

The issue I want to tackle the most with my robot helper is the second one: caring what others think. First, during this sensitive phase of teenagers' lives, appearance anxiety is almost dreadful and usually comes from the uncertainty of how others perceive them. The insecurity grows as teenagers become keen on what others think, making their problems crucial and obvious. Second, excessive focus on others' thoughts, which is out of teenagers' control, could lead to the fear of showing personal traits. Because of the anxiety to be left out, teenagers tend to seek "expected social standards" to fit in. However, meeting the expectations often requires teenagers to get rid of their uniqueness, making the society monotone and boring. Worse still, the desire to follow what others do might cultivate mob mentality and worsen bullying. In conclusion, the issue of caring what others think is my priority to solve due to its impact on appearance anxiety and erasing diversity.

I aspire the robot helper to obtain the following two functions: producing positive words and appreciation diary. First, when teenagers are anxious about their character in

the society or even simply their appearance, the robot helper can mitigate their insecurity by giving teenagers analysis on how they are as a person. By reading the positive words about themselves, teenagers can build confidence and hence feel less anxious about what people think through self discovery. Second, appreciation diary is a feasible way to bring teenagers' focus back to themselves and their lives. Instead of worrying about how others scrutinize their behavior, observing their own life in detail is more effective and beneficial to personal development. Appreciation diary requires users to fill in three things that they are pleasant or delightful throughout the day. During the process of recalling the day, teenagers can concentrate on their feelings and emotions, rise self awareness, and gradually establish a self-oriented life. As mentioned above, a helpful robot helper should be equipped with an ability to produce positive words and a installation of appreciation diary to assist teenagers with their over attention on caring what others think.