



Someone sends you an insulting message
Move 3 steps backwards



**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 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**



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



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



**You were told your package arrived
in the mail
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



**A friend thanks you for talking about an
important cause
Move 3 steps forward**



**Someone threatens you over your
political opinion
Move 5 steps backwards**

Message





Affirmation

Hug someone on your right
Accept: Move 2 steps forward
Reject: Move 2 steps backward

A stylized graphic featuring a large white number '2' centered within a yellow circular glow. Two thin, orange elliptical orbits encircle the '2', with small orange dots at their vertices. A four-pointed yellow star is positioned on the lower right orbit.

Affirmation

Compliment another player

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Affirmation

**Follow a social media account that
shares positive content**

Accept: Move 1 step forward

Reject: Move 1 step backward



Affirmation

Make a post about a good cause

Accept: Move 4 steps forward

Reject: Move 4 steps backward



Affirmation

**Make a positive comment about
someone else's photo**

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Affirmation

Say something positive about social media

Accept: Move 3 steps forward

Reject: Move 3 steps backward

A stylized graphic featuring a large white number '2' centered within a yellow circular glow. Two thin, curved orange lines, resembling orbits, encircle the '2'. Small orange dots are placed at various points along these lines. A four-pointed yellow star is positioned near the bottom right of the '2'.

Affirmation

Each player must compliment you

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Affirmation

Post a picture of yourself

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Affirmation

**Show the other players positive content
from your social media feed**

Accept: Move 1 step forward

Reject: Move 1 step backward



Affirmation

**Call a loved one and tell them that you
love them**

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



Affirmation

Hug the person to your left

Accept: Move 3 steps forward

Reject: Move 3 steps backward

A graphic featuring a large white number '2' in the center. Overlaid on the '2' is the word 'Affirmation' in a bold, black, sans-serif font, tilted at an angle. The background of the graphic is a soft yellow glow with several thin, orange, elliptical orbits and small dots, resembling a celestial or atomic diagram.

2 **Affirmation**

**Stand in your best Superman pose and
say, “I am woman, hear me roar”**

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Affirmation

**Tell the other players,
“I can be whatever I want to be”
Accept: Move 3 steps forward
Reject: Move 3 steps backward**



Affirmation

Tell each person in the game a positive affirmation

Accept: Move 3 steps forward

Reject: Move 3 steps backward

A stylized graphic featuring a large white number '2' centered within a yellow circular glow. An orange orbital path with three small dots and a four-pointed star orbits the number. The word 'Affirmation' is written in a bold, black, serif font, slanted upwards from left to right, overlapping the number and the orbital path.

Affirmation

Ask each player to complete this affirmation:

“I am _____”

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Affirmation

Ask each player to complete this affirmation:

“I choose to be _____”

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Affirmation

**Name three positive attributes about the
person to your right**

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Affirmation

**Post a positive comment on a player's
Facebook wall**

Accept: Move 2 steps forward

Reject: Move 2 steps backward

A stylized graphic featuring a large white number '2' centered within a yellow circular glow. An orange orbital path with three small dots and a four-pointed star encircles the number. The word 'Affirmation' is written in a bold, black, serif font, slanted upwards from left to right, positioned over the lower half of the '2' and the orbital path.

Affirmation

**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



Affirmation

Tell a funny joke to the other players

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Affirmation

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

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Affirmation

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

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Affirmation

**Tell the other players how you challenge
yourself**

Accept: Move 1 step forward

Reject: Move 1 step backward



Affirmation

**Tell the other players your healthy
coping skills**

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Affirmation

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

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Affirmation

**Mention three things that give you
confidence**

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Affirmation

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

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Affirmation

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

Accept: Move 2 steps forward

Reject: Move 2 steps backward



Affirmation

Complete this phrase:

" I know I am happy when..."

Accept: Move 1 step forward

Reject: Move 1 step backward

A stylized graphic featuring a large white number '2' centered within a yellow circular glow. An orange orbital path with three small dots and a four-pointed star is superimposed over the number.

