

#Idontbuyit Workshop Task sheet

Activity 1:

How long do you approximately spend on social media everyday? _____

If you see approximately **seven adverts** in a minute scrolling through Instagram, how many would you see in a day, based on your answer to the previous question? _____

What are the **last seven things** you can remember being advertised?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Activity 2:

If you were to post your list of advertisements on Instagram to spark conversations with other teenagers about how much advertising you see every day, what would you say in your post? (please feel free to include hashtags)

I Pledge to...