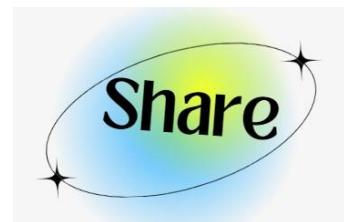
Reject: Move 5 steps backward



Tell the other players about a time you felt a fear of missing out because of a social media post

Accept: Move 4 steps forward

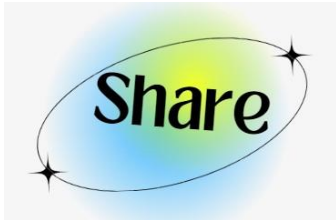
Reject: Move 6 steps backward



Your friend is addicted to social media. As a group, come up with three ways you can help him/her

Accept: Move 1 step forward

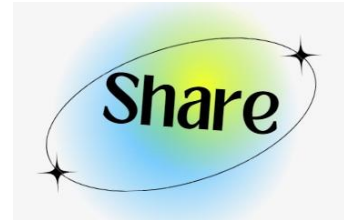
Reject: Move 2 steps backward



Share a time you reported someone on social media

Accept: Move 1 step forward

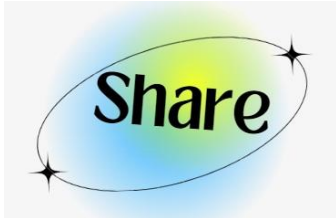
Reject: Move 2 steps backward



Share three positive influencers you follow on social media and why

Accept: Move 2 steps forward

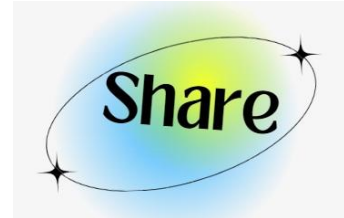
Reject: Move 2 steps backward



Name three positive effects of social media

Accept: Move 1 step forward

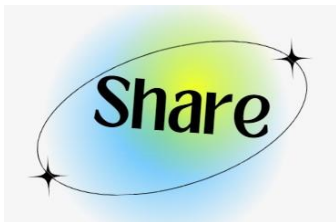
Reject: Move 2 steps backward



Name three negative effects of social media

Accept: Move 4 steps forward

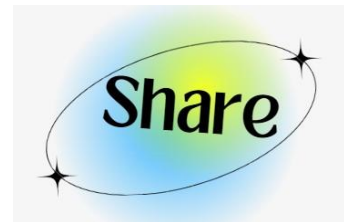
Reject: Move 4 steps backward



Look at the other players. Which person posts the most positive content on social media?

Accept: Move 1 step forward

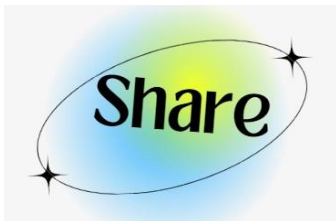
Reject: Move 2 steps backward



True or false: I spend more time on social media than talking face-to-face with my friends. Explain why

Accept: Move 6 steps forward

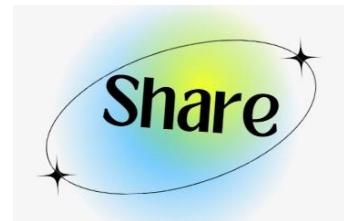
Reject: Move 7 steps backward



Tell the other players about a time you missed something important in real life because of social media

Accept: Move 4 steps forward

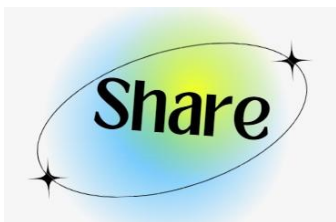
Reject: Move 4 steps backward



Tell the other players about a time your phone died because of using social media and you missed something important

Accept: Move 1 step forward

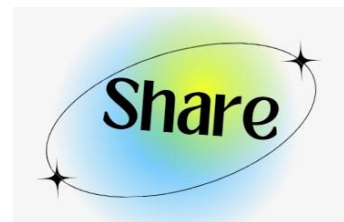
Reject: Move 2 steps backward



Tell the other players three ideas for dealing with depression after using social media

