

Activity for Children

MAKE A FEEL GOOD POSTER

Sometimes when you look at a photo of yourself, you might not be happy with how you look. You might see something you don't like about yourself which makes you feel bad. When this happens, it's important to remember all the good things about you. This can be hard, so it can be fun to make a poster to remind you.

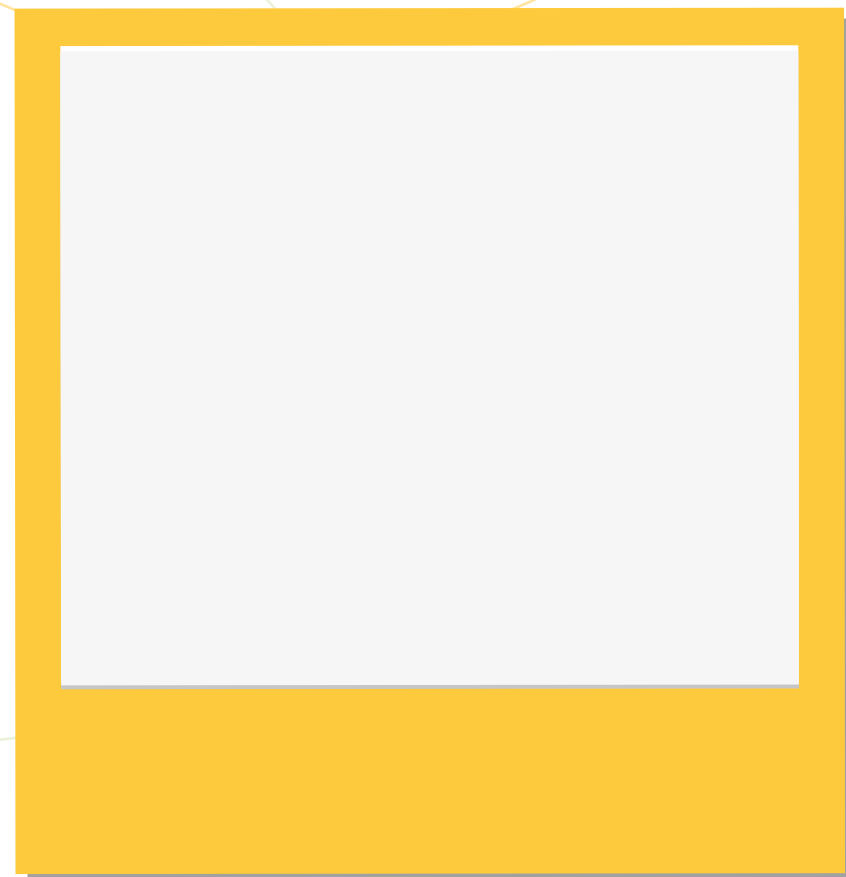
WHAT YOU NEED

Colouring pencils or pens
Blue tack or Sellotape to stick up your poster

WHAT YOU NEED TO DO

1. Draw a picture of yourself in the box below and write down all the good things about you. If you can't think, ask someone to help you.
2. Use bright colours and use the blue tack to stick your picture somewhere you can see it.
3. When you feel sad or upset, look at the poster to cheer yourself up and remember all the good things about you.

Name:



All the good things about me!

Glossary

There are some words in this comic script that young people in your family may know, but as a parent, you may not be familiar with. We have included this short glossary so that you understand the terms that your child may be using:

Body image: This is how you feel about yourself when you look in the mirror or think about yourself in your mind. It also includes the way we think other people see us. People can have a positive body image, when they mostly feel good about themselves, or a negative body image when they feel less happy about the way they look or feel.

Edited: To change the way something looks. Sometimes it is called photoshopped or airbrushed.

Filter: This is a way of editing your photos to change their appearance or colour.

Instagram: This is a social networking app which allows its users to share pictures and videos with their friends. It allows people to edit or filter their photos to change their appearance.

Social media: These are online apps that are used to connect with others or create and share information online. They include Facebook, Instagram, TikTok, and YouTube.

