

Social Media & Body Image

Digital Dilemma

Josh clicked open his Instagram app and saw the latest version of his grade's new favorite game. Someone would post pictures of four different girls on Instagram, and others would vote for the most attractive by "liking" her picture. The girl whose picture received the fewest number of likes would be eliminated, and pictures of the other three girls were reposted for another round of voting. The sharing and voting process would continue until there was a winner. Josh said that one of the "worst" parts of the game was that the girls who lost might actually initiate another round of the game with a fresh set of girls, in the hopes of winning a separate version. Still, he didn't want to get involved. He knew that games like Hot or Not were popular in other schools, so he figured this was just his grade's version.



Discussion Questions

Self-Control

It's easy to think that you wouldn't participate in this game. Why do you think people might participate even though they know the game is "wrong"? Do you think there's something about social media that makes it easy for people to ignore the potential consequences of their actions?

TEACHING TIP: Try to get students talking about the pressures they sometimes feel to participate in peer-related activities and how it can override their self-control.

Integrity

If your friend told you she wanted to start one of these games, what do you think would be the right thing to say to her?

Empathy

Do you think that the pictures of girls posted in this game would be the same as pictures the girls would have posted of themselves? How and why might they be different?

Humility

What is the difference between receiving a compliment in person and a "like" on social media? Which is more meaningful? Would you rather get one compliment in person or 100 likes on Instagram? How does each impact your self-confidence differently?

TEACHING TIP: Humility involves thinking beyond the surface. Encourage students to reflect on the emotions they feel when they engage in such behavior. What is it that they get from liking or not liking something?

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Extension Resources

Suggested Digital Citizenship Lessons



Digital Tools



As teachers, we sometimes forget that little, everyday actions in the classroom have a huge impact on our students' lives.