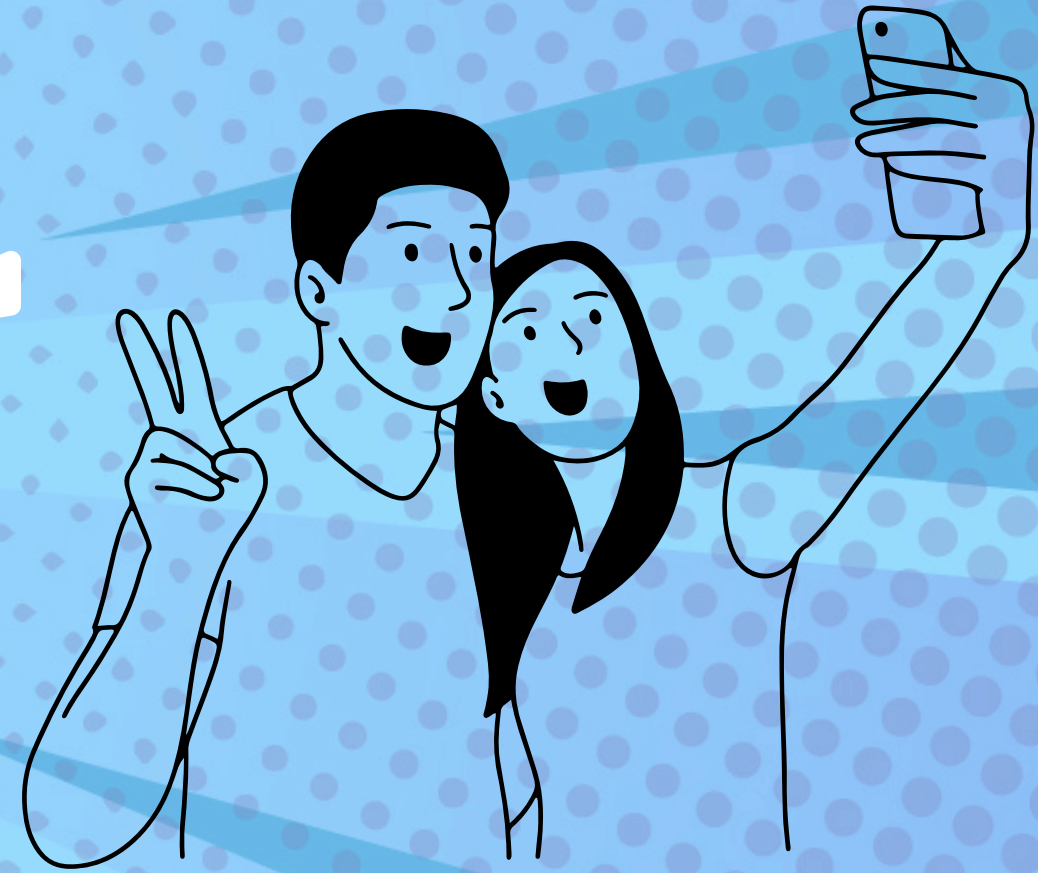


THE ADVENTURES OF A CYBER-SURFER



**HOW I
SEE MY
SELF-IE**



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Oh really ?
How come ?



Wow, look at this
influencer. He is so
handsome! I wish could
just swap lives with
him.



Well , It's just that all these other people are handsome and they live a great lifestyle.

I just want to see what's like to be perfect like them...



Well, let me have a look at him. I don't think you are that far off!

Well, here, just look..



Uhhh.. I hate to
break it to you...



That's not what I
have in mind...



That I'll never be that
handsome?
Yeah I know. I can't go on
a diet. I love food too
much..



Well that is what I have in mind
but not in the wat that you think.
You can't get this body cause it's
clearly Photoshopped.

I don't see it...



You're joking right ?
The muscles of the man in
the photo look bigger than
they really are...



He got plastic
surgery ?



I believe that everyone is beautiful
and everyone has their own life.
You don't have to compare
yourself to others on social media
and feel insecure on the inside..





And sometimes , most of what you see online could even be staged or Photoshopped. So just feel happy for others, but don't feel bad for yourself.





Now, I believe you have a night out with your friend right? So go get ready and live "your" life to the fullest!



Yeah, you're right Cyber. Thank you, I really needed that.

TIPS FOR PARENTS

Promoting your child's body image can help them to take pride in their appearance and feel good about themselves. This leads to healthy self-esteem.

