






Name: _____ () Class: _____ Date: _____

You have found an online discussion forum about body shaming. Read the posts on the online discussion forum.

Text 2 Online discussion forum

Shamed on a plane

 <p>GreatPatty</p> 	<p>3 June, posted at 10.30 p.m.</p> <p>I just had the worst day of my life. I boarded a plane for my trip to Thailand. The seats were so tiny that I barely fitted. I felt embarrassed and 5 uncomfortable. Then, I saw the person next to me making insulting remarks about me on his phone. He secretly took a picture of me. Then, he sent it to his friend with a caption saying, 'I hope our plane can still take off smoothly.' Later during the 10 flight, he complained to a flight attendant that I should pay for two seats. I may be big, but it made me look really small. Has someone made you feel like that? I wish I had the perfect comeback.</p> <p>3 replies</p>
<p>Monkeyboy1103</p> 	<p>3 June, posted at 10.42 p.m.</p> <p>15 People don't know how their 'casual' comments can hurt others. At a family dinner, my aunt said I looked like a skeleton. She said I should order a few more hamburgers ... Everyone laughed, but it really hurt my feelings.</p>
<p>Bigandproud</p> 	<p>20 3 June, posted at 10.55 p.m.</p> <p>What he did to you is a classic example of body shaming! It's totally inexcusable! However, it's better not to shout insults even if you feel like screaming. Next time, try to educate the person 25 about body shaming.</p>
<p>ComicNerd1000</p> 	<p>3 June, posted at 11.14 p.m.</p> <p>I totally understand how you feel. One time, when our teacher left our classroom, this bully started chanting 'pizza face' because of the severe acne 30 on my face. She even got other classmates to join in. I wanted to melt into the floor.</p>

Name: _____ () Class: _____ Date: _____

GreatPatty turns out to be your best friend Janice. She has forwarded an email that she received from a counsellor. Read the email.

Text 3 Email giving advice

From: lucy@stopthehate.com
To: greatpatty@socialmail.com
Subject: Re: Need your advice!

Dear GreatPatty,

Thank you for writing so honestly and thoughtfully about your problem. Body shaming is very common nowadays. What happened to you is dreadful. However, I noticed that you mentioned you felt embarrassed before that person did anything.

5 Learn to accept and love your body. Humans come in all shapes and sizes. You shouldn't be apologetic about your body. I'm a big person too, but I'm perfectly happy. Last year, I wore a pair of skinny jeans for the first time in my life. It looked great because I felt great! As long as you're healthy, you don't have to care about what others say.

Don't let the negativity get to you! There will always be mean-spirited people around.

10 When you have a negative thought about your body, you should try to divert your attention by thinking of something that you like about yourself. Training your mind to think positively can make a huge difference.

I hope my advice could be helpful. It won't stop
15 people from being hurtful. However, at least you can brush off insensitive remarks more easily.

Good luck,

Lucy



Name: _____ () Class: _____ Date: _____

Comprehension 2 & 3 *Your cousin wants to know more about body shaming. Answer her questions using information from the online discussion forum and the email. For multiple-choice questions, choose the best answer and blacken ONE circle only.*

Online discussion forum

- 1 What does GreatPatty mean when she says ‘...it made me look really small.’ (lines 11 & 12)?

A she looked slimmer	C she looked stupid	A B C D
B she looked lost	D she looked younger	○ ○ ○ ○

- 2 What does ‘comeback’ (line 13) mean in this context?

A a quick reply to an insult	
B a return to fame	
C a return to a familiar place	A B C D
D an apology	○ ○ ○ ○

- 3 According to GreatPatty’s post, are the following statements **True (T)**, **False (F)** or **Not Given (NG)**?

Statements	T	F	NG
i) There were not enough seats on the plane.	○	○	○
ii) The flight attendant did not approve of the man’s comments about GreatPatty.	○	○	○
iii) GreatPatty felt very upset after her flight.	○	○	○

- 4 Why did Monkeyboy1103’s aunt say he looked like a skeleton?

A He was wearing a Halloween costume.	
B He was eating a hamburger.	
C He was too skinny.	A B C D
D He had hurt feelings.	○ ○ ○ ○

- 5 Find a word in Bigandproud’s post that means ‘too bad to accept or forgive’.

- 6 Complete the sentence.

Bigandproud thinks that instead of being angry, GreatPatty should _____.

Name: _____ () Class: _____ Date: _____

- 7 How did ComicNerd1000 feel when he heard his classmates chant 'pizza face'? Provide evidence from the text to support your answer.

Email giving advice

- 8 What does 'It' (line 7) refer to?

- 9 What TWO pieces of advice did Lucy give to GreatPatty?

i) _____

ii) _____

- 10 According to Lucy, what should people do if negative thoughts about their bodies come up?

- 11 Complete the following summary of Lucy's advice using information from the email. Write ONE word for each blank. Answers must be grammatically correct.

Everyone is unique. There is no need to feel (i) _____ about your (ii) _____. Don't take others' (iii) _____ comments about your weight or body size too seriously. Try to balance those (iv) _____ thoughts with (v) _____ ones.

- 12 Complete the following sentences with words from Text 2 and Text 3.

- i) Teenagers may become depressed if they keep on receiving _____ (*offensive*) comments online. (lines 1–13, Text 2)
- ii) You may feel _____ muscle pain after high intensity training. (lines 26–31, Text 2)
- iii) This new suitcase is _____ (*in a way that shows one cares for other people*) designed for business travellers who want to travel light. (lines 1–4, Text 3)
- iv) I would not recommend this restaurant because the food was horrible and the service was _____ (*very bad*). (lines 1–4, Text 3)
- v) The speaker received a lot of complaints because of his _____ (*mean*) jokes about ethnic minorities. (lines 9–13, Text 3)