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| **8. HOW SOCIAL MEDIA AFFECT THE BODY IMAGE** |
| **OBJECTIVES:**  To be aware of how social networks show a reality made up.  To know how affects to follow celebrities in social media, constantly seeing their lives and their bodies.  Identify that the result of the body image is the comparison between the real image and the desired ideal representation.  Understand that the loss of personal ties and the distortion of reality |
| **RESOURCES:**  **Video 5:** [Más seguidores](https://www.youtube.com/watch?v=rvbG-6dAt6o)  **Activity 8:** [Teens and social media](https://www.liveworksheets.com/dz2188351vl) |
| **MAIN PART:**  We will start explaining what the body image is and the perception, feelings and emotions that people have in relation to their body.  Then we will watch the video (Más seguidores) and talk about the relationship between the followers and happiness the student experiences when people “like” their pictures and photos (According to studies, in Spain, more than 70% of young people are happy when they receive many 'likes' on social networks). Are those feelings real?.  **Activity 8:** Students must complete the form individually  Exercise: Make a physical and personal description of each part of your body and as a whole, expressing feelings and value judgments. Then do the same with your best friend and compare your view of yourself with your friend's view of you. Discover that your point of view does not look the same as others. |
| **BONUS ACTIVITY:**  Go to your instagram, review the number of people you follow and make a list of those who contribute something positive to your life and those who do not, then at will, delete those that you think harm your body image, your goals or dreams or those that do not bring you anything. |