Accept: Move 3 steps forward

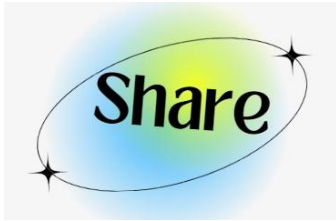
Reject: Move 3 steps backward



Tell the other players about a post you are very proud of

Accept: Move 1 step forward

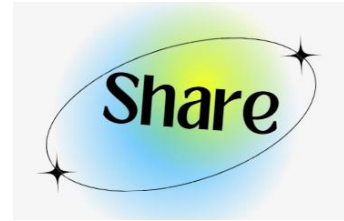
Reject: Move 2 steps backward



Share the moment when social media helped you reconnect with someone that lives far away from you

Accept: Move 1 step forward

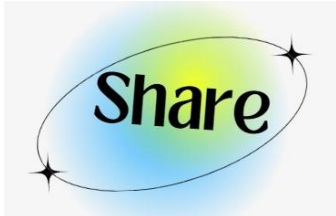
Reject: Move 1 step backward



Share the moment when you were catfished by someone in real life

Accept: Move 2 steps forward

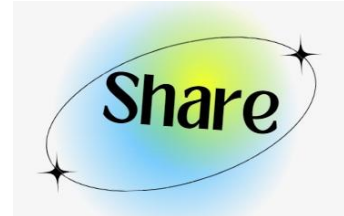
Reject: Move 2 steps backward



Tell the other players about having unhealthy sleeping patterns because of staying up late scrolling on social media

Accept: Move 3 steps forward

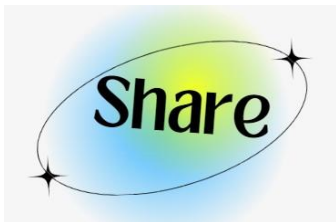
Reject: Move 3 steps backward



Share a time when you were tricked into purchasing a fake designer label

Accept: Move 3 steps forward

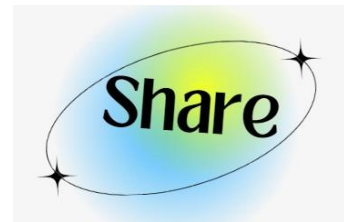
Reject: Move 3 steps backward



Talk about a time when you shared a post/story and did not even read the story yourself

Accept: Move 2 steps forward

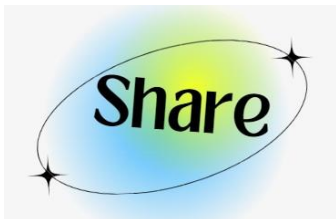
Reject: Move 2 steps backward



Talk about a time where you compared yourself with another person on Instagram or Facebook and how did you managed to stop those feelings

Accept: Move 3 steps forward

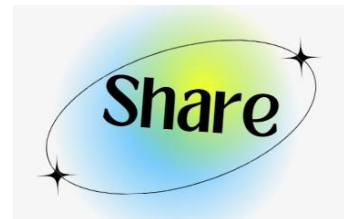
Reject: Move 3 steps backward



Talk about a time where you felt jealousy for your partner when they interacted with an ex-partner on social media

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Share a moment when you felt socially isolated despite being connected to a wide network of online friends and family

Accept: Move 2 steps forward

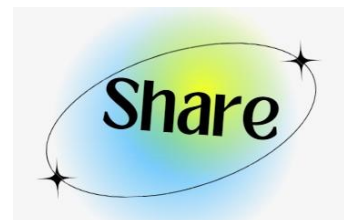
Reject: Move 2 steps backward



Share a moment when you started following online lessons or learning a new language with the help of social media

Accept: Move 1 step forward

Reject: Move 1 step backward



Tell the other players a time when social media inspired your creativity and encouraged self-expression

Accept: Move 2 steps forward

Reject: Move 2 steps backward





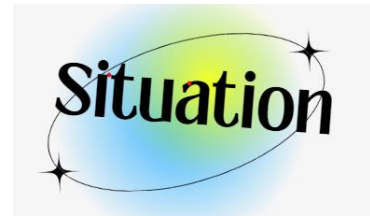






A post motivates you to go to the gym

Move 4 steps forward



Someone makes a positive comment about one of your posts

Move 4 steps forward



You find a creative recipe on YouTube

Move 2 steps forward



Facebook reminds you of a good memory

Move 3 steps forward



Someone shares your explicit content without your consent

Move 5 steps backward



An offensive tabloid article makes you feel bad

Move 2 steps backward



You see depressing news on your feed

Move 3 steps backward



Someone uses your public photos for a deep fake

Move 4 steps backward



Someone sends you an unsolicited sexual photo

Move 6 steps backward



Someone shares your photos to make fun of you

Move 4 steps backward



You learn about something new on YouTube

Move 1 step backward



You are invited to join an exclusive group

Move 4 steps forward



A celebrity post makes you feel body shaming

Move 5 steps backward



A friend reminds you how beautiful you are

Move 4 steps forward



Your new friends invite you to a party

Move 4 steps forward



You get appreciation from your boss

Move 4 steps forward



An embarrassing video of you goes viral

Move 5 steps backward



You decide to unfollow a celebrity who makes you feel body shaming

Move 5 steps forward



Your Facebook account is hacked

Move 5 steps backward



You look super cute in a video that goes viral

Move 5 steps backward



A social media influencer shares misinformation about your ethnic group
Move 3 steps backward



