



# Are you getting the most out of Instagram?

Editing a photo to look just right or landing on a caption that cracks you up are part of what makes Instagram fun—and there are other skills that can improve your time spent online. A big part of **Pressure to be Perfect** is making sure you have a strong sense of what you want to share and when, keeping a good perspective on the role the platform plays in your life, and knowing how to help others who seem to be struggling. These tools can help you be better to yourself and self others on Instagram.

We created a few quizzes as a way for you to check in with yourself. Knowing where you already have things figured out and where you want to be more intentional is a great way to keep your time on Instagram positive.

## 1. Sharing with sensitivity

When you share something—whether it’s a meme, your thoughts on friendship, or a video of your pet—it’s important to think about where you’ll share it and who will see it.

[Take the quiz and learn more.](#)

## 2. Maintaining perspective

Sometimes online interactions can take an emotional toll—especially if you fall into the habit of negatively comparing yourself with others. Being mindful of your emotions and being able to put them into context can help.

[Take the quiz and learn more.](#)

## 3. Responding with kindness

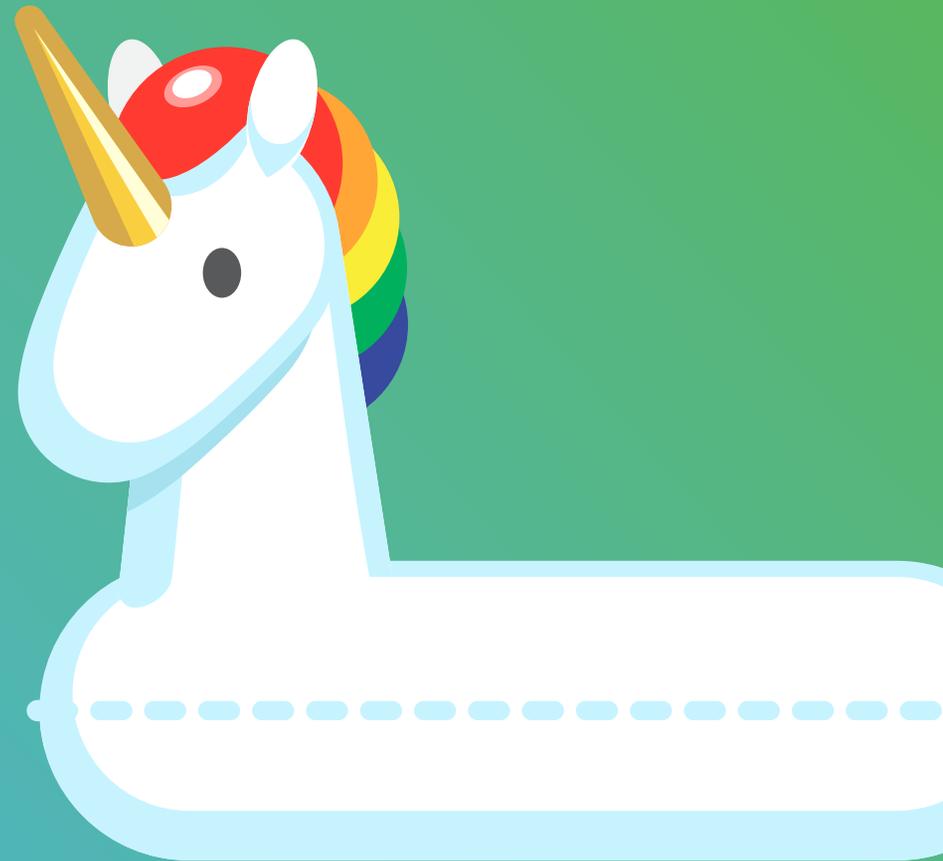
There are times when you might see others experiencing distress or saying things that set off alarm bells. What’s the best way to help someone online?

[Take the quiz and learn more.](#)

# Sharing with Sensitivity Quiz

These quizzes are designed to help you check in with yourself about what feels right and comfortable. In each scenario, choose the options closest to what you think you would do. Use the results as a jumping-off place to reflect on how you use Instagram and to decide whether you want to make any changes.

