

Factor 3: Sharing is caring

-5	-4	-3	-2	-1	0	1	2	3	4	5
41. Selfies open the door to abuse	43. Selfies reassure us that we are who we think we are	29. Selfies bear little resemblance to real life	45. Selfies say 'I'm proud of this'	46. Selfies tell the world 'I am important'	37. Selfies can help you feel like you are not alone	23. Selfies are an invitation for opinions	42. Selfies provide a taste of what it is like to be a celebrity	38. Selfies help you empathise with others	35. Selfies display humanity at its very best	32. Selfies capture meaningful moments
34. Group selfies show the connections between people	39. Selfies make you feel like you are in the spotlight	4. Filters are part of the fun of selfies	22. Selfies are a way of shaping how you look and hopefully how you are seen	44. Selfies say 'I love my life'	36. Selfies equal 'best look'	33. Selfies communicate the message "I value myself".	40. Selfies make you look popular	26. Selfies are manipulative	17. Selfies are a way of saying 'This is who I am'	19. Selfies are a way of sharing feelings
	30. Selfies can boost self esteem	1. Getting a lot of likes makes you feel good about yourself	21. Selfies are about getting recognition from others	24. Selfies are better when they are of a group	28. Selfies are just about what you're doing day to day	18. Selfies are a way of seeking confirmation that your life is good	31. Selfies can speak to many with a single picture	20. Selfies are a way to share experiences with friends and family	5. Filters can make you look more like yourself	
		47. People can be judgmental about selfies	7. Once you post a selfie, it's not yours anymore	9. Posting selfies is a way to feel better about yourself	25. Selfies are just fun!	14. Selfies are a bid for approval	27. Selfies are narcissistic (e.g. all about how much you love yourself)	10. Posting selfies is about being less confident		
			3. Filters are part of presenting your best self to the world	2. A selfie is an expression of who you are	16. Selfies are a way of getting feedback on outfits	13. Selfies show an ideal self rather than a real self	15. Selfies are a good way to show support for a cause (e.g. no makeup selfies for charity)			
				8. Posting lots of selfies is acceptable in this digital age	11. Posting selfies is just part of everyday life online	12. Selfie posting is a symptom of the need for love				
					6. Millennials (people your age) are all about selfies					