Tips for Parents

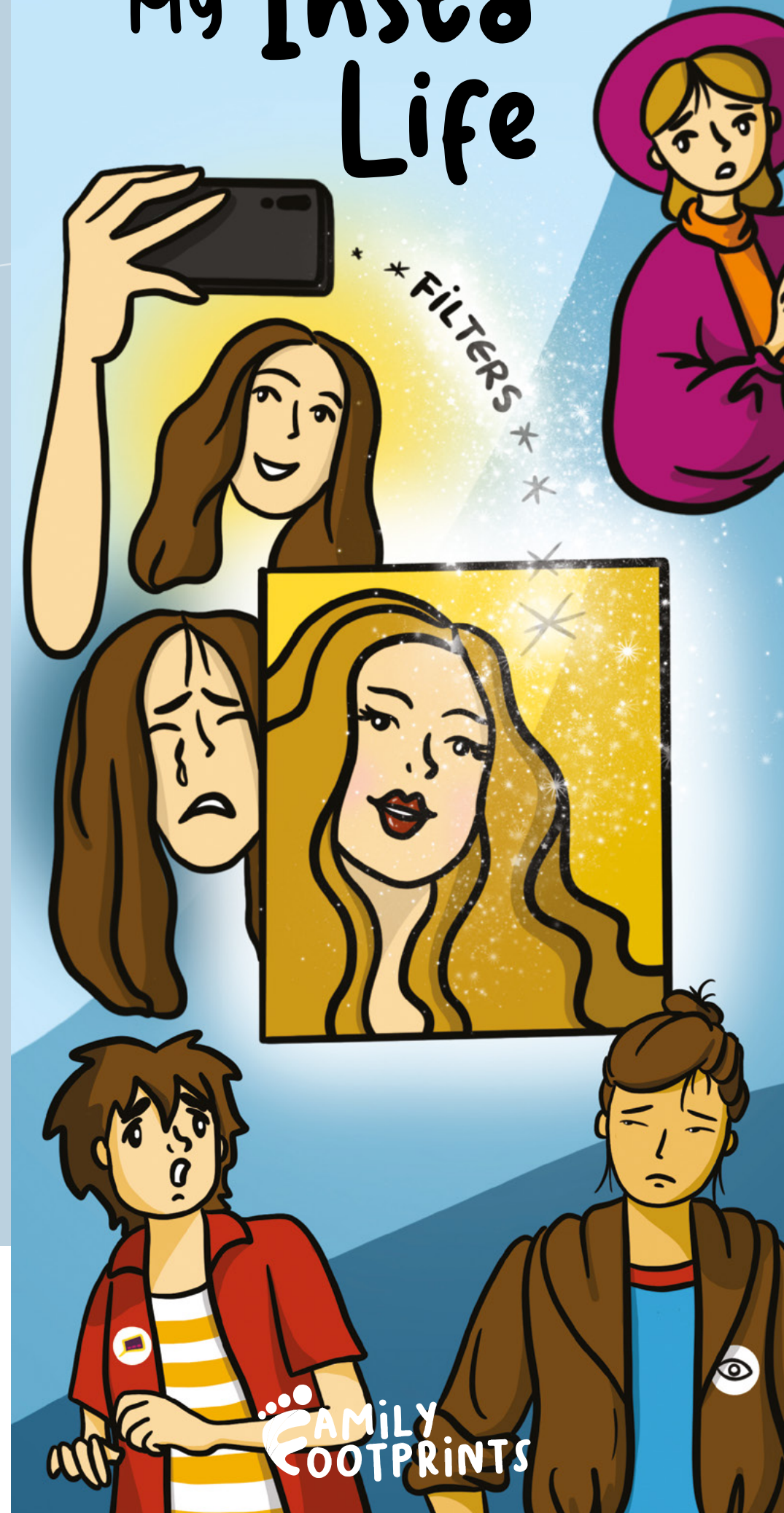
Instagram and other social media platforms can put pressure on young people to look a certain way. As a result, many edit or add filters to their photos. There are many reasons why someone might edit their photos. Some do it to be creative and for fun. Others because they don't feel confident about how they look in photos without editing them.

