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

True / False

a) Doctors in the UK said more people are having plastic surgery. T / F
b) Surgeons said more people are having facial procedures. T / F
c) The article described a condition in which people disliked their body. T / F
d) Many people want surgery to look like their Snapchat selfies. T / F
e) A professor said teenage girls are becoming obsessed with their looks. T / F
f) Doctors say it is possible for surgery to create all of the selfie looks. T / F
g) Doctors say selfies are a great way of raising self-esteem. T / F
h) 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

a) What do you think of selfies?
b) Are you happy with your appearance?
c) What do you think of filters on apps like Snapchat?
d) What do you think of photos of yourself?
e) What do you think of cosmetic surgery?
f) How troubling is it that young people want to look like enhanced selfies?
g) Why is there so much emphasis on looks?
h) What advice do you have for someone with Snapchat dysmorphia?
Phrase Match
1. a disturbing increase in the
2. facial
3. a mental
4. severely
5. patients wanting
6. "enhance" photos of their face
7. many of the requests are physically
8. blurring the line of reality
9. take a toll on one's
10. wider eyes

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

Spelling
1. a nrsdbtgiu increase in the number
2. having facial sdeperrou
3. a mental iresoddr
4. bessedos with the idea
5. veelyers flawed
6. wanting srteointlaa to their face
7. nneecah photos of their face
8. an ssobsineo among younger people
9. yhalsyicpl impossible to perform
10. ertesp an unattainable look
11. nrirbiug the line of reality and fantasy
12. 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
- eye widening
- face lift
- tummy tuck
- hair transplants
- Botox
- liposuction
- 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.