

# 1 Self-Expression or Self-Appreciation?

*How true to ourselves are we on social media?*

## 1 How well do you know Facebook?

- A.** Read the text about the creation of Facebook on [Worksheet n°34](#).
- B.** Recap: Who? When? What? Origins of this social network?
- C.** Read the quote. Is it a reassuring definition of Facebook?

"By giving people the power to share, we're making the world more transparent."

Mark Zuckerberg,  
2012

## 2 "The golden you" ?

- A.** Look at the still. Imagine what "the golden you" may be.
- B.** Watch the video to check your hypotheses and answer questions on [Worksheet n°35](#).
- C. Have your say.** Do you agree with Will Storr when he says that the selfie culture is about looking for perfection? Why (not)?

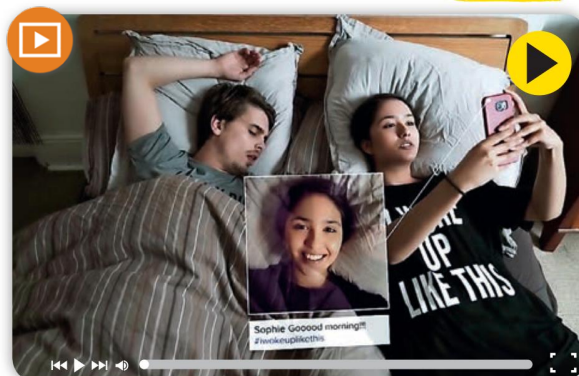
VIDEO N°22



## 3 Are you living an "Insta Lie"? ?

- A.** Look at the still. Imagine what the girl is doing and why.
- B.** Watch the video and list the lies.
- C. Have your say.** What does "Insta Lie" show about human relationships?

VIDEO N°23



## YOUR TURN! 4 Give your opinion

Take part in the [DitchtheLabel.org](https://ditchthelabel.org) forum. Write one post about the lie that you liked best in the video (in activity 3), saying why you liked it.

HELP!

### Nouns

- FoMo (Fear of Missing Out)
- peer pressure /ˈpiəˈpreʃə/
- privacy /ˈprɪvəsi/
- liar /ˈlaɪə/

### Adjectives

- disappointing /ˌdɪsəˈpɔɪntɪŋ/
- fake
- influential
- self-destructive
- perfect /ˈpɜːfekt/

### Verbs & Expressions

- check out friends
- disclose /dɪsˈkləʊz/ = reveal information
- get / draw the attention of sb
- tell the truth ≠ lie to sb about sth