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Selfies and Self Esteem

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- ▶ 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

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