

AGONY AUNT/UNCLE ACTIVITY

Read the diary entries from the characters from the Full Picture. Offer advice & support to the young person on how to deal with influences/ pressures that might be affecting their self-esteem online and help them manage their online wellbeing better.



Selfie Boy

I train 7 days a week and it's still no use. I'm just not seeing the results!! I don't know what I'm doing wrong?! I shouldn't still have to suck my gut in and flex my bicep to try get the same look as the boys on Love Island at this stage. It's not fair. I am supposed to be going on a first date and the only thing my date has to go on are these photos of me. I hope she isn't disappointed when she sees me in person. Still, I don't think I would have got the date with her without cheating my pics a little. I suppose I'll find out what she thinks of the 'real' me anyway.



Nature Gal

Today was a great day! Met up with the girls for a walk and the chats. Jamie was the only one complaining. First, about the rain, then about me being on my phone all the time but I think she still enjoyed it! Besides it was worth it - that video of us all falling over was hilarious and I've never got so many likes and comments on a post before. Sure it has to be worth it for that alone!! It'll be a great one to have pop up as a memory on my page for years to come! I don't get why Jamie always has to complain about it?!



#cheatday Girl

Today I posted a #cheatday boomerang of me about to eat a burger and chips. It got lots of great feedback and supportive messages from people. But then I noticed a comment "I don't think you should really be eating that!!!". Who would do that?! The thing is after I saw this I couldn't bring myself to eat the burger and chips and just chucked it in the bin instead. I feel so guilty and bad about myself now because I'm lying to my followers... I hate that I let the negative comments get to me so much. But what if they're right? Sometimes I feel so much pressure to maintain this fitness persona online I just can't afford to let my appearance slip.

Activity Sheet 1.3:

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Read the diary entries from the characters from the Full Picture. Offer advice & support to the young person on how to deal with influences/ pressures that might be affecting their self-esteem online and help them manage their online wellbeing better.



#newshoes Boy

I got my new trainers today!! I wanted to update my followers so I went to the park to shoot a video showing them off. I really want to be a vlogger and think live streams like this will help build my following. It was all going great until a group of the lads from sixth year came walking by and when I saw them I knew they would start. I grabbed my phone as quick as I could and started walking but it was too late - my live video caught them following me and slugging my new shoes. Now lots of people in school saw and are making fun of me online saying "I'm a loser with no style!".



Dancing Girl

I love dancing around my bedroom making videos to post online and boost my dancing profile. The problem is my dad has been really stressed out working from home lately and is getting really annoyed at me saying I'm in my room on my phone all day and has even started threatening to take my phone off me. He doesn't get me and doesn't realise I'm in here practising my dance routines for my videos. How can I make him realise that I'm not wasting my time on my phone and taking my phone away is not the answer?



"Keep Smiling!" Girl

Another fight with my boyfriend Sean today. Everyone knows me as the positive, bubbly one and they think I have it all figured out. My advice and positivity videos are how I got so popular online. I want to help my followers but what would they think if they really knew my life was not as perfect as it seemed. Everyone else's life looks so perfect and stress free, I feel pressure to keep up the same image. I mean how will anyone take my advice seriously if they find out my relationship is on the rocks and I'm struggling with my own stuff too?