

People get surgery to look like Snapchat filters

8th August, 2018



Cosmetic surgeons in the USA are reporting a disturbing increase in the number of patients seeking and having facial procedures to look like their Snapchat selfies. The surgeons have termed this alarming new trend "Snapchat dysmorphia". This term

derives from the condition body dysmorphic disorder - a mental disorder where the sufferer is obsessed with the idea that part of their body or appearance is severely flawed and in need of drastic measures to fix it. The surgeons described the condition in the journal Facial Plastic Surgery. They wrote that 55 per cent of plastic surgeons reported an increase in the number of patients wanting alterations to their face to look like they do after using Snapchat filters.

Snapchat and other social media apps provide filters to allow people to "enhance" photos of their face to look "cuter". The professors say this is fuelling an obsession among younger people, especially teenage girls and women, with the "perfect" face. Doctors say many of the requests are physically impossible to perform surgically. They wrote: "This is an alarming trend because those filtered selfies often present an unattainable look and are blurring the line of reality and fantasy for these patients." They added: "The pervasiveness of these filtered images can take a toll on one's self-esteem." The most common procedures being requested include thinner noses, wider eyes and fuller lips.

Sources: newsweek.com / cnet.com / cosmopolitan.com

Writing

Social media photo filters should be banned. Discuss.

Chat

Talk about these words from the article.

cosmetic surgery / increase / patients / selfies / mental disorder / alterations / filters / social media / professors / teenage / impossible / alarming / reality / fantasy / lips

True / False

- Doctors in the UK said more people are having plastic surgery. T / F
- Surgeons said more people are having facial procedures. T / F
- The article described a condition in which people disliked their body. T / F
- Many people want surgery to look like their Snapchat selfies. T / F
- A professor said teenage girls are becoming obsessed with their looks. T / F
- Doctors say it is possible for surgery to create all of the selfie looks. T / F
- Doctors say selfies are a great way of raising self-esteem. T / F
- A doctor said the most common operation requested is a hair transplant. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-------------------------|---------------|
| 1. disturbing | a. carry out |
| 2. procedures | b. imperfect |
| 3. termed | c. prevalence |
| 4. flawed | d. changes |
| 5. alterations | e. operations |
| 6. fuelling | f. impossible |
| 7. perform | g. worrying |
| 8. unattainable | h. confidence |
| 9. pervasiveness | i. called |
| 10. self-esteem | j. feeding |

Discussion – Student A

- What do you think of selfies?
- Are you happy with your appearance?
- What do you think of filters on apps like Snapchat?
- What do you think of photos of yourself?
- What do you think of cosmetic surgery?
- How troubling is it that young people want to look like enhanced selfies?
- Why is there so much emphasis on looks?
- What advice do you have for someone with Snapchat dysmorphia?

Phrase Match

- | | |
|--|------------------------------|
| 1. a disturbing increase in the | a. self-esteem |
| 2. facial | b. flawed |
| 3. a mental | c. impossible |
| 4. severely | d. alterations to their face |
| 5. patients wanting | e. procedures |
| 6. "enhance" photos of their face | f. and fantasy |
| 7. many of the requests are physically | g. and fuller lips |
| 8. blurring the line of reality | h. number of patients |
| 9. take a toll on one's | i. to look "cuter" |
| 10. wider eyes | j. disorder |

Discussion – Student B

- What do you think about what you read?
- How can we end this obsession with looks?
- Is there any part of your body or face you would like to change?
- Is social media harmful?
- How can we raise self-esteem in young people?
- Would you date someone who had cosmetic surgery?
- Should cosmetic surgery be banned?
- What questions would you like to ask the doctors?

Spelling

- a nrsdbtgiuu increase in the number
- having facial sdceperrou
- a mental iresoddr
- bessedos with the idea
- veelyers flawed
- wanting srteointlaa to their face
- nneecah photos of their face
- an ssobsineo among younger people
- yhalsycipl impossible to perform
- ertespn an unattainable look
- nllrbiug the line of reality and fantasy
- take a toll on one's self etseme

Answers – Synonym Match

1. g	2. e	3. i	4. b	5. d
6. j	7. a	8. f	9. c	10. h

Role Play

Role A – Hair Transplants

You think hair transplants are the least harmful type of cosmetic surgery. Tell the others three reasons why. Tell them what is wrong with their procedures. Also, tell the others which is the worst of these (and why): liposuction, nose jobs or face lifts.

Role B – Liposuction

You think liposuction is the least harmful type of cosmetic surgery. Tell the others three reasons why. Tell them what is wrong with their procedures. Also, tell the others which is the worst of these (and why): hair transplants, nose jobs or face lifts.

Role C – Nose Jobs

You think nose jobs is the least harmful type of cosmetic surgery. Tell the others three reasons why. Tell them what is wrong with their procedures. Also, tell the others which is the worst of these (and why): liposuction, hair transplants or face lifts.

Role D – Face Lifts

You think face lifts are the least harmful type of cosmetic surgery. Tell the others three reasons why. Tell them what is wrong with their procedures. Also, tell the others which is the worst of these (and why): liposuction, nose jobs or hair transplants.

Speaking – Surgery Types

Rank these with your partner. Put the least harmful types of cosmetic surgery at the top. Change partners often and share your rankings.

- | | |
|----------------|--------------------|
| • nose jobs | • hair transplants |
| • eye widening | • Botox |
| • face lift | • liposuction |
| • tummy tuck | • lip enhancement |

Answers – True False

a	F	b	T	c	T	d	T	e	T	f	F	g	F	h	F
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

Answers to Phrase Match and Spelling are in the text.