

## Understanding 'Looksmaxxing'

Many parents and carers know that young people feel pressure about appearance, especially due to social media. The online trend of 'looksmaxxing' is gaining popularity among teenagers.

## What is looksmaxxing?

'Looksmaxxing' is a term used to describe attempts to improve physical appearance in order to become more attractive, gain social status or increase popularity online. While some content focuses on relatively harmless habits such as skincare, exercise, sleep or fashion, other areas of the trend can become far more extreme and unhealthy.

Young people may encounter advice encouraging:

- obsessive dieting or exercise
- rigid appearance 'ratings'
- dangerous supplements
- dangerous 'do it yourself' tricks to change facial appearance
- cosmetic surgery
- unhealthy comparisons with others
- beliefs that appearance determines personal value or success.

Some online communities linked to looksmaxxing also promote negative attitudes about self-worth, masculinity, relationships and social status.

## Where did it come from?

The term originated in online forums and social media spaces focused on self-improvement and appearance. Over time, it spread widely through platforms such as TikTok, YouTube, Instagram and Discord, where short-form videos and algorithms can quickly expose young people to increasingly extreme content.

Many influencers present looksmaxxing as a route to confidence, popularity or success. However, the advice shared is often unregulated, unrealistic, dangerous and designed to generate engagement rather than support wellbeing. One of the most recent trends encourages boys to use a hammer to break their cheek bones in order to shape their face in a particular way.

**If parents or carers are concerned about a child's wellbeing, changes in eating habits, excessive focus on appearance or anxiety linked to social media, support from school staff, a GP or mental health services may be helpful.**

You may notice new language or phrases such as:

- **Mogging**- looking significantly more attractive, stylish or physically dominant than others in a group, essentially 'outshining' them.
- **Glow-up**- dramatic transformation in a person's physical appearance.
- **Hunter eyes**- a distinctive eye shape characterised by the deep-set position.
- **Measuring facial harmony**- assessing the proportions and space between facial features.
- **Looks rating**- providing feedback on symmetry and style of facial features.

## Talking to your child about looksmaxxing

Open, calm conversations are often more effective than criticism or alarm.  
Young people are more likely to engage positively when they feel listened to rather than judged.

Some helpful approaches include:

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**Asking open questions such as:**  
"What kinds of things are people talking about online at the moment?"
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**Showing curiosity rather than shock**  
Staying calm helps children feel safe enough to talk honestly about what they are seeing online.
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**Discussing how social media algorithms work**  
They might not realise that apps often show similar content based on their interactions.
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**Encouraging critical thinking about influencers**  
Remind children that many online content is edited or created for marketing purposes.
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**Reinforcing that self-worth is not based on appearance**  
Reminders that qualities like kindness, effort, humour and resilience matter far more.
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**Promoting balanced habits for health and wellbeing**  
Promoting sleep, exercise and hobbies builds confidence more effectively than unrealistic online standards.

# SPOTLIGHT ON SAFEGUARDING

## Why school attendance matters

We understand that getting children into school is not always easy. For some young people, worries about friendships, mental health, anxiety, sleep, learning or confidence can make attending school feel difficult. As a school, we want parents and carers to know that we are here to support you.

## Why attendance is important

Being in school regularly helps children to:

- keep up with learning
- build confidence
- develop friendships
- feel part of the school community
- prepare for exams and future opportunities.

Missing school can quickly make children feel more worried or overwhelmed. Even a day missed here and there can make it harder to catch up with lessons and friendships. Good attendance is not about being 'perfect'. It is about helping young people stay connected to learning and support.

## When attendance becomes difficult

There are many reasons why a child may struggle to attend school, including:

- anxiety or low mood
- friendship issues
- difficulties with learning
- bullying worries
- poor sleep routines
- family pressures or changes
- feeling overwhelmed.

Sometimes children may not clearly explain why they are finding school difficult. You may notice changes such as:

- refusing to get ready
- headaches or stomach aches before school
- changes in mood
- trouble sleeping
- becoming withdrawn or upset.

These behaviours are often signs that a child needs support.

Children do best when school and home work together.

Our aim is always to help young people feel safe, supported and successful in school.

If you are worried about your child's attendance, please reach out - you are not alone, and support is available.

### HOW PARENTS/CARERS CAN HELP

SMALL STEPS CAN MAKE A BIG DIFFERENCE. HELPFUL STRATEGIES MAY INCLUDE:

- KEEPING MORNING AND BEDTIME ROUTINES CONSISTENT**  
Predictable routines can help children feel calmer and more prepared for the school day.
- ENCOURAGING CHILDREN TO ATTEND EVEN IF THEY FEEL WORRIED**  
Missing school can sometimes increase anxiety, while attending can help children rebuild confidence over time.
- FOCUSING ON ONE DAY AT A TIME**  
Breaking things down into smaller steps can make school feel less overwhelming for young people.
- PRAISING EFFORT AND SMALL SUCCESSES**  
Recognising small achievements, such as getting out of bed or attending one lesson, can help build confidence and motivation.
- AVOIDING LONG PERIODS OFF UNLESS YOUR CHILD IS GENUINELY UNWELL**  
Long absences can sometimes make returning to school feel harder and more stressful for children.
- STAYING CALM AND SUPPORTIVE DURING DIFFICULT MORNINGS**  
Children often pick up on adult emotions, so a calm approach can help reduce tension and anxiety.

It can also help to keep communication open by asking:

- *“What feels hardest about school at the moment?”*

This gives children the chance to explain their worries in their own words.

- *“What would help make tomorrow easier?”*

Small changes or support strategies can sometimes make a big difference.

- *“Who in school helps you feel safe and supported?”*

Identifying trusted adults can help children feel more connected and supported in school.