



FROM THE DIANA AWARD



SELFIES & SELF-ESTEEM_

BE_
STRONG
ONLINE



GROUND RULES_

- ❖ Everyone has the right to 'pass' on a question if they don't want to answer
- ❖ Everyone has the right to be listened to
- ❖ There should be no shouting out
- ❖ Everyone should feel comfortable asking questions



LEARNING OBJECTIVES_

- ❖ Students will be able to identify some of the main reasons why people take selfies
- ❖ Students will demonstrate an understanding of self-esteem and whether selfies could have a positive or negative impact

Activity A: Students will be able to analyse the impact that the 'like' function on social media can have on self-esteem

Activity B: Students will be able to think critically about the impact that seeing selfies that have been edited or manipulated can have on self-esteem

Activity C: Students will be able to identify the effect taking selfies and editing them could have on your sense of identity

Activity D: Students will be able to explore areas of their personality and identity which aren't shown through a selfie and reflect on their strengths, positive qualities and interests



SELF-ESTEEM_

The thoughts and feelings we have about ourselves.

Feel good
about
themselves

When someone has
a **healthy** amount of
self-esteem, they
tend to...

Feel proud of
their abilities and
achievements

Be hard on themselves

When
someone's
self-esteem is
low, they
tend to...

Accept
themselves,
even if... they make
mistakes

Think they
aren't as good
as others

Focus on their
failures and
mistakes



Self-esteem isn't fixed in place and it can change. We all go through times when our self-esteem is low as well as times when we feel on top of the world!

TEENS TAKE SELFIES VIDEO_



youtu.be/kMU_z5IY6PQ



ACTIVITY C_

How do people change or manipulate selfies they take?



Choosing the best picture out of many

Adding a filter

Adding text, captions, emojis

Posing or choosing a flattering angle

Changing own appearance – for instance hair, outfit, makeup...

Before selfie is taken

Including certain objects or people

Changing lighting

Choosing an attractive location or background

Adding vignette/fade

After selfie is taken
Changing brightness/contrast/saturation

Cropping



THANK YOU_



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