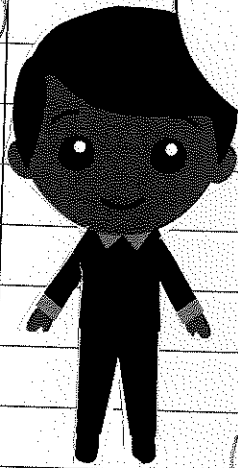


Wednesdayth 7 February 2018

To consider how the online world can influence and put pressure on us.

To consider how we can respond to pressure.

①

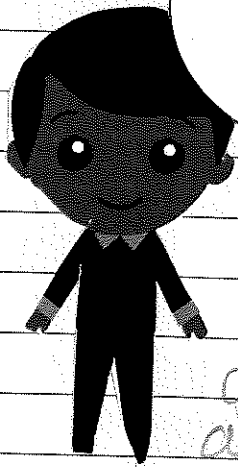


I feel pressure to get more likes on social media.

Don't worry! Don't let anything like ~~likes~~, pictures, or friends ~~accept~~ you. You should never get interested a lot in likes and ~~do~~ do things to get more likes, especially? that can hurt you. Do things you enjoy yourself, not others.

Use your social media ^{rarely} ~~recently~~ or delete it if you want. ~~If~~ you feel a bit worried you can talk to a adult. Likes don't need to consume you no matter ^{sp.} is your popular or not you are yourself. Great!

②



I feel pressure to filter my images.

Don't worry! you don't need to be concerned of how you look. Maybe other people don't like the way the look, but ~~the~~ accept it anyway. you don't need to copy others. you would look good as you are, because any ways you need to show that person who you are for real.

WA

Super advice! 😊