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**SHAMELESS**

***CREATING A POSITIVE***

***PLACE ON SOCIAL MEDIA***

# ***SOCIAL MEDIA***

***SOCIAL MEDIA ISN'T ALWAYS A POSITIVE OR  
HELPFUL PLACE.***

***IT CAN BE SOMEWHERE WHERE FAR TOO OFTEN WE  
END UP COMPARING OURSELVES TO OTHERS,  
LEAVING US FEELING RUBBISH & LOW.***

***HOWEVER...***

***SOCIAL MEDIA IS ONE OF THE FEW TYPES OF MEDIA  
WE DO HAVE CONTROL OVER. WHILST WE CAN'T  
DECIDE WHAT'S SHOWN ON THE TV OR IN  
MAGAZINES, WE CAN CONTROL WHO WE FOLLOW  
AND WHAT WE SEE ON SOCIAL MEDIA.***



# GAINING CONTROL

Although social media is usually given a bad reputation, we believe that there is SO much good out there, you just have to try and find it!

It's hard to feel good about ourselves and the way we look if we don't see people like us on our social media feeds.

Try to follow some positive people/accounts.  
We have put a few recommendations below- but whatever makes you feel good is awesome!



**@NORORIOUSLYDAPPER**

Body positive men's fashion blog to inspire men of all sizes!



kelvindavis  [Follow](#)  

2,431 posts    91.4k followers    1,155 following

Kelvin | Notoriously Dapper  
Best Smile On Instagram 🏆  
Award Nominated Author 🏆  
Body Positive Gentleman 🧔  
Model, Blogger & Activist 📱  
[Info@bridge-models.com](mailto:Info@bridge-models.com)  
[Buy My Book](#) 📖  
[amzn.to/2DhjuMs](https://amzn.to/2DhjuMs)

**@BODYPOSIPANDA**

Spreading word of body positivity and author of Body Positive Power!



bodyposipanda  [Message](#)  

1,618 posts    1.3m followers    588 following

Megan Jayne Crabbe 🐾 (she/her)  
I like talking about body positivity, feminism, and how dogs are better than humans. 🐾💜  
Bestselling author of Body Positive Power 📖😊

**@THEEVERYMANPROJECT**

Showing diversity within masculinity



theeverymanproject

Follow



565 posts

18.7k followers

771 following

EveryMan

A visual conversation about diversity. For all press inquiries. Founder @tarikcarroll .  
Contact | Robert Soares - robert@witchhousepr.com  
[bit.ly/EveryMAN2020Casting](https://bit.ly/EveryMAN2020Casting)

**@GALDEMZINE**

Online magazine written by women & non-binary people of colour. Shows diverse bodies



galdemzine



Message



1,765 posts

99.3k followers

1,122 following

gal-dem

award winning online and print publication committed to sharing perspectives from women and non binary people of colour ✨  
[linkin.bio/galdemzine](https://linkin.bio/galdemzine)

**@FELICITYHAYWARD**

Plus size model and fashion brand designer



felicityhayward



Follow



4,657 posts

298k followers

2,632 following

Felicity

♥ Boss @self.love.brings.beauty

💖 @theselfloveartclub

🎤 TEDxSpeaker

🌐 anna@milkmanagement.co.uk

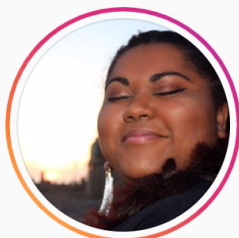
✉ emily@sherwoodpr.com

📧 info@felicityhayward.com

[www.felicityhayward.com](https://www.felicityhayward.com)

**@BODIPOSIPOET**

Body positive poet, creative blogger



bodiposipoet

Follow



191 posts

1,441 followers

870 following

Jade Louise

🌸 BoPo & Self Love

📝 Poet | Creative | Copywriter

☐ Theta Healer

🧘 Meditation | Affirmations

👁 Angelic Reiki Master

📖 Blog | YouTube

🍏 Mental Health Advocate

[linktr.ee/bodiposipoet](https://linktr.ee/bodiposipoet)

**@BOPO.BOY**

LGBTQ+ Body acceptance activist & blogger



bopo.boy

Message



652 posts

17.3k followers

898 following

**Stevie Blaine**

LGBTQIA+ & Body Acceptance Activist

Avid explorer 🌍

Dog dad 🐕

Nerdy husband 🧑🏻🧑🏻

[www.bopoboy.com](http://www.bopoboy.com)

**@GOMBRE**

Celebration of hair going grey



grombre



Follow



1,442 posts

188k followers

24 following

**Going grey with (grohm)(bray)**

A radical celebration of the natural phenomenon of grey hair. Going grey? All submissions for consideration: [info@grombre.com](mailto:info@grombre.com) (include your IG)

[linktr.ee/grombre](https://linktr.ee/grombre)

**@STEPHANIEYEBOAH**

Body positive, fashion content creator and author



stephanieyeboah



Message



4,739 posts

53.3k followers

946 following

**Stephanie Yeboah**

[steph@whalarstars.com](mailto:steph@whalarstars.com)

Author: Fattily Ever After

❤️ Fat Acceptance & Self Love Advocate

📺 Content Creator: Fashion & Lifestyle

📝 Freelance Writer

[smarturl.it/FattilyEverAfter](http://smarturl.it/FattilyEverAfter)

**@THEDISABLEDHIPPIE**

Trans disability advocate & life coach



thedisabledhippie

Message



443 posts

32.4k followers

3,209 following

**Julian Gian**

|Trans masc he/him| My life with Ehlers Danlos Syndrome 🐾 Life coach

[@disabledhippie\\_lifecoaching](https://www.instagram.com/disabledhippie_lifecoaching) | Model [@wespeakmodels](https://www.instagram.com/wespeakmodels) [@zebedee\\_management](https://www.instagram.com/zebedee_management)

FL 🇺🇸 NYC

[www.saltyworld.net/shadowbanning-is-a-thing-and-its-hurting-trans-and-di...](http://www.saltyworld.net/shadowbanning-is-a-thing-and-its-hurting-trans-and-di...)

***IT'S ALL ABOUT FINDING ACCOUNTS WHICH  
REPRESENT YOU, AND OTHERS WHO ARE OFTEN  
NOT SHOWN ON MAINSTREAM MEDIA.  
HOPEFULLY THIS WILL HELP YOUR SOCIAL MEDIA  
FEEL A MORE POSITIVE SPACE WHICH BETTER  
REFLECTS PEOPLE LIVING IN THIS WORLD!***

***YOU CAN EXTEND THIS PRACTICE TO THE BOOKS  
YOU READ, AND TV/FILMS/YOUTUBE YOU WATCH!***