

Are you living an Insta lie?

1. Read two opinions about Instagram. Discuss which one you agree with and why.

- It's hard to feel good about yourself when everyone looks perfect on Instagram.
- I get inspired when I scroll through my Instagram feed and see pictures of beautiful people. I want to look like them too!

feed:
posts and photos that people share
scroll through the feed:
move the feed up or down

2. Complete some other opinions using the correct form of *look* and *look like*.

- a) It everyone is crazy about photo filters and you can't post photos without them.
- b) It's not bad to want to more beautiful and choose your best photos for social media.
- c) I don't use Instagram because it annoys me that all the photos the same.
- d) Young people want to celebrities and influencers, which is not always good.
- e) Life on Instagram different from real life, but many people forget that.

3. Discuss the opinions in ex. 2.

4. Complete the phrases below using the verbs in the box. Some verbs can be used more than once.

brush	feel	hang out	organize
put on	take off	throw away	use

- a) annoyed
- b) with friends
- c) a healthy smoothie
- d) a desk
- e) a helmet
- f) different photo filters
- g) make-up
- h) hair and teeth

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5. Watch a [video](https://youtu.be/0EFHbruKEmw) [https://youtu.be/0EFHbruKEmw] and put the actions in the order you see them in the video.

- | | |
|----------------------------------|--------------------------------|
| a) feel annoyed | e) put on a helmet |
| b) hang out with friends | f) use different photo filters |
| c) throw away a healthy smoothie | g) take off make-up |
| d) organize a desk | h) brush hair and teeth |

6. Watch the [video](#) (to 00:20) again and choose the best way to complete the sentence.

In her selfie, the girl looks like she woke up a minute ago, but in fact she **went back to bed after breakfast/has brushed her hair and teeth and put on some make-up/has just taken off her make-up.**



7. Complete the notes about other people in the video using prompts and **but in fact**.

- a) The man / put on a helmet to look like / cycle...
.....
- b) The woman's desk / look tidy...
.....
- c) The man / take a photo of a smoothie to show that he's healthy...
.....
- d) The young man / want to look stylish all the time...
.....
- e) The young people / want to look like / have fun with their friends...
.....
- f) The man / take a selfie to show / go to a party...
.....
- g) A girl / take a selfie with her boyfriend to show / a happy couple...
.....

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8. Discuss the questions.

- What do you think the message of this video is? Do you agree with it?
- What negative results can the actions of the people in the video have?
- Do any of these stories make you feel annoyed? If yes, which ones and why?

9. Look at these Instagram posts and imagine that the people in the photos are also in the video. Say what they might in fact do or feel before sharing their posts.



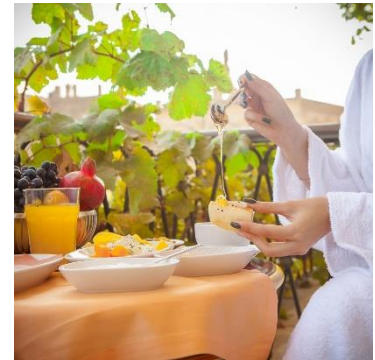
I'm taking these back to the library! One week, nine books.

[#readeveryday](#)



My first day in the office! Super excited about my new job and all the people I've met today!

[#newjob](#) [#lunchtime](#)



Hands down, the best hotel I've ever stayed in! I just love the food and all the beautiful views! [#loveitaly](#)

10. Read the statements about truth and lies on social media, choose one you agree with the most and explain your choice.

- Social media show our real lives, so people who lie in real life also lie on Instagram.
- It is boring to scroll through your Instagram feed and see people only showing their real lives and not using filters.
- There are enough great people on social media who show their lives the way they are, you just need to be careful about choosing who to follow.
- The only way to be honest about your life is to quit social media and share everything with people you trust.