It's not just celebrities who use filters or edit their images. Ordinary people do too! 80% of girls have downloaded a photo editing app and used it on their photos by the age of 13. Many young people (both boys and girls) say they don't feel good enough unless they edit their photos.

Tips for young people

- Don't trust everything you see online. When you see a picture online or in a magazine remember that it has probably been edited in some way.
- We're all different, so it's impossible to look like someone else no matter how hard you try. Most people don't even look like their online photos in real life.
- Try not to compare your life to everyone else's. Nearly everyone posts only the good stuff in their life which often makes it look much better than it is.
- Instead of judging the way you look, try to focus on the things you like about yourself. Write them down and read them when you want to feel good.
- It can be good to take regular breaks from social media especially if you are spending a lot of time comparing yourself to others.
- If you are worried about your body image or that you are always criticising yourself, talk to an adult and tell them how you feel.

My Insta Life



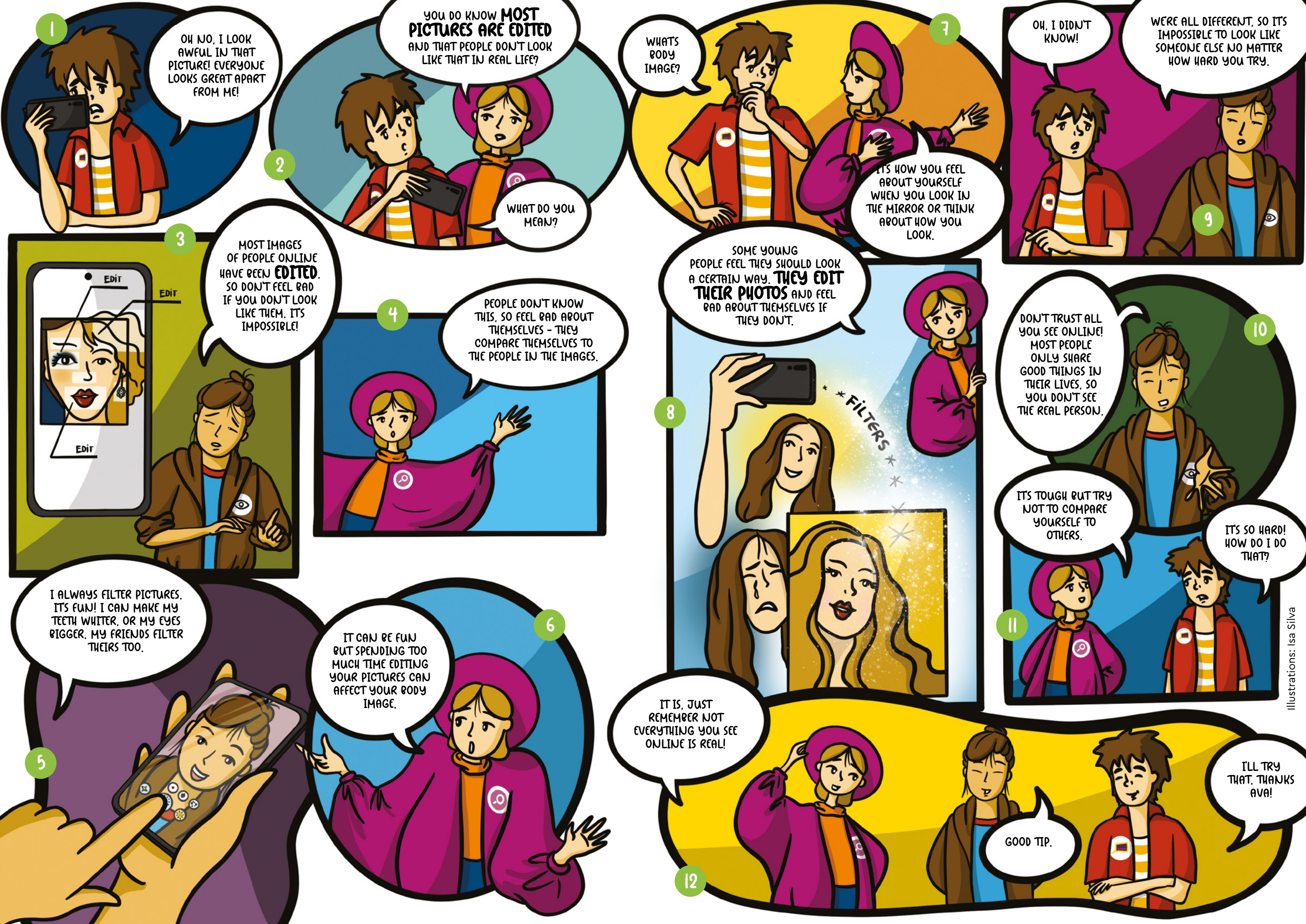
FAMILY FOOTPRINTS

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FAMILY FOOTPRINTS



1