You read that your favorite high school teacher was in a car accident and died
Move 5 steps backward



Your best friend messages you that she/he got engaged abroad
Move 4 steps forward



You read that your favorite football team is coming to your country
Move 3 steps forward



You read that the producer of your favorite childhood television program is found guilty of sexually assaulting children
Move 3 steps backward



Your crush messages you for a date
Move 6 steps forward



Someone messaged you that your partner is flirting with other people
Move 6 steps backward



You donate money on Facebook for victims of a deadly flooding
Move 2 steps forward



Someone posts a positive review on your Facebook small business page
Move 5 steps forward



You learn how to spend less time on social media
Move 3 steps forward









S K I P P I N G B E A R



S K I P P I N G B E A R





Someone sends you an insulting message

Move 3 steps backwards



Someone threatens you over your political opinion

Move 5 steps backwards



A friend thanks you for talking about an important cause

Move 3 steps forward



An old friend reaches out for a reunion

Move 4 steps forward



Someone sends you a birthday message

Move 2 steps forward



Someone you like sends you a DM

Move 2 steps forward



Someone adds you to a group chat

Move 1 step forward



Someone hacks your messages

Move 2 steps backward



A friend invites you to a party

Move 3 steps forward



Your partner dumps you through a message

Move 6 steps backward



You were told your package arrived in the mail

Move 3 steps forward



Your friend offers you an opportunity after seeing your photos

Move 4 steps forward



Your partner invites you to your favorite band's concert

Move 4 steps forward



You fight with your friends over text

Move 4 steps backward



Someone blackmails you for your explicit photos

Move 6 steps backward



You forget your BFF's birthday

Move 5 steps backward



You forget your partner's birthday

Move 6 steps backward



Your Instagram Reel goes viral

Move 5 steps forward



Someone steals your phone and ransoms you

Move 7 steps backward



Someone returns your phone after it was stolen

Move 6 steps forward



You receive a surprise message from
someone you like
Move 3 steps forward



Someone you like asks you out on a date
Move 5 steps forward



Your BFF's partner asks you out on a date
Move 5 steps backward



An old friend wants to reconnect after 10 years
Move 3 steps forward



You get invited to visit Vienna for the weekend
Move 5 steps forward



Your loved one calls you everyday
Move 2 steps forward



Hackers steal money from your bank account
Move 3 steps backward



Someone replies to your Instagram story
with heart emojis
Move 2 steps forward



Your Facebook friends complete a
survey for your thesis
Move 2 steps forward



Someone insults you personally after
writing your opinion online
Move 3 steps backward



You see a video of a dog beaten by its owner

Move 2 steps backward



Someone removes you from a group chat

Move 2 steps backward



You win two tickets to watch a football game abroad

Move 3 steps forward



You start doing vlogs and receive a positive review

Move 2 steps forward



Your childhood friend shares her wedding photos and you were not invited

Move 3 steps backward



A news portal shares your online photos without your consent

Move 4 steps backward



A fake account starts threatening you online

Move 5 steps backward



You are banned from TikTok for seven days

Move 5 steps backward



You seek help from the 24/7 helpline chat

Move 4 steps forward



You receive funny memes from your best friend

Move 3 steps forward



You receive an important email to start working your dream job
Move 2 steps forward



You restrict your Messenger to only people you know
Move 3 steps forward



Someone sends you positive affirmations through Messenger
Move 2 steps forward



You screenshot a conversation and accidentally send it to the same person
Move 3 steps backward



You like an old photo from someone you did not know
Move 2 steps forward



Your close friends plan a vacation
Move 3 steps forward



Your parent posts an embarrassing photo of you when you were young
Move 2 steps backward



You forget to hit mute when taking an online class and everyone hears your sibling screaming
Move 4 steps backward



You accidentally text your boss a dirty joke instead of your friend
Move 5 steps backwards



You show your imperfections instead of filtering or editing photos
Move 4 steps forward