Remember: There are no wrong answers :)



Question 1 / 4

## Sharing with Sensitivity Quiz

**You finally finished the monster paper that was destroying your life. You:**

- A** Post a meme about freedom, with a long caption about why it was really hard for you, and thank your friends who helped you get it done.
- B** Post a selfie holding up a sign that says “I’m FREE”
- C** Go out for coffee with friends to celebrate.

Question 2 / 4

## Sharing with Sensitivity Quiz

**You're out with your friends and take a picture of one of them with a popcorn bucket over her head. Her parents don't allow her to be on Instagram, but you really want to post it. You:**

- A** Get her permission and post it publicly, making sure no one can tell who it is.
- B** Get her permission and post it to "Close Friends Only," so only people who were at the party can see it.
- C** Don't post it.

Question 3 / 4

## Sharing with Sensitivity Quiz

**You're having a hard time with someone at school who seems to have it out for you. It's making you feel paranoid and bummed out. You:**

- A** Post a sad selfie and lay the whole thing out in the caption. You want people to know you're hurting.
- B** Post an Instastory of you with a friend who is treating you right. You want to keep it positive and show you've got better people to hang out with.
- C** Skip posting and talk it over with another friend or someone in your family.

Question 4 / 4

## Sharing with Sensitivity Quiz

**You are really worked up about an issue you care about. You:**

- A** Do a lengthy Instagram Story laying out your feelings, and then do an Instagram Live later to talk about it more.
- B** Post a picture of yourself to Feed that slightly relates to the issue, with a one-sentence caption.
- C** Follow accounts of other people who care about this issue, so you can learn more before you post anything.

## Results

# Sharing with Sensitivity Quiz

### Mostly A

From your answers, it seems that you love posting all kinds of things about your life—but you’re also thoughtful about what you post and respect that not everyone is as open as you are. You might want to occasionally take a step back and consider your posting options—once something is public, it’s there for everyone to see. You could explore having a private account, or limiting some of your content to “Close Friends.” [Click here](#) to learn more about customizing your Instagram experience.

### Mostly B

Based on your answers, you’re sensitive and thoughtful about what you share and where you share it. We love that you’re focused on being true to yourself and surrounding yourself with people who will build you up and cheer you on. Give yourself a pat on the back! If you want to learn more about how to make Instagram work for you, [click here](#).

### Mostly C

Based on your answers, it seems that privacy is important for you—whether it is yours or someone else’s. You’re comfortable with the amount of sharing you do online. If you want to learn more about how to make Instagram work for you, [click here](#).

# Maintaining Perspective Quiz

These quizzes are designed to help you check in with yourself about what feels right and comfortable. In each scenario, choose the options closest to what you think you would do. Use the results as a jumping-off place to reflect on how you use Instagram and to decide whether you want to make any changes.

Remember: There are no wrong answers :)

Question 1 / 4

## Maintaining Perspective Quiz

**You post a selfie in the morning before school. At lunch, you check your phone and no one has liked or commented on it. You:**

- (A)** Decide to check again later. Everyone's been in class, anyway.
- (B)** Delete the photo—obviously you look really weird in it or something.
- (C)** Tell your friends you need them to like and comment as soon as possible.

Question 2 / 4

## Maintaining Perspective Quiz

**Your aunt comments on every single thing you post, and it's incredibly embarrassing. You:**

- A** Ignore her. She means well.
- B** Turn comments off on your posts, and set your stories to allow replies from "People You Follow." Technology saves the day.
- C** Ask your dad to ask her to stop.

Question 3 / 4

## Maintaining Perspective Quiz

**You log on and see a picture of all of your friends hanging out without you. You:**

- A** Talk to your closest friend about it to see if you're being paranoid or if there is something you should know.
- B** Don't say anything, but start checking their Instagram accounts more and more frequently to see if it's happening a lot.
- C** Message them each separately, telling them that your feelings are really hurt.

Question 4 / 4

## Maintaining Perspective Quiz

**You're an artist. You work hard, and many people applaud your talent. You start an Instagram account to showcase your art. At first, it's exciting to be followed by friends, but new followers and comments are soon scarce. People only "Like" and move on. You:**

- (A)** Are disappointed, but you know your friends like your art. You look for other artists whose work you like—maybe they'd follow you back.
- (B)** Delete your account—this feels like a failed experiment.
- (C)** Post on your main feed that you're thinking of giving up art.

