

Have you heard of this author before and/or read any of her books?

What do you think of this cover? Is it striking? Does it appeal to you? Why?



What do you think 'online fame real life pain' means?  
What does it suggest this story is about?

Eva is the star of her parents' popular YouTube channel. What do you think her life might be like?

What does the title suggest to you? What impression do you get of the main character from this cover?

How can you be famous before you're even born?  
What do you think Eva's parents shared? Have you seen similar things to this online before?

What intrigues you about this story that reveals what life is really like for child influences, behind the camera?



## Eva has been famous since before she was born.

The whole world knows about her first tantrum, her first spot and now even her first period! All because her parents overshare her entire life on their super successful internet channel.

## AND. SHE. HAS. HAD. ENOUGH.

Enough of stupid outfits and viral posts, constant teasing at school and no privacy ever. She is taking back control of her life – even if it means sabotaging her own parents.



A funny and heartfelt novel about growing up in the spotlight and realizing that life is about more than likes, comments and follows...

"Tamsin Winter is fast becoming a favourite for younger teenagers."  
*The Observer*

[usborne.com/fiction](http://usborne.com/fiction)

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Cover illustration by Charly Clements

Why do you think publishers include newspaper quotes on book covers?



Why has Eva 'had enough' of being famous online?  
Why do you think she doesn't enjoy it?

What do you expect from a book described as 'heartfelt'?



# Welcome TO MY Channel

## CHAPTERS 1-3

Make a list of the positive and negative aspects of Eva's life as a child YouTube star.



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Overall, do you think her life as a YouTube star is happy and healthy, or not. Why?

## CHAPTERS 1-3

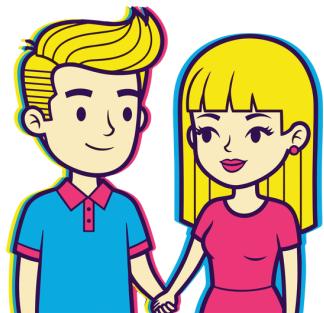
What are your impressions of Eva as a character? What seems to be her driving motivation at this point in the book (what is she unhappy with and does she want)?

Annotate the sketch with your points and short quotations.



What do you think of the other characters in the story? What is their relationship to Eva? How do they treat her?

## CHAPTERS 1-3



Eva's mum and dad



Spud



Hallie



Alfie

# Happy First Period!

CHAPTERS 4-7



## Discussion Questions

Eva begs her mum not to vlog about her period. Why do you think Eva's mum ignores her request for privacy?

How does Eva find out about her mum's period vlog? How do you feel about Eva's mother at this point in the story?

Eva's mum justifies making the period vlog by saying she was under pressure from a sponsor and that girls shouldn't feel embarrassed or ashamed about periods. Do you think she has a point? Why/why not?

Do you think Eva is the victim of bullying at school? What do you think she should do about her classmates sharing the vlog?

What do you make of Eva's 'friend' Gabi? Why do you think Gabi acts the way she does towards Eva?

At the end of Chapter 7, Eva tells her mum she's not making any more videos for the channel. Do you think this reaction is reasonable? How do you predict her parents to respond?

In the UK, parents do not need their child's consent to create content about them online. Do you feel this is right or wrong? What do you think the government should do (if anything!) about it? Have you heard of any child influencers speaking out about their experiences?

# Annotating

## CHAPTERS 4-7

Find the techniques used by the writer to describe Eva's feelings.

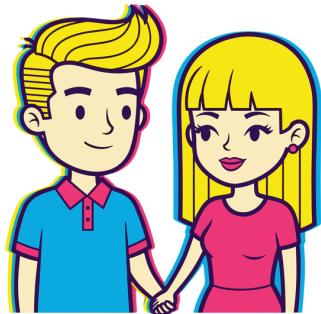
Alfie stood up on his chair and the video carried on playing. I caught the words, *products* and *period kits* and the title of the book Mum had given me. If Farmor was right, and the channel was *just a tiny stitch in the tapestry of my life*, then why did it feel like my heart was unravelling? With every word Mum said, and every sniff and every sigh, she was trampling a tiny piece of me into the carpet. I blinked away tears that felt like vinegar.

**(page 61)**

The doorstep was out of the wind, but it was still freezing cold. Some of the streetlights had come on already, creating little halos of orange. My hands shook as I read comments and replies, refreshing the views counter until my thumbs felt numb. Almost five hundred thousand people knew I'd started my period. I hadn't even wanted Dad to know. I wondered what those people would say if they could see me right now. The Eva standing outside the front door, a murky feeling of dread spreading from my stomach to my brain, then pouring down into my heart like rain. But no one ever sees this Eva. This Eva would get edited out, deleted, thumbs down. Unsubscribe. This is the Eva no one wants to see. Standing on the doorstep by myself, watching my life exploding on the screen without me. Trying my best not to cry.

**(pages 67-68)**

metaphor	rhetorical question	fragment sentence
alliteration	simile	assonance
single word sentence	hyperbole	sibilance



Create a role play based on the TV interview with Jen and Lars. You can use the 'script' included in the novel, and add your own lines in too.

