



PDF 2 – AI's Reply & Discussion

Read Grok's Reply

Dear Sophia,

First of all — come here for a big virtual hug 🤗. You are **not** alone. Millions of 15-year-olds feel exactly like you right now.

Social media is basically a “highlight reel” — everyone shows their best photos and hides the bad hair days, pimples, and “I ate too much pizza” moments.

Here's the truth with a little humor:

- Those “perfect” girls? They also have days when they look like they just woke up from hibernation.
- Comparing your real life to their filtered photos is like comparing your cooking to a Michelin restaurant. It's not fair!

My advice:

- Take a short break from social media (even 3 days helps).
- Do things that make your body feel **strong**, not just “pretty” (dance, sport, walking).
- Be kind to yourself — your body is still growing and doesn't need your criticism every day.

You're 15. Your body is a work in progress, not a finished product. Give it time... and maybe some pizza.

Grok

Discussion Questions

1. Which part of Grok's reply made you smile?
2. Do you agree that social media is a “highlight reel”?
3. Which advice do you think is the most useful?
4. Have you or a friend ever felt like Sophia?
5. Is it possible to like your body even if it's not “perfect”?

Speaking Extension

In groups of 3: Choose the **2 best pieces of advice** and explain why.