

FORM 4 WORKSHEET

Part 1: READING COMPREHENSION

The Two Sides of Digital Beauty

In today's connected world, photo and video filters have become an everyday part of online culture. With a single swipe, smartphone applications allow users to smooth their skin, brighten their eyes, alter their body proportions, or add playful digital effects. For millions of teenagers globally, these features offer an entertaining way to express creativity and boost self-confidence before sharing images on social media platforms.

Proponents of filters argue that digital editing is simply a modern extension of traditional photography and makeup. They believe filters allow individuals to experiment with their personal style and present their best selves online. From this perspective, photo editing is an art form that promotes self-expression and fun among peers.

However, health experts and educators are increasingly concerned about the psychological impact of these digital tools. Regular use of beautifying filters can create **distorted** perceptions of beauty, as users begin to view heavily edited photos as the baseline for attractiveness. When young people compare their natural physical appearance to these **unrealistic** digital standards, it often leads to lower self-esteem and anxiety.

Furthermore, many argue that filtered images erode **authentic** online communication. When every photo is digitally **enhanced**, it becomes difficult to distinguish real life from edited perfection. In response to these concerns, some countries have started introducing laws requiring content creators to label photos that have been digitally altered, aiming to protect young users from unrealistic body expectations.

Questions

Answer all the following questions based on the text above.

1. According to Paragraph 1, name two changes users can make to their photos using filters.

2. Why do supporters view filter usage as a positive activity?

3. Find a word in Paragraph 3 that means "changed from its natural state or shape."

4. What negative psychological effect can filter usage have on young people?

5. According to Paragraph 4, what problem occurs when every photo is digitally enhanced?

6. Why are some governments introducing laws regarding altered social media photos?

7. In your opinion, should teenagers limit their use of photo filters on social media? Give one reason to support your answer.

Part 2: RATIONAL CLOZE

Read the passage below and choose the best word for each space from the options provided in the table.

Social media platforms have changed the way teenagers communicate with one another. Nowadays, many young users spend hours (1) _____ through photos and videos on their mobile phones. While these applications provide entertainment, they (2) _____ influence how teenagers view themselves.

Many popular applications feature built-in beauty filters (3) _____ automatically smooth skin tone and resize facial features. Although these filters are designed (4) _____ fun, using them constantly can lead to self-doubt. When teenagers compare their natural faces (5) _____ the edited images of influencers, they often feel inadequate.

Psychologists suggest (6) _____ teenagers should limit their screen time and spend more time engaging in offline activities. Parents and teachers can also help (7) _____ encouraging open discussions about online realism. Furthermore, social media platforms (8) _____ take responsibility by introducing tools that warn users when content has been edited.

If young people learn to appreciate their (9) _____ appearance, they will build stronger self-esteem. Ultimately, technology should be used to enrich our lives (10) _____ than replace reality.

No.	A	B	C	D
1	scroll	scrolling	scrolled	scrolls
2	also	unless	despite	although
3	who	which	whose	where
4	for	in	with	by
5	to	on	at	into
6	that	what	whether	how
7	by	at	from	under
8	should	would	might	could
9	natural	artificial	bright	fake
10	rather	better	sooner	faster

Part 3: EXTENDED VOCABULARY EXERCISE

Instructions: Choose the best word or phrase (A, B, C, or D) to complete each sentence.

- Social media platforms use complex _____ to decide which posts appear on your feed.
A. algorithms B. boundaries C. dimensions D. graphics
- Constantly editing photos can lead to an _____ view of what real faces look like.
A. authentic B. exaggerate C. accurate D. essential
- Many teenagers feel pressure to _____ a perfect digital image for their online peers.
A. damage B. maintain C. reject D. ignore
- The filter allows users to _____ smooth out facial blemishes and uneven skin tones.
A. instantly B. rarely C. reluctantly D. negatively

5. Over-reliance on photo filters can _____ a person's willingness to share unedited photos.
A. enhance B. diminish C. strengthen D. guarantee
6. Many popular influencers receive financial _____ from brands to promote products.
A. penalties B. obstacles C. incentives D. consequences
7. People often curate their profiles to display only the most _____ moments of their lives.
A. tragic B. glamorous C. repetitive D. ordinary
8. Psychological studies suggest that digital validation provides only a _____ feeling of happiness.
A. temporary B. permanent C. lifelong D. continuous
9. Photo-editing tools make it simple to _____ images so they match current fashion trends.
A. alter B. observe C. maintain D. store
10. Spending time offline helps teenagers develop stronger, more _____ relationships in real life.
A. artificial B. superficial C. meaningful D. distant
11. Some users feel _____ about their appearance after comparing themselves to online models.
A. insecure B. victorious C. detached D. optimistic
12. Media literacy programs aim to make young people more _____ about online content.
A. careless B. critical C. gullible D. passive
13. Frequent exposure to idealised bodies can _____ body dissatisfaction among young adults.
A. trigger B. resolve C. prevent D. dismiss
14. Many social media apps have added feature warnings to encourage _____ usage habits.
A. harmful B. excessive C. responsible D. reckless
15. It is important to distinguish between a person's online _____ and their real-world identity.
A. persona B. barrier C. privacy D. location