### **Characters you will need:**

Jen (Eva's mum)

Lars (Eva's dad)

Lisa (Presenter and host)

Jeremy (Presenter and host)

### **Optional extras:**

Eva (watching it on her phone)

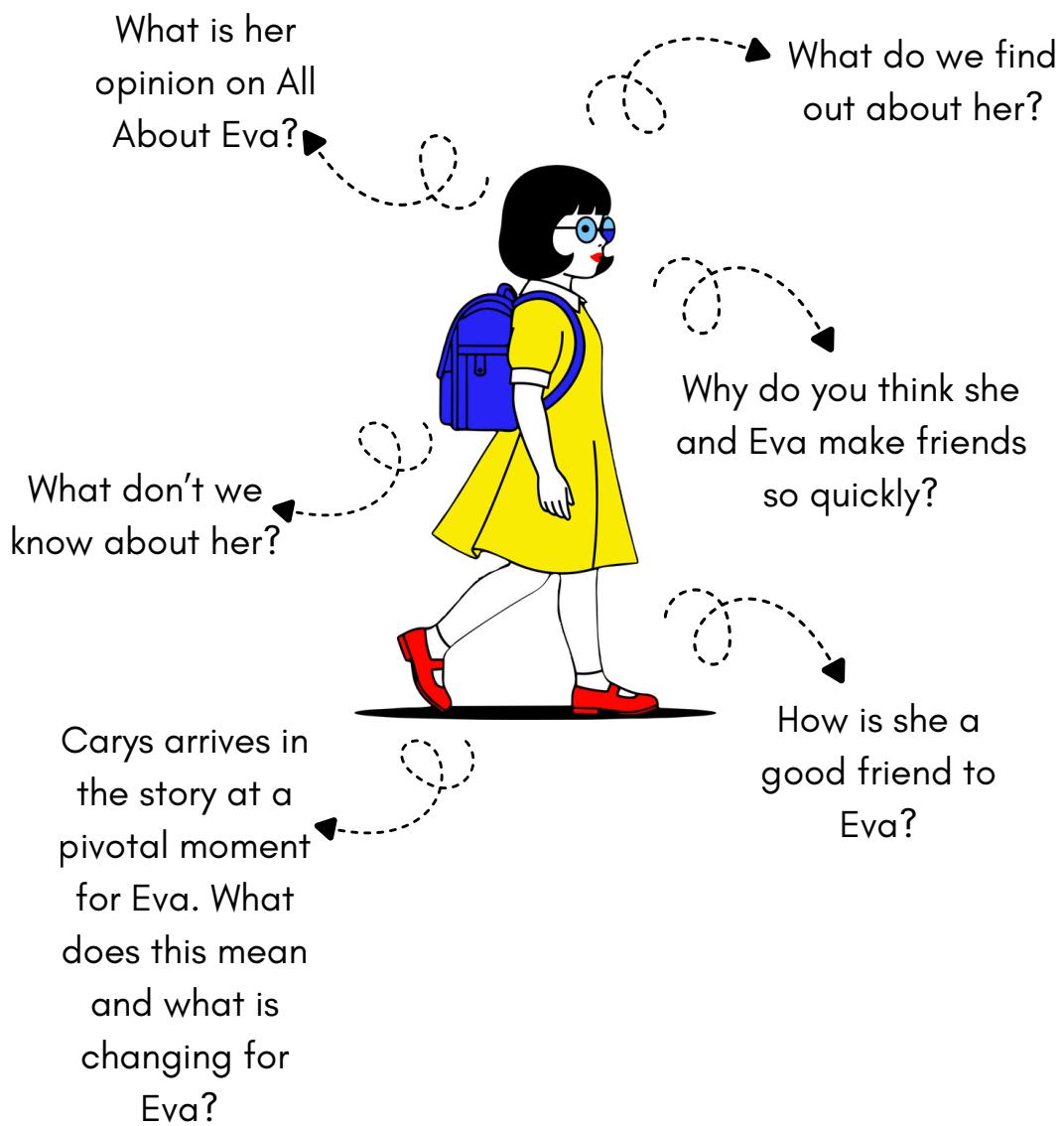
Carys (sitting with Eva)

Director/TV Crew members

Makeup artist/hair dresser (perhaps an opportunity to see how Jen and Lars feel before they go on camera.)

Someone at home who phones in to comment/ask a question

## Exploring Carys's character



## CHAPTERS 8-11

### Eva's Farmor (grandmother in Danish)



### How does the writer present Eva's relationship with her grandmother in this extract?

“So what did you think? About the interview?” The line went quiet so I said, “Farmor?” to check she was still there.

“I think your mum and dad are very busy with the channel. It must be getting very popular. And I think *you* are wonderful. You know what else I watched today? A porpoise!” I smiled, leaned back against my pillows and listened to my grandma’s voice. I could hear gulls in the background. It was like being carried all the way across the ocean and swaddled in her arms. I could feel the prickly softness of her woollen cardigan, her breath on my hair, the smell of *grönkål* soup on the stove. And I was that other Eva again. Not the one everyone was laughing at. Or the one Mum and Dad lied about on TV. The real one.

# Creative Writing Prompts



In this section of *Girl (in Real Life)* Eva has friendship troubles. Write a short story about friends who start to drift apart and/or experience jealousy and conflict.



At the end of Chapter 12, Eva describes feeling as though her life is sliding into the sea. Write a description of a seaside town or village experiencing an extreme storm.



In Chapter 13, we find out the real reason Carys moved schools. Write her diary for the last few days (or day) of her last school, resulting in her being excluded.



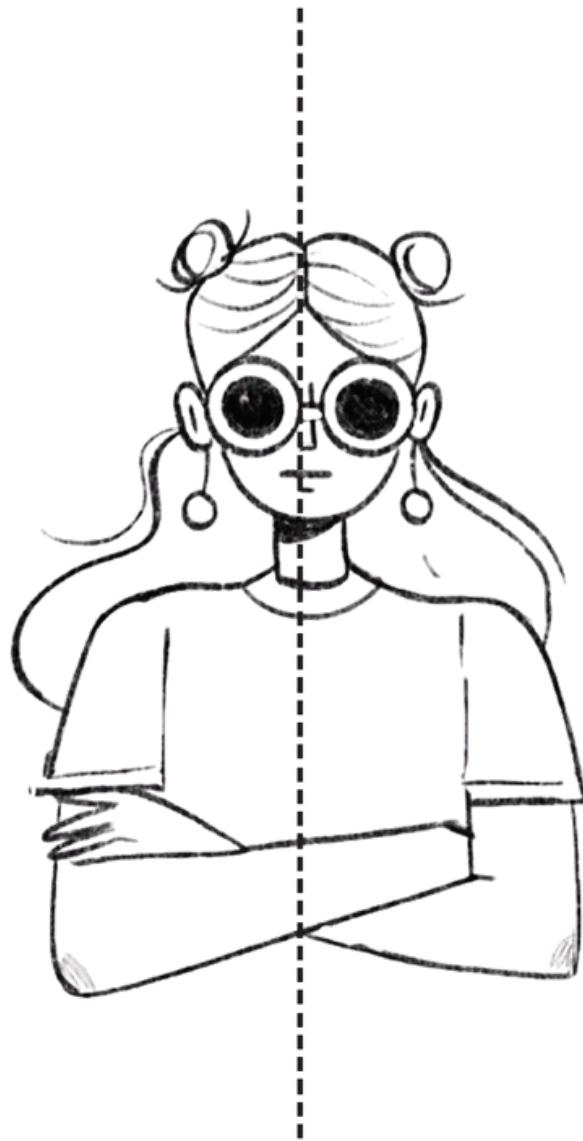
Write a short story about a malicious hacker or internet troll.



CHAPTERS 12-15

## HACKING THE CHANNEL

Eva is conflicted about hacking into her parents' YouTube channel. Record your ideas about why she feels 'terrified' on one side but 'excited' on the other.



Now, what do you think she should do?

## CHAPTERS 16-20

Add words and phrases to describe Spud's character. Think about his relationship with Eva and what he adds to the story.

The logo consists of the word "SPUD" in a bold, sans-serif font. The letters are primarily brown, with the "P" and "U" having a green outline and the "D" having a green fill.

Extension Task: Write Spud's diary entry from the day he brought a live frog into school.

## CHAPTERS 16-20

What is happening to Eva and Hallie's friendship?  
Annotate the picture to show how they feel.

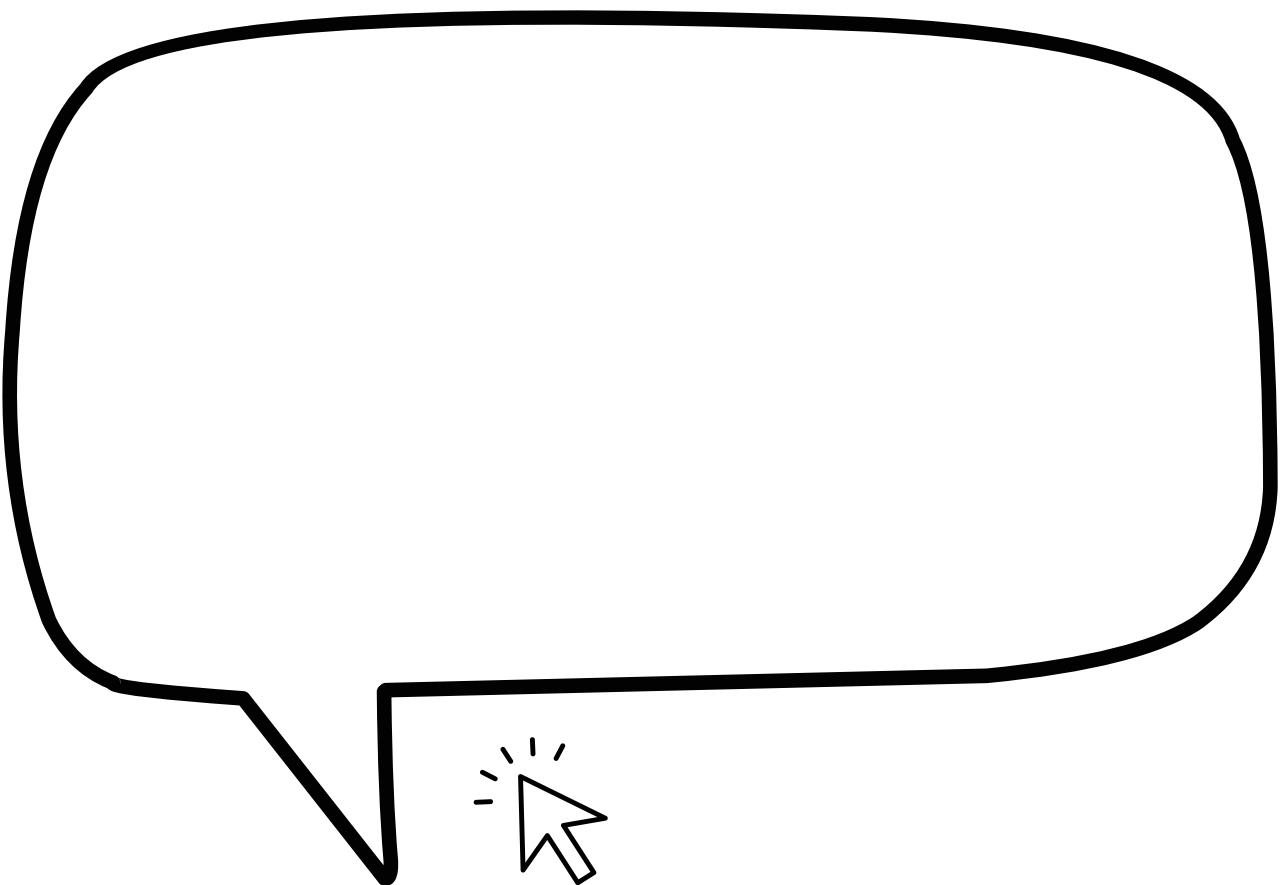
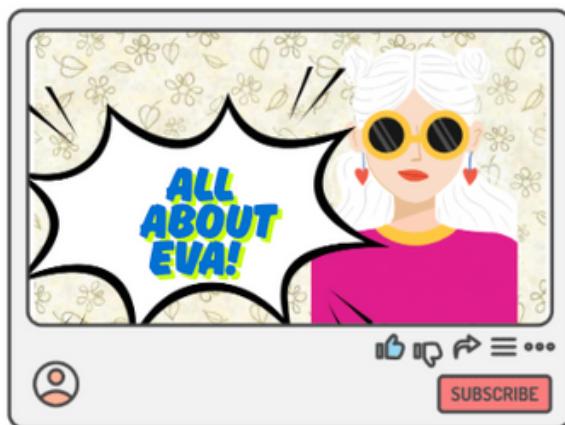
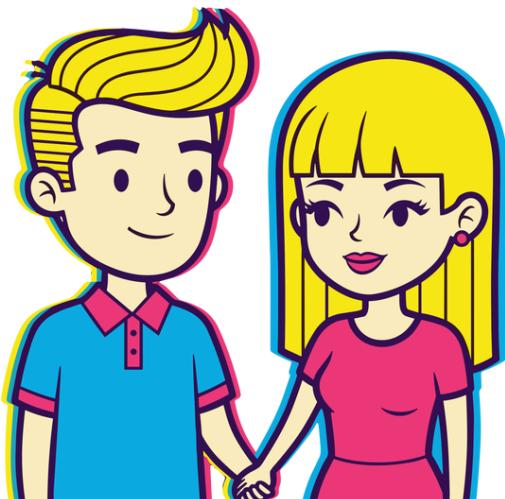


Write a personal essay or advice leaflet with the title:  
Friendships are important, but sometimes they can be difficult'.



## CHAPTERS 16-20

What would you say to Eva's parents? Write your comment under the YouTube video.



CHAPTERS 16-20



# SHARK SABOTAGE

## Discussion Questions

1. What are the effects of the shark video on the All About Eva channel?
2. How do Jen and Lars react?
3. Do you feel any sympathy for Jen and Lars at this point?
4. What are Eva's feelings once the video is discovered?
5. How does Eva feel at the end of Chapter 20 when her mum kisses her head?
6. What do you think Eva's heart was trying to tell her?

## Writing Task

Write a letter of advice to Eva explaining how you feel about her sabotaging her parents channel and what you think she should do next.



## CHAPTERS 21-25



Roses are red,  
Violets are blue,  
Ferromagnetic fluid is magnetic,  
Paramagnetic metals are too...

