

flipped classroom:

Global News. "Selfie Dysmorphia: How social media filters are distorting beauty". 2019: <https://t1p.de/ked4>.

introduction to lesson:

Video: TikTok Finds. "Glow Look TikTok Trend | with and without Filter Challenge ✨". 2021, <https://t1p.de/1f6g>.

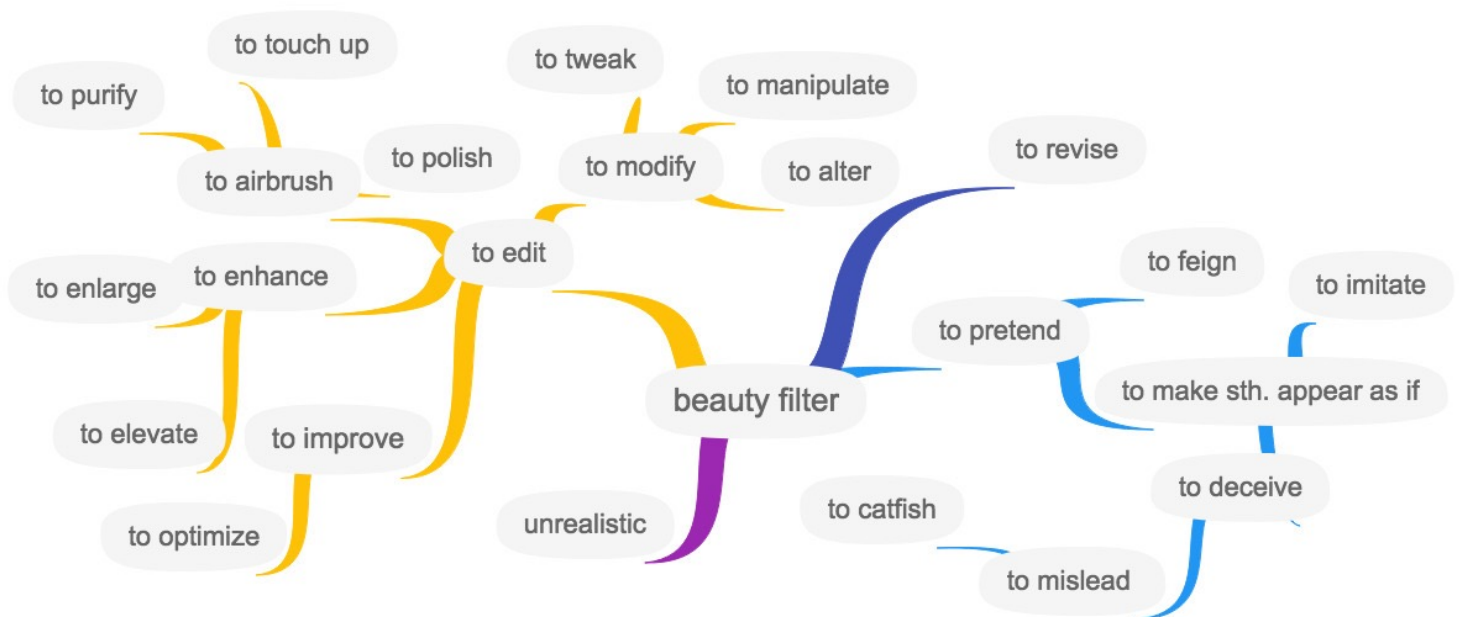
Tasks

1. Describe which filters you use most often.
2. a. Compare and contrast photographs before and after having used filters.
2. b. Explain what beauty ideals are imposed by the use of filters.
3. Discuss: Should the use of beauty filters have a minimum age?

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4. Watch the following TikTok video: <https://t1p.de/t6se>. Discuss: TikTok's beauty filters re-enforce Eurocentric racial biases.
5. Promote social media accounts that promote body positivity.

vocabulary_beauty filters



Focus: Body Shaming**Tasks**

1. Describe the following photographs: Bored Panda. "18-Year-Old Model Edits Her Instagram Posts To Reveal The Truth Behind The Photos", <https://t1p.de/1c4e>.
1. a. Explain the re-captions of Essena O'Neill's posts.
2. Analyze Katelyn Ohashi's following poem.

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| | Katelyn Ohashi. |
| 1 | "I've been consumed with the thought that bigger is synonymous to less than |
| 5 | that only those people with the right, perfect bodies have the right to stand but here today I stand with a love that penetrates deeper than any wedding band |
| 10 | because I am my own size and no words or judgmental stares will make me compromise |
| 15 | for the bittersweet satisfaction that lays within my eyes and my thighs I finally got my cake and ate it too for my old self cries |
| 20 | and today, my self-hatred says its goodbye" |
| | Video: Good Morning America. Gymnast reacts to viral floor routine, body shaming. 2019: https://www.goodmorningamerica.com/culture/video/viral-ucla-gymnast-katelyn-ohashi-speaks-gma-60440373 (https://t1p.de/yyiz). |

2. a. Analyze Katelyn Ohashi's poem *Self Love*.

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| | Katelyn Ohashi. <i>Self Love</i> . 2018. |
| 1 | As time goes on it becomes harder to establish the things we love about ourselves without being seen as cocky. We fill it in our heads that we cannot truly believe these things as people fill our minds with negativity. |
| 5 | Only if we are are pretty, famous, smart, or the perfect size do we have dignity. We starve ourselves, put on makeup, try to fit current trends, depriving ourselves we live miserably. And guess who profits from this? No one but the industry. My favorite quote is that we were born with self compassion, it is self loathing that is taught. |
| 10 | People try to take others down together as they plot, As hard as we try to ignore it sometimes people cannot, With these taunting words our minds get caught, Peoples words and actions eventual consume us until our insides rot, At times the only escape seems to be the touch of a wrecked gunshot. |
| 15 | We soon enough forget anything and everything we have ever loved about ourselves, Getting brainwashed into thinking differently, Losing all self confidence consequently. We lose the love we once had thinking we can never bring it back, Instead of looking at everything we do have we look at everything we lack. |
| 20 | When you look in the mirror I hope you can see all the things you aim to be, The positive things you are at that time and place, That you can always look and see a smiling face. Your individuality is what makes you beautiful, Your ambitions, your love, your compassion, your talents whether you realize it or not, |
| 25 | Being accepted and loved is not something that is bought. These things come from within, Believe me it's never too late to begin. The goal isn't to love ourselves if and when, It is supposed to stay there unconditionally, this is no sin. |
| | Ohashi, Katelyn. <i>Self Love</i> . 2018: https://katelyn-ohashi.com/self-love/ , 9-12-2021. |

3. Name at least three aspects you love about yourself. (Share them.)

further information:

| contents | title | website |
|-------------------------|---|--|
| Ohashi, mental health | Togethxr: Katelyn Ohashi's BEAUTIFUL Mental Health Journey On Your Mind | https://www.youtube.com/watch?v=LoMN7whZk8M (https://t1p.de/y4cd) |
| TikTok trend: That Girl | Becoming 'That Girl' TikTok Compilation | https://www.youtube.com/watch?v=htUMcU40FX4 (https://t1p.de/sg82) |