Affirmation

**Share with the other players one lesson
you learned in life**

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

Should children be allowed to have social media accounts? Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

Is social media a threat to democracy?

Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

Does social media help or hinder free speech?

Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

Is social media making us stupid?

Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

Is social media out of control?

Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

Should social media be allowed to limit free speech? Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

Should politicians be banned from social media if they spread misinformation? Discuss for 2 min

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

Should social media be allowed to sell your personal information? Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

Is social media addictive?

Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

Should newsfeeds be allowed in social media?

Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

Does social media make us less social?

Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

Is social media ruining society?

Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

Is social media bad for mental health?

Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

Is social media making us a sad generation?

Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

Does social media help to create new jobs?

Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

Does social media increase awareness about issues like domestic violence? Discuss for 2 min

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

Can we live without social media?

Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

What can you do to make your social media accounts safer and more secure? Discuss for 2 min

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

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



Comment

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



Comment

How do you feel after using social media?

Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

Why should I post negative content about myself?

Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

How much is too much time on social media?

Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward

A stylized graphic featuring a large white number '2' with a yellow dot above it. The word 'Comment' is written in a bold, black, sans-serif font, slanted upwards from left to right, and is positioned over the number '2'. The entire graphic is set against a yellow circular background with several thin, curved yellow lines and a small yellow starburst, giving it a dynamic, orbital feel.

2 **Comment**

Would you tell your best friend they have a problem with social media? Discuss for 2 min

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

Do you think your parents are addicted to social media? Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

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



Comment

Are you being yourself on social media or pretending to be someone else? Discuss for 2 min

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

Do you think social media is hurting society?

Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

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



Comment

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



Comment

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

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

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



Comment

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

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

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



Comment

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



Comment

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



Comment

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



Comment

Has social media influenced your political opinions?

Discuss for two minutes

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Comment

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



Comment

**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



A post motivates you to go to the gym

Move 4 steps forward



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



Situation

**A celebrity post makes you feel body
shaming**

Move 5 steps backward



A friend reminds you how beautiful you are

Move 4 steps forward



Situation

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



Your Facebook account is hacked

Move 5 steps backward



You look super cute in a video that goes viral

Move 5 steps backward



Situation

**You decide to unfollow a celebrity who
makes you feel body shaming
Move 5 steps forward**

The word "Situation" is written in a large, bold, black serif font, tilted upwards to the right. A large, white, stylized question mark is positioned behind the word. Several thin, orange, elliptical lines, resembling orbits, swirl around the question mark and the word. There are small orange dots at the ends of these orbits and a small orange starburst shape near the bottom right of the word.

Situation

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



Situation

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



Situation

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



Situation

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



Your crush messages you for a date

Move 6 steps forward



Situation

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



Situation

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



Situation

**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**



Situation

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



**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



**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



**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



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 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 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



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



**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 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



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

Accept: Move 2 steps forward

Reject: Move 2 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 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



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



**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



**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



**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



**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



**Read out the last message you received
from Messenger**

Accept: Move 2 steps forward

Reject: Move 2 steps backward



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

Accept : Move 3 steps forward

Reject: Move 3 steps backward



**Share your top Memory from your
Facebook account**

Accept: Move 3 steps forward

Reject: Move 3 steps backward



**Read the last text you posted to the other
players**

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



**Post your last photo to Instagram right
now**

**Accept: Move 4 steps forward
Reject: Move 4 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



**Show an embarrassing photo of yourself to
the other players**

Accept: Move 4 steps backward

Reject: Move 4 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 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



**Let everyone look at your Facebook
account for two minutes**

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



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



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



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



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



**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**



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



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



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



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

Accept: Move 2 steps forward

Reject: Move 2 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**



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

Accept: Move 3 steps forward

Reject: Move 3 steps backward



Skipping bear



Skipping bear



Mystery

A stylized graphic featuring the word "Mystery" in a bold, black, serif font, slanted upwards. Behind the text is a large, white question mark. The entire composition is set against a white background with a yellow-to-green gradient. Two thin, orange, elliptical lines resembling orbits or paths swirl around the question mark. Small orange dots are placed along these paths, and a four-pointed orange starburst is located near the bottom right of the orbits.