## Results

# Maintaining Perspective Quiz

### Mostly A

From your answers it looks like you have a great perspective about the role of Instagram in your life. We love your strong sense of self and desire to grow as a person. Appreciating the positive and not obsessing over something that might be negative is a life skill that's important for everyone to have. Go, you!

### Mostly B

Nice! Your answers suggest that you are a very thoughtful and sensitive person. It's important to be able to be thoughtful about what happens online and remember that what might seem catastrophic is actually minor. You might want to open up some conversations about your emotions with a friend or a family member and get their input. We want your time on Instagram to be positive—as well as the time when you aren't on Instagram! Taking a step back to give yourself some space could make a big difference.

### Mostly C

It looks like you're in touch with your feelings and have a perspective that works for you. It also seems like you have a strong support system. If you sometimes feel upset about the response or lack of response you get on Instagram, you might want to take a step back to explore those feelings and how you deal with them. It may be helpful to make sure that the time you spend online is in balance with the rest of your life. To learn more about balance, [click here](#).

# Responding with Kindness Quiz

These quizzes are designed to help you check in with yourself about what feels right and comfortable. In each scenario, choose the options closest to what you think you would do. Use the results as a jumping-off place to reflect on how you use Instagram and to decide whether you want to make any changes.

Remember: There are no wrong answers :)



Question 1 / 4

## Responding with Kindness Quiz

**A cartoonist you follow online is posting comics that talk a lot about depression and hopelessness. Then they abruptly stop posting. You:**

- A** Figure they must have taken a break.
- B** Send them a message saying you love their work and noticed they'd stopped posting. You're wondering if everything is OK.
- C** Reach out to mutual friends and acquaintances to see if anyone has been in touch.

Question 2 / 4

## Responding with Kindness Quiz

**Your best gamer friend starts following a bunch of other gamers who tell jokes and say things that make you uncomfortable—and your friend has been sharing that content, so you have to see it. You:**

- A** Mute your friend online but stay friends off-line—maybe it's just a phase.
- B** Bring it up next time you hang out and ask what the appeal is. You genuinely want to know because it doesn't feel right to you.
- C** Tell your friend they have a choice: their new friends or you.

Question 3 / 4

## Responding with Kindness Quiz

**You run into a classmate who's extremely upset. They tell you that their best friend has been talking about mental health issues and has indicated a high level of distress. You:**

- A** Go home and keep texting to check in on developments—you're worried, but you don't know what to do.
- B** Suggest that you call the friend or go see them so you can assess the situation.
- C** Contact a text line for support.

Question 4 / 4

## Responding with Kindness Quiz

**A friend of yours said something stupid on Instagram. They took it back and apologized, but the comments on their post are getting ugly. You:**

- A** Don't say anything—it will blow over.
- B** Make plans with them, then casually bring up the situation to see if they want to talk. If they ask for advice, you plan on suggesting they take a break or go on private.
- C** Post a public defense of your friend, calling out the bullies and telling them to stop.

## Results

# Responding with Kindness Quiz

### Mostly A

From your answers, we can tell that you're empathetic and care about other people—you notice when someone seems down or upset. It can be hard to know what to do or say in these situations, no matter how old you are.

### Mostly B

Your answers tell us that anyone would be lucky to have you as a friend. Reaching out when you see someone who seems to be upset is a meaningful and kind thing to do.

### Mostly C

Based on your answers, we see that you're a caring person who wants to help others. Sometimes it can be hard to know how to help, especially when the situation makes you emotional as well. Be sure to take care of yourself while you're taking care of others.

[Click here](#) to learn more about reaching out to someone who's in pain, and remember that if you ever see a post on Instagram that makes you think someone might harm themselves, you can report it anonymously and a team will respond and connect that person to resources and help. To make a report, tap "..."<sup>1</sup>above the post, then tap Report. Select "It's Inappropriate > Self injury."

NOTES:

NOTES:

NOTES: