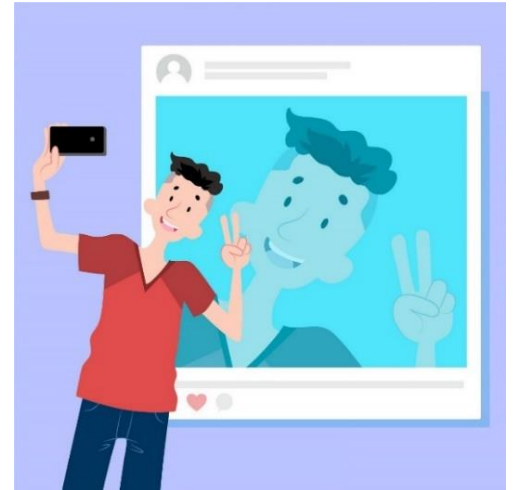


## Why do we take selfies?

### 1. Discuss the questions below.

- What is a selfie?
- How often do you take selfies? Why do you do that?
- How might people perceive someone who is known for posting a lot of selfies?



### 2. Complete the sentences below with the correct form of the words in brackets.

- a) The employee of the month awards are intended to be incentives for performance ..... [ENHANCE]
- b) He has the ..... to walk into a room full of strangers and immediately start a conversation. [CONFIDENT]
- c) A minor ..... to the aircraft's door has been made to increase its durability. [MODIFY]
- d) Strict ..... to harsh social norms was demanded of everyone, regardless of status or wealth. [CONFORM]
- e) The Johnsons were faced with fierce ..... and that's why they went bankrupt after a few years. [COMPETE]

### 3. Look at a list of motivations for taking selfies and complete the gaps with the words you wrote in ex. 2.

- **Attention seeking**  
Example: taking selfies to gain attention from others.
- **Self-.....**  
Example: taking selfies to feel more positive about oneself.
- **Environmental** .....  
Example: taking selfies in specific locations to feel good and show off to others.
- **Social** .....  
Example: taking selfies to get more 'likes' on social media.
- **Mood** .....  
Example: taking selfies to feel better.
- **Subjective** .....  
Example: taking selfies to fit in with one's social group and peers.

Adapted from: <https://www.psychologytoday.com/us/blog/in-excess/201905/the-psychology-the-selfie>

## Why do we take selfies?

4. Discuss which aspects from the list above you think mostly motivate people to take selfies. What would you add to that list?
5. Watch a [short video](http://bit.ly/SelfieInNYC) [http://bit.ly/SelfieInNYC] and find out what motivates people to take selfies.

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6. Look at the sentences from the video and match the underlined words and phrases with their meanings (1–6) below.

- a) With people falling off the Grand Canyon and being struck by trains, it begs the question just how far people are willing to go for their personal brands.
- b) Essentially, you want to up the ante, so you take more and more amazing photos in more and more risky places because those draw views.
- c) With social media and stuff, people are sort of always trying to one-up each other.
- d) Once you build this up over months, weeks, years, all these pictures of you doing a certain thing, then all of a sudden, it's like: "Oh, I can maybe market this".
- e) Anything that I love, I consider my brand and I just showcase it.
- f) It's the norm now to pop a picture of wherever you're at mostly with your face in it.

MEANINGS:

- 1) show the best qualities or parts of something
- 2) advertise or promote (something)
- 3) try to get a greater advantage from a situation by taking a bigger risk
- 4) take a photo
- 5) raise a point that has not been dealt with; invite an obvious question
- 6) outdo somebody

## Why do we take selfies?

### 7. Discuss the questions below.

- Have you heard of any selfie-related accidents which turned deadly or in which people were seriously injured?
- What do you think about the idea of branding oneself through posting selfies?
- Do you know any people who post a lot of selfies and photos on social media and make a living from it?

### 8. Look at the words below and their definitions. Have you heard or used any of them?

#### PHOTOBOMB

to spoil a photograph (of a person or thing) by unexpectedly appearing in the camera's field of view as the picture is taken

#### SELFIECIDE

an accidental death that has been caused whilst trying to take a dangerous selfie

#### UG

a short word to call something ugly

#### SHUTTERBUG

an avid photographer; derived from "shutter," the camera's light-admitting mechanism

#### #NOFILTER

describes a photo that hasn't been photoshopped or tampered with in any way to supposedly look as it does

#### INSTAGRAM HUSBAND

a person who helps a partner manage their Instagram social media channel, especially by taking photos