

**Health comes
from...**

**... good self
esteem**

**... validation
of self**

**... a sense of
hope and
achievement**



on it may...

**... imply that you are not
good enough by presenting
unachievable ideals**

**... tell you that you are not
good enough through
online abuse**

**... give you a 'score' in the
form of likes that implies
inferiority to peers**

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