



FILTER or NO FILTER

[AUTHENTICITY]

Have you ever used a filter on social media to take a selfie? Our filters give us the ability to choose which version of ourselves we show the world. Sadly, many people pretend to be something they are not online. No one really knows them. Great leaders are authentic and honest about who they are, both online and offline. Why? Because our level of integrity is the true reflection of who we are.

FAMILY ACTIVITY

Use social media to find the funniest camera filters you can. Everyone take a picture of themselves to submit for a contest of funniest photo. Send these photos to someone outside of the house (an aunt, uncle or grandparent) to be the judge (if you want to keep it going, pick other categories like scariest, silliest or most creative).



Take filtered photo



Send to "Judge"



Attempt to win!

Click [here](#) for additional ideas for creative ways to stay busy

DISCUSSION QUESTIONS

1. Why might it be tempting to distort how we are doing in the current situation?
2. Why do people feel the need to distort or magnify who we appear to be?
3. What does it mean to be a person of integrity? Why is integrity important right now?



BEING HONEST

In the wake of the COVID-19 pandemic, an [interesting article](#) began circulating online. The author of the article speculated after conversations with professional counselors and therapists that much of the world was experiencing one of the 5 stages of grief. So, what are we grieving? As it turns out, all kinds of things: lost jobs, missing friends, missing school, cancelled graduations, and cancelled spring break plans. Lots of people are also grieving for friends and family who have contracted the Coronavirus.

The problem is that while many of us are experiencing grief, we aren't often talking about it. We have become so conditioned in our culture to present only happy and nice looking things on social media, and because most of us are no longer face-to-face with our friends, many of us are not being honest about how we are really feeling with anyone at all. If we are going to get through this time, we need a new normal. So challenge yourself: what if you video chatted with a friend, or talked with a family member at home about what was really going on with you? What if we posted on social media how we honestly feel, rather than pretending in order to present what we think people will like better? We think it's time for a revolution of honesty. So which will you present to the world: filter, or no filter?



More Human

Last week [a video went viral](#) of a ballet teacher instructing from home while her cat planned to interrupt the class. It was honest; it was real. This week, post something online that is honest and real. Share a struggle, a funny thing that happened, or a thought you can't get out of your head. Let's make the online world a little more human, and post it with the hashtag

#HabitudesHomeChats
for a chance to be featured on the
Growing Leaders Instagram
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