## Reading Questions

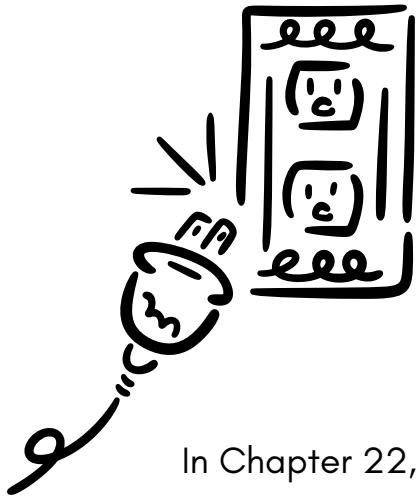
1. Describe the relationship between Spud and Eva using evidence from Chapter 21 and earlier in the novel.
2. How does Spud really feel about Eva? Find evidence to support your points.
3. How does Eva treat Spud in Chapter 21? What do you think about this
4. Is Eva a good friend to Spud?

## Writing Task

Complete Spud's Valentine's Day poem. Try to write it in the same style - with lots of Spud-ish references! There are some ideas below you may wish to use.



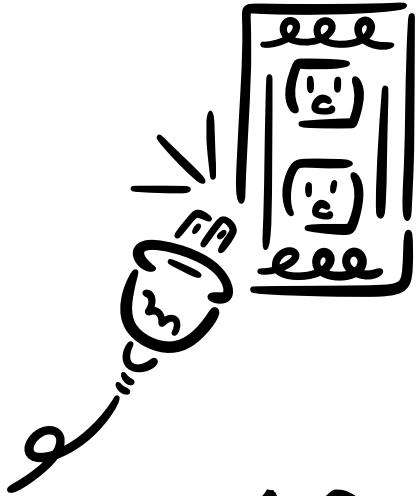
Star Wars      Toast the guinea pig      frogs      exploding sheep's lung  
garden experiments      marshmallow catapult      the Cool Wall  
pancakes      walk to school      Nerdophobia      history



# UNPLUGGED

In Chapter 22, it's the day of unplugging and the family go on a bike ride wearing wacky cycling helmets. Design a new cycling helmet with lots of gadgets that would appeal to teenagers. Draw your design, give it a name and then try to persuade your classmates to invest in it!





## UNPLUGGED



### Writing Prompts



Write a speech to deliver to your classmates persuading them to spend 24 hours 'unplugged'.



Imagine you have to spend 24 hours screen-free. Write a plan of how you would spend your time.



Describe a place entirely unaffected by technology. Use lots of vivid description and techniques in your writing. Some ideas are: under the sea, a rainforest, a distant planet, a mountain, a lake, the Arctic.



Write a story about a character who is addicted to screens.



Write an essay responding to the government's proposal to ban social media for under 16s. You could agree, disagree or write a more balanced response.

# 'Gabi was right. I was a bad friend. The worst.'

(Page 228)



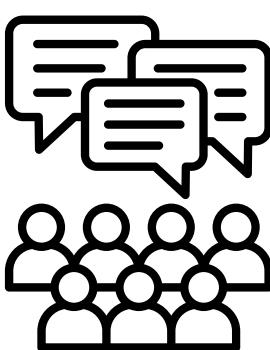
### PAIRED DISCUSSION

What makes a good friend? Is Eva a good or a bad friend? Which character or characters do you think are the best friends in the story and why? What can we do to make sure we are a good friend?



Spend some time researching family vloggers and the positive and negative effects of being a child influencer. You may wish to read this BBC article:

<https://www.bbc.co.uk/news/world-47722427>



### CLASS DEBATE

Is it right for parents to film their children for social media content? What are the positives? What are the risks? Is sharing your child's life online harmless fun, a great career or an invasion of privacy? Link your ideas to what happens in Girl (in Real Life).

