

KIDS

KIDS WATCH YOU,

LISTEN TO YOU,

imitate you

**I don't have to be perfect
to be a good model!**

Models of beauty in the media
and ads are not diverse and are
not representative of reality.

The image industry uses many different techniques
to create the concept of a perfect body and these
techniques can also be used on social media.

There is **social pressure**
around weight and appearance.

I become aware of **my prejudices** about weight
and appearance because they influence my words
and gestures.