



INSTAGRAM POSTS

REVIEW CHECKLIST

- ☐ No Spelling and grammar mistakes
- ☐ There is a main topic
- ☐ The post is inclusive*
- ☐ The material is useful and clear
- ☐ The post catches your attention
- ☐ The format is Instagram friendly*
- ☐ The information is trustworthy*
- ☐ There are at least 3 sources

*More information below



INSTAGRAM POSTS

Is the post inclusive?

1. Use Disability Friendly Language
 - Person-First or Identity-First
2. Use Body-first Language
 - Bad Example: "birth control **for women**"
 - Good Example: "birth control **for individuals with uteruses**"
3. Use inclusive pronouns



INSTAGRAM POSTS

Is the information trustworthy?

1. Is the source reliable?
 - See reliable source tip sheet
2. If the information is quoted:
 - Include subscript to show what source it is from
 - Ex: "quote"₁
3. If the information is paraphrased:
 - Is the information summarized correctly?
 - Are all main points included?
 - Does the information make sense?



INSTAGRAM POSTS

Is the format Instagram friendly?

1. Is the post a square?
2. Did you use the Instagram format on Canva?
3. Does the post look like other things you see on Instagram?