OH NO, I LOOK AWFUL IN THAT PICTURE! EVERYONE LOOKS GREAT APART FROM ME!

2

YOU DO KNOW **MOST PICTURES ARE EDITED** AND THAT PEOPLE DON'T LOOK LIKE THAT IN REAL LIFE?

WHAT DO YOU MEAN?

7

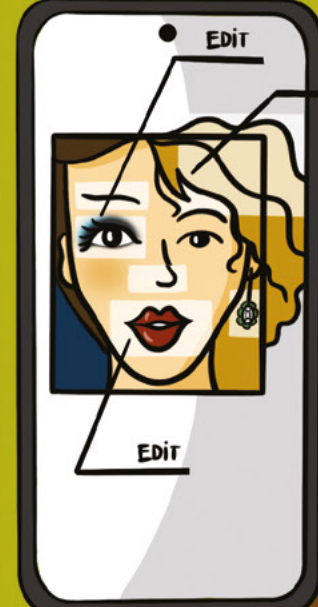
WHAT'S BODY IMAGE?

IT'S HOW YOU FEEL ABOUT YOURSELF WHEN YOU LOOK IN THE MIRROR OR THINK ABOUT HOW YOU LOOK.

9

OH, I DIDN'T KNOW!

WERE ALL DIFFERENT, SO IT'S IMPOSSIBLE TO LOOK LIKE SOMEONE ELSE NO MATTER HOW HARD YOU TRY.



MOST IMAGES OF PEOPLE ONLINE HAVE BEEN **EDITED**. SO DON'T FEEL BAD IF YOU DON'T LOOK LIKE THEM. IT'S IMPOSSIBLE!

4

PEOPLE DON'T KNOW THIS, SO FEEL BAD ABOUT THEMSELVES - THEY COMPARE THEMSELVES TO THE PEOPLE IN THE IMAGES.

8

SOME YOUNG PEOPLE FEEL THEY SHOULD LOOK A CERTAIN WAY. **THEY EDIT THEIR PHOTOS** AND FEEL BAD ABOUT THEMSELVES IF THEY DON'T.

* FILTERS *

10

DON'T TRUST ALL YOU SEE ONLINE! MOST PEOPLE ONLY SHARE GOOD THINGS IN THEIR LIVES, SO YOU DON'T SEE THE REAL PERSON.

11

IT'S TOUGH BUT TRY NOT TO COMPARE YOURSELF TO OTHERS.

IT'S SO HARD! HOW DO I DO THAT?

5

I ALWAYS FILTER PICTURES. IT'S FUN! I CAN MAKE MY TEETH WHITER, OR MY EYES BIGGER. MY FRIENDS FILTER THEIRS TOO.

6

IT CAN BE FUN BUT SPENDING TOO MUCH TIME EDITING YOUR PICTURES CAN AFFECT YOUR BODY IMAGE.

12

IT IS. JUST REMEMBER NOT EVERYTHING YOU SEE ONLINE IS REAL!

GOOD TIP.

I'LL TRY THAT. THANKS AWA!