



Each scenario shows how someone’s self-esteem can be harmed by the media. Can you identify which part of the media triggered the harm and then work out how each child could manage the possible trigger.

Scenario	Trigger	Tips to manage the trigger
1. Jamie is on holiday. He has just arrived at his hotel and he sees a big poster of three muscular men. There is a question underneath the image that asks: Are you beach body ready?		
2. Chloe sees a barbie doll online and has a close look. She then shuts her laptop and looks at herself in the mirror.		
3. Amy is watching television and an advert comes on showing the importance of smooth skin. The voice in the advert says that girls with spots will never get any attention from the boys.		
4. George was on social media and came across his favourite influencer who was showing off his perfect smile. George went to the bathroom, opened his mouth and looked at the gaps between his teeth.		
5. Alana has just found a filter that makes her face look slimmer and smoother. She uses the filter and uploads the photo and gets more likes than she has ever got before.		
6.		