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Kentucky Center for School Safety

Selfies and Self Esteem

Selfies and Self Esteem...



- ▶ Taking a picture of yourself and posting it has become a virtual phenomena. Celebs are doing it, athletes are doing it and the President is doing it!
- ▶ The problem is when you post and ask for virtual judgment of your facial beauty
- ▶ Instagram is exploding with games using hashtags such as #beautycontest, #rankme, #rateme and #amipretty
- ▶ Consider who is commenting on your photo
- ▶ The comments are mostly for shock value and they may be lewd and damaging to your self-worth
- ▶ When you need advice about hair, make-up or eyewear ask someone you trust who will give you a fair assessment

Remember

- ▶ Don't randomly place selfies on the web and ask for comments from contributors you don't know and will never see or face in real life

For More Information

Kentucky Center for School Safety



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