# CHARACTER

CHAPTERS 26-30

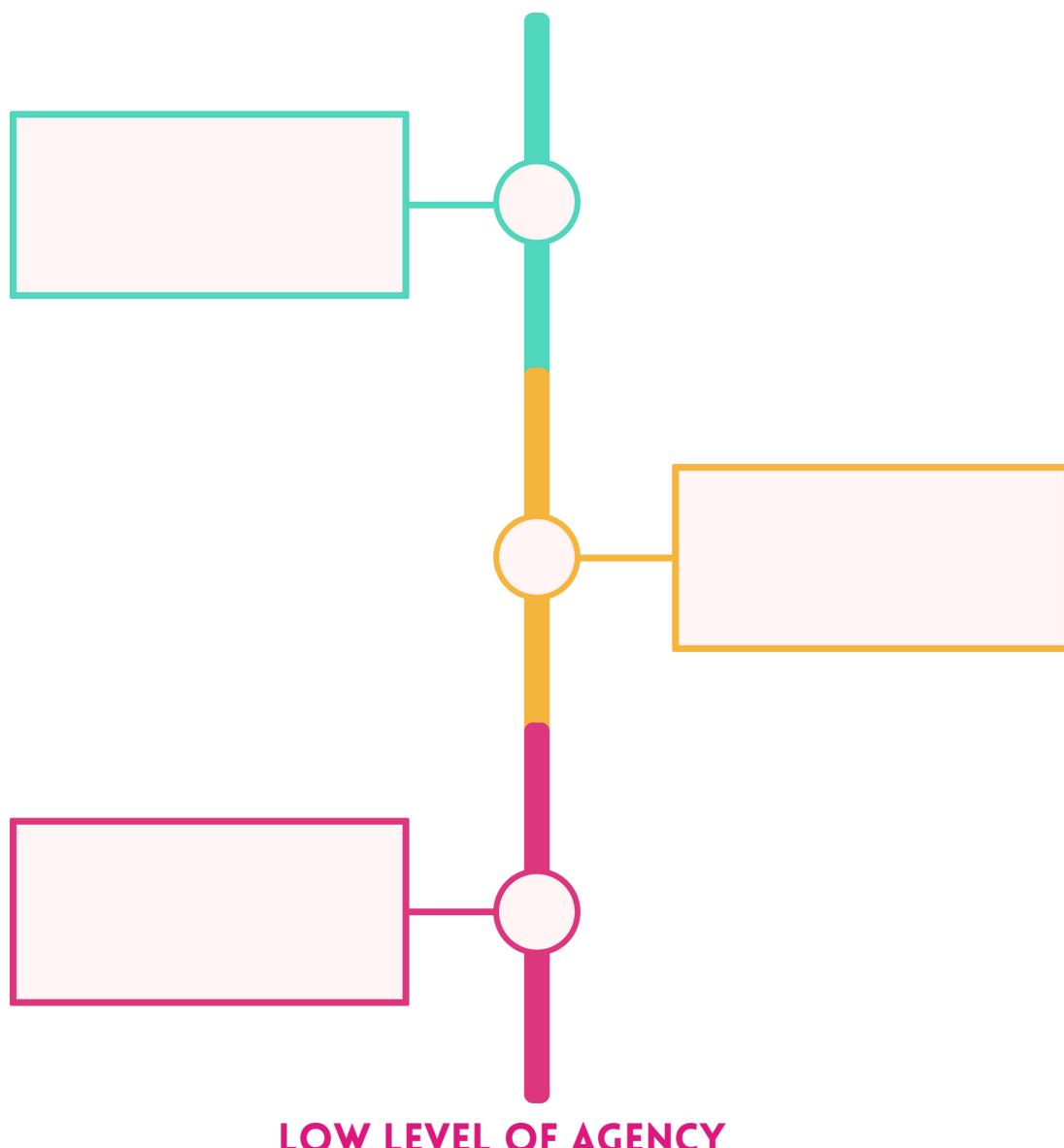
## AGENCY

Characters have agency if they are making decisions based on their own motivations and desires. In the context of a story, having agency means they make choices that influence the plot, and are able to control things that affect them. Characters with no agency have no say or control over what happens to them. Characters with a high level of agency have power over the things that happen to them.

To what extent does Eva's character have agency? How and why has her level of agency changed since the start of the novel? Chart how it's changed on the agency line below. You can add more boxes if you need to!



### HIGH LEVEL OF AGENCY



# FIRST RULE OF JU-JITSU



1. How does the writer create humour in Chapter 27 when Eva climbs the tree?
2. Spud wants a new nickname in this chapter. Come up with some suggestions for him.
3. Why do you think Eva laughs at Spud's new nickname choices?
4. Imagine you are Spud after Eva has gone home. Write a diary entry explaining what happened this evening and how you feel about it.
5. The author believes Spud is one of the most likeable characters in the book and that Eva doesn't always appreciate him. To what extent do you agree and why?

# SECRET WEAPON

How does the writer use language in this extract to show what Farmor means to Eva?

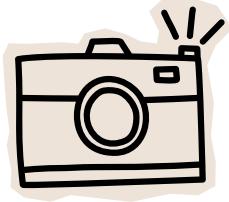
Farmor called me that night on FaceTime so she could see my new hair. She said she loved it as I held up my phone so she could see it from the back.

Then she said, "*Dit indre er endnu smukkere end dit ydre.*" Which means, "Your insides are more beautiful than your outsides." She must have forgotten I could see her, because she held the phone up to her ear. But I didn't care. I listened to her talk about the new cakes in the cafe by the waterfront, and the noisy fishing boats in the harbour and a new art collection in the museum she thought I'd like. Her words collected like fallen leaves around me and made my room seem less empty.

## CHAPTERS 26-30



# FARMOR



Read to the end of Chapter 30. Draw a sketch of Farmor and annotate it to show what her character is like, what she means to Eva and how she is different from Eva's parents. You could also include aspects of the setting and Farmer's Danish expressions. You may wish to do this as a scrapbook page, a collage or perhaps a page from Eva's diary or art book.

# Annotating

## CHAPTERS 31-35

Find the techniques used by the writer to describe Eva's feelings about losing her grandmother.

