



## Media Standards are Not Real

Don't Let Them Rule Your Life!

**Goal:** While celebrities and influencers' lives may look flawless on social media, it is okay to set your own standards without comparing yourself to them. Do what works for you.

**[Tip]:** It is okay to have a lived-in home, unfolded laundry, a sink full of dishes, and eggs and toast for supper.

**[Video Tip]:** [https://youtu.be/vMpvU40yBi0?list=PL\\_WI\\_kJLxfcpfl-Aan92\\_eHpaydzM0q3C](https://youtu.be/vMpvU40yBi0?list=PL_WI_kJLxfcpfl-Aan92_eHpaydzM0q3C)

**Why is this important?** People who believe in themselves and accept the way they want to live will model confidence and independence for others.

**References:** Wittkowski, A., Garrett, C., Calam, R., & Weisberg, D. (2017). Self-Report Measures of Parental Self-Efficacy: A Systematic Review of the Current Literature. *Journal of Child & Family Studies*, 26(11), 2960–2978. <https://doi-org.uwinnipeg.idm.oclc.org/10.1007/s10826-017-0830-5>