



BODY IMAGE AND SOCIAL MEDIA

Role-Play Scenarios

Scenario 1 – The Edited Photo

Student A: You posted a heavily edited selfie and got many likes. Your friend (B) says it doesn't look like you. Defend your photo.

Student B: You saw A's edited photo. You think it's too fake. Tell A honestly but kindly.

Discussion

- Is editing photos okay? Why/why not?
 - What will happen if A keeps editing a lot?
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Scenario 2 – The Negative Comment

Student A: You are scrolling and see a mean comment on your friend's photo ("You look bad"). Decide to tell B or not.

Student B: You posted a real photo and feel nervous. Ask A if they saw any comments.

Discussion

- Should A tell B about the comment?
 - If B sees negative comments, what will B do?
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Scenario 3 – Comparing Bodies

Student A: You are Taylor from the letter. You just saw perfect influencer photos and feel bad. Talk to your friend (B).

Student B: You are Taylor's real friend. Listen and give positive advice (no filters, real bodies are good, etc.).

Discussion

- Why do people compare on social media?
 - If friends talk openly, will they feel better?
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Scenario 4 – The Social Media Break

Student A: You want to take a break from social media because it makes you feel bad. Your friend (B) thinks it's strange.

Student B: You love social media and don't understand why A wants a break. Try to convince A to stay on.

Discussion

- Is a social media break a good idea?
- If A takes a break, will A feel happier?

Teacher's Key

Role-Play Scenarios

4 scenarios – print one page per pair. Safe, positive, and discussion-focused

Teacher Instructions (easy for beginners)

1. Put students in pairs (A and B).
2. Give each pair one scenario.
3. Give 3–4 minutes to prepare notes.
4. Pairs act out the role-play (3–5 minutes).
5. After each, ask the class the discussion questions – lots of speaking!

Extra Tip for Teacher

After role-plays, ask: “What’s one positive thing we learned about body image today?”

→ Ends the activity on a happy, confident note.

These role-plays are gentle, encourage empathy, and produce natural language.