

EPISODE SEVEN/ACCEPTANCE AND SOCIAL MEDIA

HOST - LIZ BLUME
CO HOST - DANIEL ROBINSON
GUEST - JASON TORRES



NAME

CLASS

DATE

This week's first topic focuses on acceptance. Liz says acceptance is the ability to embrace others, despite differences, and acknowledging everything they bring to the table like their strengths and weaknesses. Liz had a difficult time accepting her disability when she lost her vision. Slowly she has worked on accepting her disability, and now embraces it as part of herself. It is important to accept yourself, as well as others. We all have good and bad qualities, they are a package deal.

Q

What are you working on to embrace in you own life?

A

Daniel explains the process of acceptance, first you have to understand the topic/person, then you can start a conversation to discover any negatives surrounding the subject. This will arm you with more information during your process. Finally, you can find supports, whether in your family, school, or organization, to help you in your acceptance process because it can be difficult to do it by yourself. Liz and Daniel had to understand their disabilities in order to accept them as well as to overcome barriers they may face.

Q

What are your supports in your life when you are working though acceptance ?

A

When we accept other people, we should take care in understanding the factors of individualism; race, disability, religion, ect. If everyone was the same, the world would be a boring place. It is important to keep an open mind and approach understanding with new perspective. Remember the golden rule, treat others the way that you would want to be treated. We have to be accepting if we want to be accepted by others. We are all in this together.

Q

How are you working on accepting others?

A

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Our second topic for this week's episode focuses on social media. Jason asks the question "what is social media?". He believes that social media is a tool for people to use, and you have a choice whether to use it. Daniel made the choice to not use social media frequently and when he does it's for educational purposes. Liz believes social media is great for staying in touch with family and friends, as well as networking for job opportunities. It is important to remember that everything you post online... stays online. Colleges and potential employers have the ability to look at everything that you have posted, so be careful what you put online.

Q

**Do you use social media
and if how so?**

A

It is important to be responsible when posting to social media. Jason gave Liz a scenario: is it appropriate to post on social media about getting your driver's license? Liz answered, "of course you can post about getting your driver license, but don't post your personal information like your address or your driver license number". Daniel believes that it is important to be considerate when posting on social media. He explained that you could accidentally hurt some of your friends' feelings by posting something inappropriate.

Q

**Do you think you need to
be more responsible
when posting to social
media?**

A

LIZ'S PODCAST CHALLENGE

Make a list of all the qualities that you have. example: Liz says she has a very dry sense of humor. What are some qualities that make you YOU.

"Being a great leader is being able to communicate affectively. Share with us how you are becoming more responsible by emailing me at ILAPodcast@abilitysc.org.

Thank you for listening!