Farmor's house felt grey and echoey when we got back. Mum couldn't find any normal teabags so she made us dandelion root tea, which reminded me so much of Farmor I couldn't drink it. But I couldn't let go of my cup either. My heart felt weird. Like the world wasn't the way it was supposed to be. Even the cottage itself seemed sad. It was like someone had opened a window and let all the happiness out.

The next day, I sat on the sofa with an untouched morning bun in front of me, while Mum and Dad wrote a list of things they needed to do. My face felt numb from crying and there was this sort of haze around me, like a bubble that wouldn't burst. Nothing felt real. Like part of me had been rubbed out.

# Sketching Someone We Love



In Chapter 32, Eva creates a sketch of all the things she remembers and loved about Farmor. Choose someone you care about (you can choose yourself!) and sketch all the things that remind you of them.



Later, I went for a walk down to the sea on my own. Mum and Dad were talking to someone from a funeral place, and said they'd meet me once they'd finished. I sat with my legs over the wall, dropping pebbles into the water, waiting for my phone to pick up a signal. It beeped. Then it didn't stop. Messages from Spud, Carys, Jenna. Even Gabi. And a voicemail from Hallie. All saying they were sorry about Farmor. How did they know she had died? Then a horrible feeling crept over my skin. The *All About Eva* Instagram. Mum wouldn't have done that, would she? I tapped on my app and there it was. The drawing I did about Farmor. I'd left it on the desk. Mum must have taken a photo of it while I was downstairs. The caption said: *Yesterday we lost Eva's beloved grandmother. She meant the world to us.*

I wanted to scream. Everything I felt about Farmor, all my memories of her, stolen out of my heart and shared with the entire world. My whole body trembled with anger. And I couldn't really think straight after that.



1. Why does Eva react so strongly to her mum putting her Farmor picture on Instagram?
2. How does Eva feel on the flight home? Use evidence to support your ideas.
3. How does the writer structure Chapter 32 to create tension?



# News ARTICLE

I didn't sleep properly that night. I stayed up late looking at *All About Eva* stuff for hours. It was the first time I'd looked since Farmor died. And the whole thing had blown up way bigger than I'd imagined. Everywhere I looked there were headlines and videos and more headlines and more videos.

Exposing All About Eva: The Case Against  
Family Vloggers

Exposing Kids to Internet Fame Too Young

Meet the Family Vloggers Under Fire

Can YouTube Kids Consent?

Influencer Questions Safety of Kids Growing Up  
on YouTube

Would You Actually Want to be Eva Andersen?



Choose one of the news headlines above and write the article. You may wish to read this helpful resource about writing news articles on BBC Bitesize before you begin.

<https://www.bbc.co.uk/bitesize/articles/zbsbwty#zkbxtrd>



# BOLD moves

As soon as I saw the police car, I ran. Not towards Carys's house, away from it. I don't exactly feel proud of myself for that. I headed back up the lane as fast as I could in my school shoes, and I was completely out of breath by the time I reached my street. Only, when I got to the bottom of my drive, there was a police car outside my house too.

I froze. I guess that's how bank robbers feel when they're surrounded. My heart was thumping so fast, I wasn't even sure I could get my feet to move. But then, Mum spotted me out of the window and waved at me to come in. I couldn't tell if she looked angry or not. I slowly walked past the police car. My hand was trembling as I opened the front door.

1. How does the writer structure this extract to create tension?
2. How do you feel about Eva at this point in the story?



What have Eva and Carys done that is illegal?  
List all the ways they have broken the law so far.



# SORRY



Why do you think Eva doesn't own up to the police, her parents, Hallie and even her favourite teacher?



What do you make of the conversation Eva has with Spud here? How do you think he knows Eva was involved in the hacking? What is your impression of Spud's character here? What sort of role does he play in the story?

“Don’t you care about what’s happened to her?” Spud said. “She might get excluded!”

“Of course I care,” I said. “She’s my friend. I mean, she *was* my friend...” Spud moved so he was directly in my eyeline. “What?”

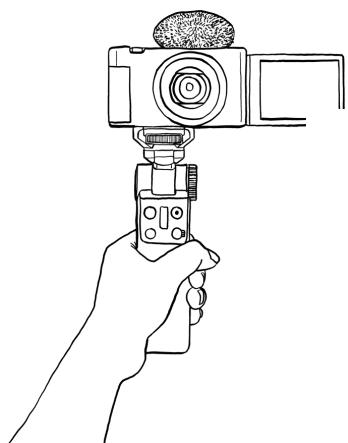
“Nothing,” he said. “It’s just, if you were thinking of owning up, you should probably do it soon. That’s all.”

# Confession

What do you make of Eva's apology to Carys? Has Eva done enough to make amends?

What would you do in Carys's position? Would you accept Eva's apology and understand her reasons? Or would you push Eva to tell the truth? Could you carry on being friends with Eva if she decides not to tell the police she was involved?

What would you do in Eva's position? Would you have the courage to tell the truth?



