



BODY IMAGE AND SOCIAL MEDIA

AI's Reply to Taylor

Dear Taylor,

You're not alone – millions of teenagers feel exactly the same way. Social media shows a fake version of reality: filters, perfect lighting, edited bodies, and only the best moments. Nobody posts their normal days or real skin.

The truth? Those “perfect” influencers don't look like their photos either. They use apps, angles, and sometimes even surgery. Comparing your real life to their highlight reel is unfair – it's like comparing your behind-the-scenes to their movie trailer.

Your body is already good enough exactly as it is. It lets you laugh, dance, hug friends, and live. That's what matters.

Try this: follow accounts that show real bodies, unfiltered photos, and positive messages. Unfollow anyone who makes you feel bad. Take breaks when you need them. Talk to friends or family about how you feel – you'll be surprised how many feel the same.

You are more than how you look on a screen. Be kind to yourself – you deserve it.

Your supportive AI friend,

Grok

Vocabulary in Context

Match the words/phrases from the letter (1–10) to the definitions (a–j).

- | | |
|-------------------|--|
| 1. edit | a. not eating (to lose weight) |
| 2. compare | b. be left out or not experience something |
| 3. filters | c. effects that change how photos look |
| 4. skipping meals | d. change photos to make them look better |
| 5. goals | e. reacting too strongly |
| 6. in real life | f. the best moments people choose to show |
| 7. miss out | g. people you want to look like |
| 8. overreacting | h. outside of social media / in person |
| 9. highlight reel | i. think about differences between yourself and others |
| 10. deserve | j. have the right to something good |

Your Turn – Quick Write

Choose A or B and write 1–2 sentences.

A) Write to Taylor: “One thing you could try is ... because ...”

B) Write to Grok: “I agree/disagree with your advice because ...”

Teacher's Key

Vocabulary in Context

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Key

1-d, 2-i, 3-c, 4-a, 5-g, 6-h, 7-b, 8-e, 9-f, 10-j