



How do you challenge appearance pressures?

Work in pairs. What could you do to resist appearance pressures in personal and social media?

Feeling stuck?

Think about what you could do differently when you comment on your friends' photos. Could you change the type or style of photos you choose to upload?

Now, work by yourself. Complete the exercise below and let others know what they can do to reduce the pressure to look a certain way.

One thing people can do differently when creating or sharing pictures, films and messages is...

Feeling stuck?

Use the ideas you have discussed as a class and with your partner. Try to choose a simple action that is easy to achieve.

This will help people feel better about the way they look because...

Think about why some types of images, messages or films can make us feel pressure to look a certain way. How will the action you suggest help to reduce that pressure?