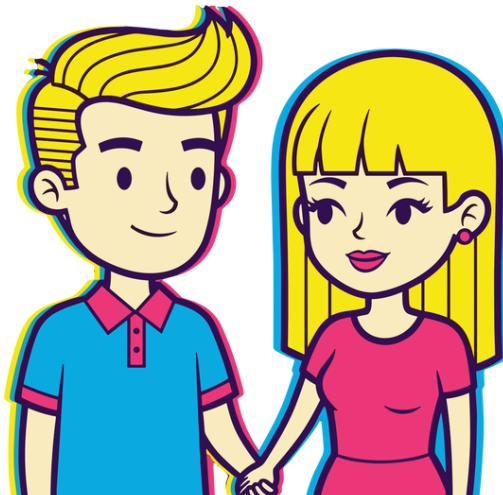
## Eva's Vlog

*"Hi everyone. I'm Eva Andersen, although you probably already know that. What you don't already know, is everything I'm about to tell you. And you also don't know how sorry I am. I don't know what you'll think of me once you've heard what I have to say. But if I don't tell you the truth about myself, what you think about me can't exactly be right anyway. So here goes..."*

Write the rest of Eva's confessional vlog. You may wish to perform these in class or record them to share.

**PREDICTION:** How do you think everyone will react?

# THE TRUTH



How do Jen and Lars react to Eva's confession? Did they react the way you predicted? What about Hallie and Spud?

### *Eva's Diary*

Write Eva's diary after everyone has watched her confession and she's dealt with everyone's reactions. How does she feel now? How does she think or hope her life will change?



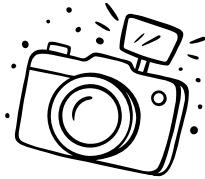
## CHAPTER 39: THE FINAL CHAPTER

The air felt fresh as I jumped down from the stile at the bottom of Lavender Lane. The giant puddle that was there the last time I came this way had dried up. Although there was still a patch of sludgy mud in the middle. The fir trees framing the lane still looked the way they always did. But the cherry trees were covered in blossom; the petals scattered on the wind like a confetti cannon. I pressed the doorbell, and heard Bernie charging towards the door. Sunlight glinted on the windows and Carys's face peered through. I waved. And that expression that Farmor used to say came to mind about feeling like an egg yolk. I shouldn't have felt contented. Not after everything that had happened. Everything that'd been written and posted about me in the past few weeks after my confession vlog. All the apologizing I'd had to do. I mean, that was embarrassing. But standing there on Carys's doorstep feeling the last glow of April sunshine on my skin, I did kind of feel like an egg yolk. Like, the worst bit was over. And I was okay. I was putting things back together the way I wanted them to go. Trying to, anyway.

How does the writer use symbolism to create a sense of a new beginning for Eva in this extract?

 Read to the end of the book. What do you make of the ending? Is it a satisfying resolution for you as a reader?

## POST-READING ACTIVITIES



Write a poem, short story, speech or personal essay on one of the following topics:

*I don't have to be perfect.*

*You can never truly erase something from the internet*

*Taking back control*

*The kind of friend I should have been*

*Sabotage*

*Inside my heart*

*Me (In Real Life)*



Imagine it's a year since the end of the book. Write the next chapter from Eva's point of view describing her life now.



Write and record your own vlog called 'Me (in Real Life)'. What do you want everyone to know?



Write a short book review to display in your school library or classroom.



Design a brand new cover for *Girl (in Real Life)*.



Write a letter to the author – Tamsin Winter – explaining what you thought about Eva's story and what you learned about life behind the screen.



Write about a time in your life when you stood up for yourself or someone else.

# Book Club!

## Discussion Questions

1. How does Eva feel about being the focus of her parents' YouTube channel, and how does that change over the course of the story?
2. Why do you think Eva's parents continue to post content about her even after she clearly says she doesn't want it? What does this say about their priorities?
3. How does the reaction Eva receives from schoolmates affect her sense of identity? What does the "period party" episode symbolise in terms of privacy and consent? Why is it a turning point for Eva?
4. How does Eva's relationship with Carys differ from her relationship with her other friends, and why might that be important?
5. Do you think Eva's plan to sabotage the channel was justified? Why? Do you think she fully considers the consequences for herself and for Carys?
6. How does the book portray social media as both positive and negative?
7. Which scenes did you find the funniest? Which did you find the saddest? What about the most tense?
8. How do Eva's parents see their vlog differently from how Eva sees it? What does this difference reveal about their characters?
9. Who was your favourite character and why? Who did you dislike the most and why?
10. What does the book suggest about the idea of "real life" versus online life?
11. How does the author use Eva's point of view to make readers empathise with her situation?
12. What did you make of the ending? Did the author succeed in finding a balance between family support and personal boundaries?
13. In what ways do you think Eva changes – emotionally and socially – from the beginning to the end of the book?
14. How do you feel about Eva's parents by the end of the book? Have your feelings changed about them? Why?
15. If you could ask the author one question about this book, what would it be – and why?

