



BODY IMAGE AND SOCIAL MEDIA

Pre-Reading Questions

Student A

- Do you ever edit your photos before posting them?
- Have you ever felt bad after scrolling on social media?
- Who is the most “perfect” person you follow online?
- Do you think celebrities look like their photos in real life?

Student B

- Do social media filters make people look better or fake?
- Have you ever compared your body to someone online?
- What’s one thing you like about your appearance?
- Should schools talk about body image and social media?

Student Letter to the AI

Dear AI,

I’m 18 and I hate how I look because of social media. Every time I open Instagram or TikTok, it’s perfect bodies, perfect skin, perfect everything.

These influencers have tiny waists, clear skin, and long legs. I know they use filters and editing apps, but I still compare myself. I stand in front of the mirror and think “Why don’t I look like that?” I’ve even started skipping meals or exercising for hours just to try to match them.

My friends do it too – we send each other “goals” photos of models. But then I feel worse. In real life nobody looks like that, not even the influencers without filters.

I deleted the apps for a week and felt better, but then I downloaded them again because everyone else is on there. I don’t want to miss out.

How do I stop hating my body when social media keeps showing me “perfect”?

Tired of comparing,

Taylor

Post-Reading Reflection Questions

Student A	Student B
• What is Taylor’s main problem?	• What new words or phrases did you notice?
• Why does Taylor compare herself to influencers?	• What advice would you give Taylor?
• What was the most relatable part of the letter?	• Have you ever felt the same way? What helped?

Teacher's Key

Quick Skim Tip for Teacher:

First reading: Give students 1 minute to find the main problem silently.