



# Selfies & Self-Esteem

**Be  
STRONG  
ONLINE**

An Ambassador Programme  
From The Diana Award



## Things to bear in mind:

- 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

Feel proud of  
their abilities  
and  
achievements

Be hard on  
themselves

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

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](https://youtu.be/kMU_z5IY6PQ)

## Activity C

How do people change or manipulate selfies they take?



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 the best picture out of many

Adding a filter

Adding text, captions, emojis

**After selfie is taken**

Adding vignette/fade

Changing brightness/contrast/saturation

Cropping

Choosing an attractive location or background



# Thank you!

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