

## Insta pressure by a girl who knows



Blogger and model Roxie Nafousi has 46,000 followers but says her moments of anxiety and depression are worsened by the pressure to look perfect on social media. For International Women's Day the BBC asked her to experiment by posting less-than-perfect moments from her life. She explains why she found it almost impossible.

'I have a real love-hate relationship with social media. While I love it for the motivational and aspirational things that I see, it can equally exacerbate feelings of insecurity and anxiousness. I can often come off Instagram feeling quite low. It's like this addiction when you post a picture, because you want the likes to give you that "high" but then you're always left looking at your feed with a sense of "oh well I'm not having as much fun as that".'

It's that "compare and despair" attitude, as Fearne Cotton **has phrased it**. I think people have always done this, even before social media. Before digital cameras you would invite your neighbours round and show them your photo album from your holiday, or you'd perfect your front garden to have the best roses in the neighbourhood. Now you just post another picture to Facebook.'

See Roxie's attempt to post less than perfect images [here](http://www.bbc.co.uk/news/magazine-39154628)  
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### Discussion:

1. When you look at other people's posts do you remind yourself that these are 'curated' images they have chosen to portray their lives?
2. How aware are you of the differences between your real life and the life you portray?
3. Does looking at social media leave you feeling depressed? Often – Sometimes - No
4. Do you agree with Roxie that people have always done this or do you think social media has ramped up the comparisons? Can you explain your answer?
5. How much do you edit your posts to please others? A little, A lot, Never.

## Actions

### How can we enjoy social media and all it has to offer?

Stopping the haters: –block the senders, if it is persistent, keep evidence take a screengrab or photo  
Do you think it is behaviour that is against the terms and conditions of the site or app? If yes report it. If it is against the law, or threatening and there is a risk of harm, report to the police.

CEOP is intended for reporting child sexual abuse. [Learn more.](#)

- Be supportive to your friends and protect your relationships, keep them private
- If you can't say something positive, don't say anything
- Don't share nasty comments or humiliating photos that are sent to you
- Don't pressure people to be thinner or bulk up their bodies – it can lead to dangerous illness.

### Did you know?

- It is illegal to share intimate photos of your ex in revenge after a relationship breaks down.
- It is illegal to incite hatred
- It is illegal to stalk someone
- It's illegal to have or share sexually explicit images of anyone under 18, even your girlfriend
- It is illegal for an adult to talk to someone under 18 in a sexually explicit way online

### People that you don't know could be viewing your stories.

Instagram's Stories feature works in a similar way to Facebook Stories by listing the names of the people who've viewed your 24-hour posts. Making your account private will cut off Stories access for non-followers, and you can also hide your Story from people who actually do follow you.

However, if you make your account public it allows people who don't follow you to watch your Instagram Stories posts too. Only in their case, you'll know that they went out of their way to see what you've been getting up to. Just like your friends, their names will be included in a list that only you can see.

### Contacting websites directly and making a report

If you're under 18 and an indecent or nude pic of you is posted online, that is illegal. But ChildLine can help. If you confirm your age by emailing your passport to a Childline counsellor, they can make a report to the [Internet Watch Foundation](#) (IWF) who will contact the website to try and remove it without anyone else being involved. Reporting what's happened with a counsellor means ChildLine can protect your identity and stop anyone else finding out. Making a report can be scary, but counsellors are here to [support you](#) and they won't pass on your information without your permission.