



## Important points

These notes should offer you information to deliver the micro-learn without diving too deep.

Netsafe's micro-learn's are designed to fit into a regular lesson. Used alone they provide a taste of the topic and cover key points. There are suggestions for lesson extension at the end.

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## Quick reads before you deliver

We recommend you do the micro-learn yourself before you teach the lesson. The links below give context to and support the key messages of the micro-learn to help you teach it.

**Read:** about Bodyright, a global movement to end unethical misrepresentation of the human body <https://netsafe.org.nz/bodyright-partnership>

**Read:** this ReNews article which shares young peoples' views on how body positivity supports body image <https://www.renews.co.nz/we-all-know-about-healthy-body-image-but-still-feel-shit-about-our-bodies>

**Read:** this Health Navigator NZ page discussing keeping a positive body image while using social media: <https://www.healthnavigator.org.nz/healthy-living/s/social-media-and-body-image-how-to-keep-it-positive>

**Read:** information about global photo editing laws: <https://www.bbc.com/news/technology-54003536>

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## Introducing and delivering the micro-learn

Introduce the micro-learn "There are positives and negatives to altering pictures. It is also not new. Combined with social norms and ideals, altered images can have an impact on the way we see ourselves. There are things we can do and people that can help us. Even the social media platforms we use are putting some things in place to help us to be safer online. Today we are going online to learn more about these ideas".

### If delivering individually or in small groups

1. Guide learners through the sign-up process
2. Tell learners to plug in their headphones
3. Tell them to start
4. Monitor the class to ensure they are completing the tasks

**Wrap up:** discuss what they learned or extend the lesson using the optional extensions.

### If delivering as a class

1. Sign in before class
2. Project the opening slide onto your screen (with sound)
3. Introduce the lesson
4. Begin

**Wrap up:** discuss what they learned or extend the lesson using the optional extensions.

## Optional extensions

Below are some ideas if you want to extend the lesson or start a discussion.

**Watch:** the rest of Emma's story here <https://www.youtube.com/watch?v=P77xCJ1waD>. Discuss what they would do if that was their friend (report and support is best)

**Discuss:** laws about editing photos - gone too far or not far enough? (read about this here <https://www.pixelz.com/blog/photoshop-models-laws/>)

**Discuss:** how are social norms and ideals represented through the images we see on social media? Are they realistic? How does this affect wellbeing and body image?

**Discuss:** are social media platforms doing enough to support honest images online?

**Play:** go to <https://www.whichfaceisreal.com/> to try and spot the fakes

**Discuss:** resources like the trademark will/won't stop unethical retouching of photos

**Read and Discuss:** an AI generated painting sold for USD\$400,000. How can AI tech be used in positive ways: <https://news.artnet.com/market/first-ever-artificial-intelligence-portrait-painting-sells-at-christies-1379902>

**Listen:** to a young person discussing this topic <https://95bfm.com/bcast/netsafe-partners-with-bodyright-w-youth-ambassador-andre-faaoso-september-27-2022>

