

Resource:

Should we edit our selfies?



[Should we edit our selfies?](#)

»» Video: 2 mins 06 secs

»» Article: 1 min 30 secs read

Learning objectives:

»» 'I can explain how people can represent themselves in different ways online'

»» 'I can explain ways in which someone might change their identity depending on what they are doing online (e.g. gaming; using an avatar; social media) & why'

»» 'I can explain that others online can pretend to be someone else, including my friends, & can suggest reasons why they might do this'

Content summary:

- Lauren shows us how much work goes into those #perfect photos we see online. She suggests that things aren't always what they seem
- She finds out how easy it is to change yourself in photos with the click of a button and asks, 'How many people do it? And is it good for us? She suggests that sometimes, seeing everyone else's #flawless posts can make us feel like we're not quite good enough
- Lauren goes on to explain that we shouldn't be letting filters and editing apps make us feel down
- She says that we are perfect just the way we are, and online, we are often comparing ourselves to a person who isn't real. As long as you learn to be body kind, that's the most important thing
- Finally, she reminds us that posting photos without filters can also still be loads of fun!

Glossary:

- **Selfie:** a photo or image that you take of yourself, usually to share online
- **Flawless:** perfect, without any errors, mistakes or flaws
- **Filter:** a digital tool that changes the appearance of a photo, often used to remove things that are thought of as negative and to change someone's appearance before the image is posted to social media
- **Influencer:** someone who is popular online and who may often be paid by companies who want them to persuade people to buy their products or services
- **Hourglass:** a glass device to measure time. Sand moves through a narrow middle or waist from the top to the bottom
- **Acne:** a skin condition mostly found in teenagers where the symptoms include spots and bumps
- **Clone stamp tool:** a tool in photo editing apps which can copy one section on top of another section of the image
- **Insecurity:** feeling unsafe or having a lack of confidence, sometimes in yourself and your appearance or personality
- **Body kind:** being kind to your body by not comparing yourself to others, eating well and getting enough rest

Topic introductions and starters

Before the video:

- Ask pupils to write down their current understanding of the key phrases & words from the glossary

After the video:

- Check new understanding of the key vocabulary & correct any misconceptions
- Rewatch the video and note down the main points and questions raised using a note-taking grid with headings
- Look at the comments together as a class and each write a comment that they would post if they could – share on post-it notes anonymously or share in small groups
- Write down some of the questions that Lauren asks herself, and write positive replies to her

Discussion Points	<ul style="list-style-type: none"> • Should you be able to choose to edit your selfie? Does editing your photos have an impact on how others feel? Is that your responsibility? • Why shouldn't you make yourself look good? It's not real – you shouldn't feel good about a fake version of yourself... • Is it ok because so many people do it? Just because it's popular doesn't make it good...if one person stopped maybe others would too... Should you pick on people because they do/don't use filters? • How is it different to putting makeup or your best clothes on? But it's impossible to actually look like that <p>Roleplay In small groups where someone is trying to persuade friends that filters are negative but they disagree Helping a friend who is feeling insecure to feel better about themselves – then swap roles</p>
Fillers and fast finisher activities	<ul style="list-style-type: none"> • Use the glossary words to make a wordsearch using a blank wordsearch template • Write an advert for a new photo filter app – what features does it have? • Write a kind message to someone who has posted an obviously filtered and edited photo to make them feel confident enough to post something more real • Create a list of suggestions for taking a good selfie that doesn't use filters – eg smile, stand tall, think happy thoughts • Write a poem with the SELFIE as the first letters of each line
Signposting potential homework activities	<ul style="list-style-type: none"> • Share the video with friends & family & discuss any experiences they have had with the issues raised. • Create a crossword using the glossary words and any others to share with classmates back in school • Design a presentation (using pencil and paper or digital publishing tools) about how to be 'body kind.'



Test your knowledge with an Own It Quiz

<https://www.bbc.com/ownit/take-control/is-it-ok-to-alter-my-selfie-quiz>

Project Evolve has further resources to help cover these learning objectives.
Please note that registration is required to access these materials.

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