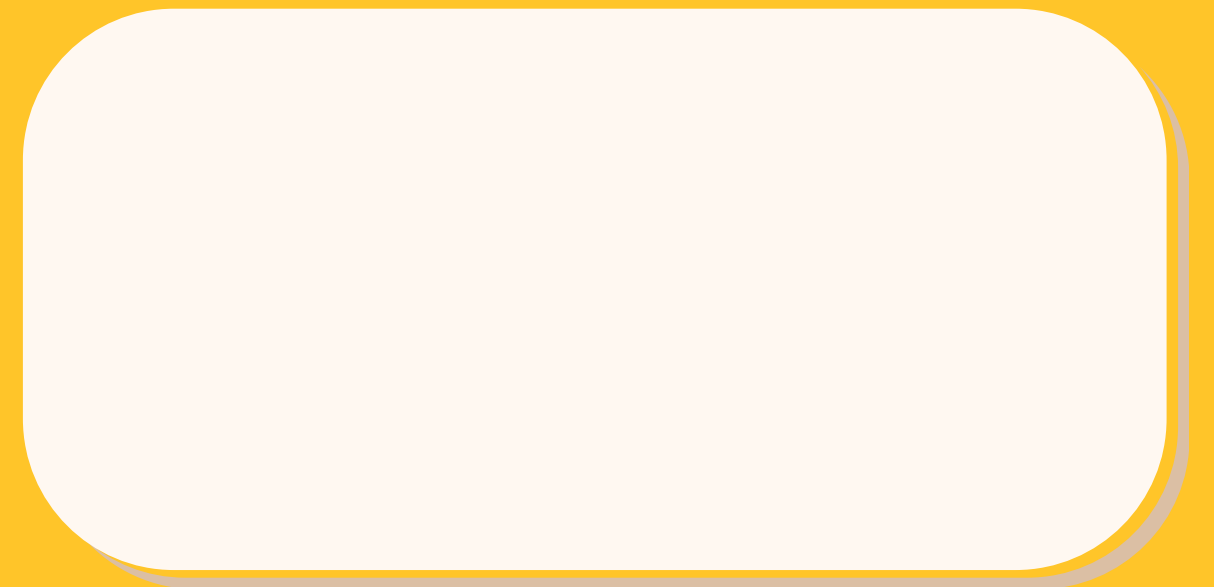
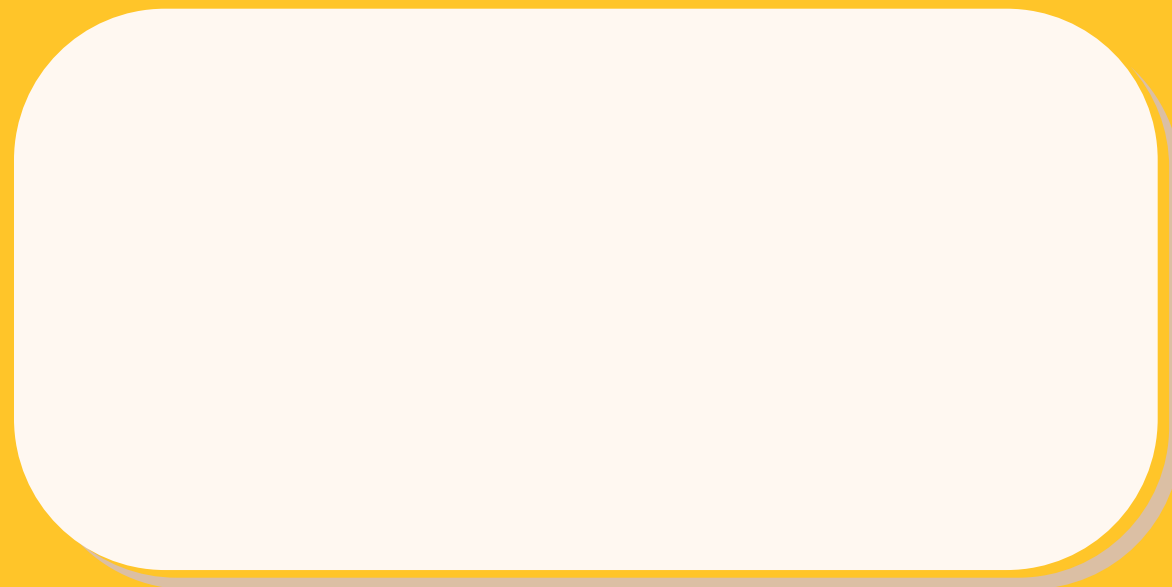
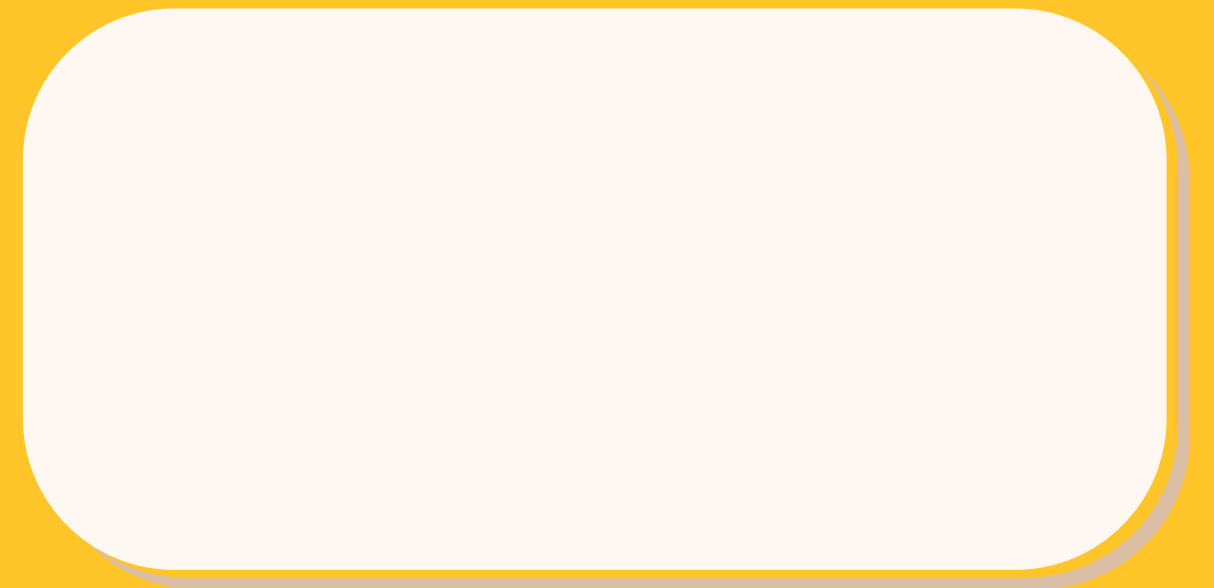
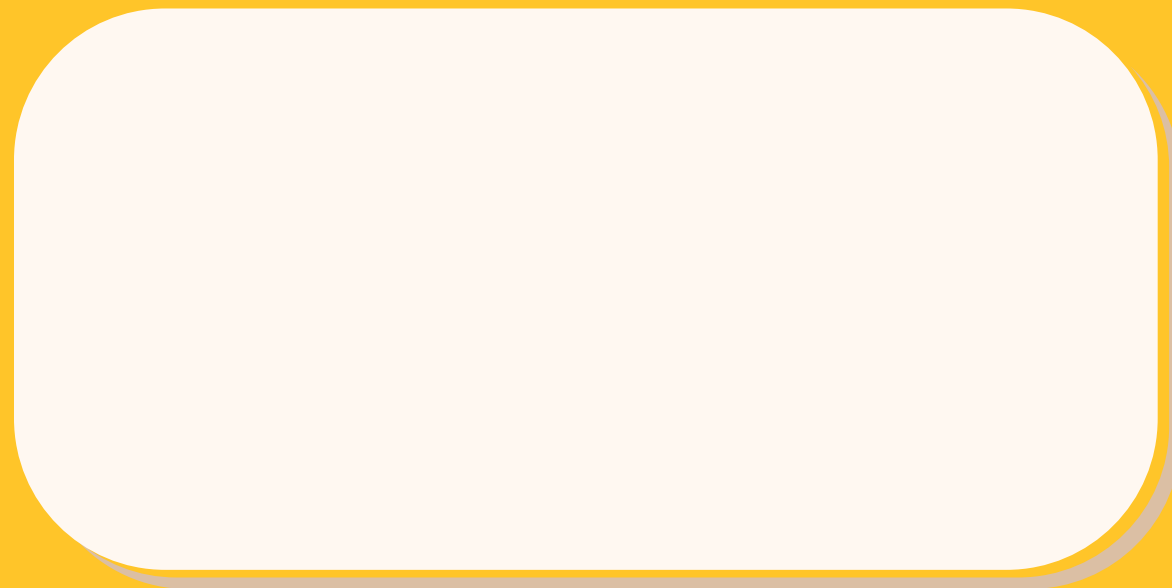
To help your child build a health body image, you can:

- Teach them about their body
- Guide them to take care of their body
- Say nice things about how they look
- Show them that you are proud of what they do



FUN ACTIVITY FOR YOUNG LEARNERS

Your body image is how you see yourself. Having a good body image can help you to feel confident and proud! Complete the activity below, filling in what makes you happy about yourself.



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