

# LET DOWN YOUR HAIR

## Book Club Discussion Questions

1. The main character in *Let Down Your Hair*, Barb, is referred to as an 'influencer'. How would you define an 'influencer'?
2. 'Barb was nothing without her hair, and she wasn't very much with it either.' What does this line from the book tell us about Barb and her life? How does this make you feel?
3. Barb's Aunt, Sorcha, pushes Barb to focus on building her social media presence and believes that school is holding Barb back from achieving success. What do you think Sorcha's motivations are?
4. 'Look at this girl's hair! Look at it! It's like something out of a f\*\*\*ing fairy tale.' What do you think the impact of Anna's words might be on Barb?
5. 'Barb stood there stunned, realising that she was no longer being referred to as a person, but as a social media account.' Throughout the book, the author explores the contrast between the online and offline world. What are the dangers of defining someone based on their social media account?
6. 'And speaking of strange DMs, in the Real Res they dealt with trolls this way: block, report, move on.' Why do you think people troll high-profile influencers online? Share ideas together about the best strategies to deal with online trolls.
7. The author highlights that society can be inaccessible for people who are blind. Discuss your local town, school or city and consider whether it is accessible for people with visual impairments. What changes could be made to make it more accessible?
8. Is alopecia something you were aware of before reading this book? What knowledge have you gained about this condition from reading *Let Down Your Hair*?
9. Alopecia is a condition that can sometimes be triggered by stress. What events in the book contributed to Barb's mental health decline?
10. At the end of the book, the author says, '[social media] needs more people telling you how their lives are really, how it's ok to have an imperfect life.' Do you agree or disagree with this statement? Why?

