

Confident Me

School Lesson for
Body Confidence



Single Lesson



What are the Ground Rules for this Lesson?

**Listen
to others**

**Respect
diversity**

**Right to
pass**



**Ask
questions**



**Keep it
confidential**

**Please
contribute**



What is Body Confidence?

Appearance Ideals

The way our society tells us is the ideal or 'best' way to look at a certain point in time.



What are Today's Appearance Ideals?

Activity 1



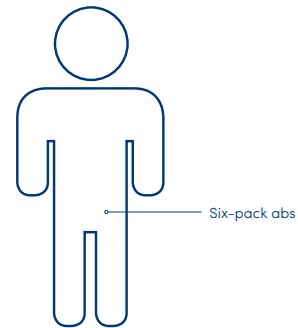
Appearance Ideals

Name: _____

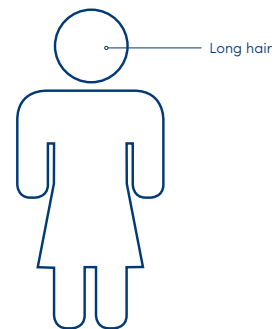


Label the body below with as many features as you can that make up today's appearance ideals.

What are appearance ideals for males?



What are appearance ideals for females?



What can trying to match appearance ideals cost someone?

Time (e.g., late for school because of spending too much time styling hair)

Money (e.g., buying all the latest 'must-have' products)

Emotions (e.g., not feeling good enough)

What Appearance Pressures Might Young People Face?

Activity 2

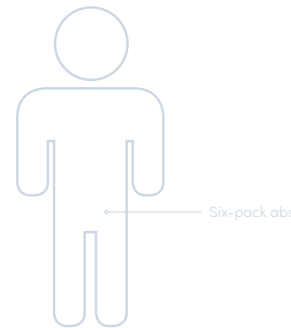
Appearance Ideals

Name: _____

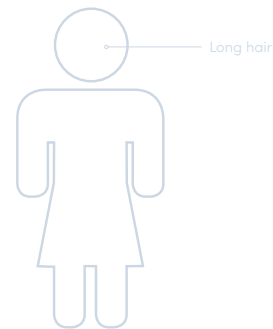


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Where Might Young People find out about Appearance Ideals?


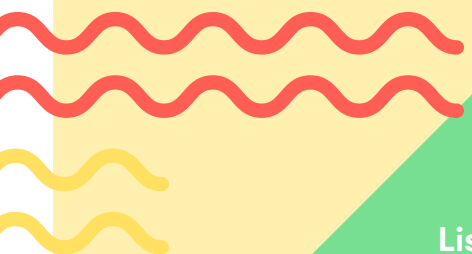


How Can Images be Manipulated?



Discussion Questions


Activity 3



List all the decisions that were made about the image **BEFORE** the photos were taken.



What did you find surprising, unreal or unlikeable about what you saw in the film?

List all the decisions that were made about the image **AFTER** the photos were taken.




Why do you think the image is created in this way?
Who benefits from this social media post?

How do you think the image makes the girl who likes the post at the end of the film feel?



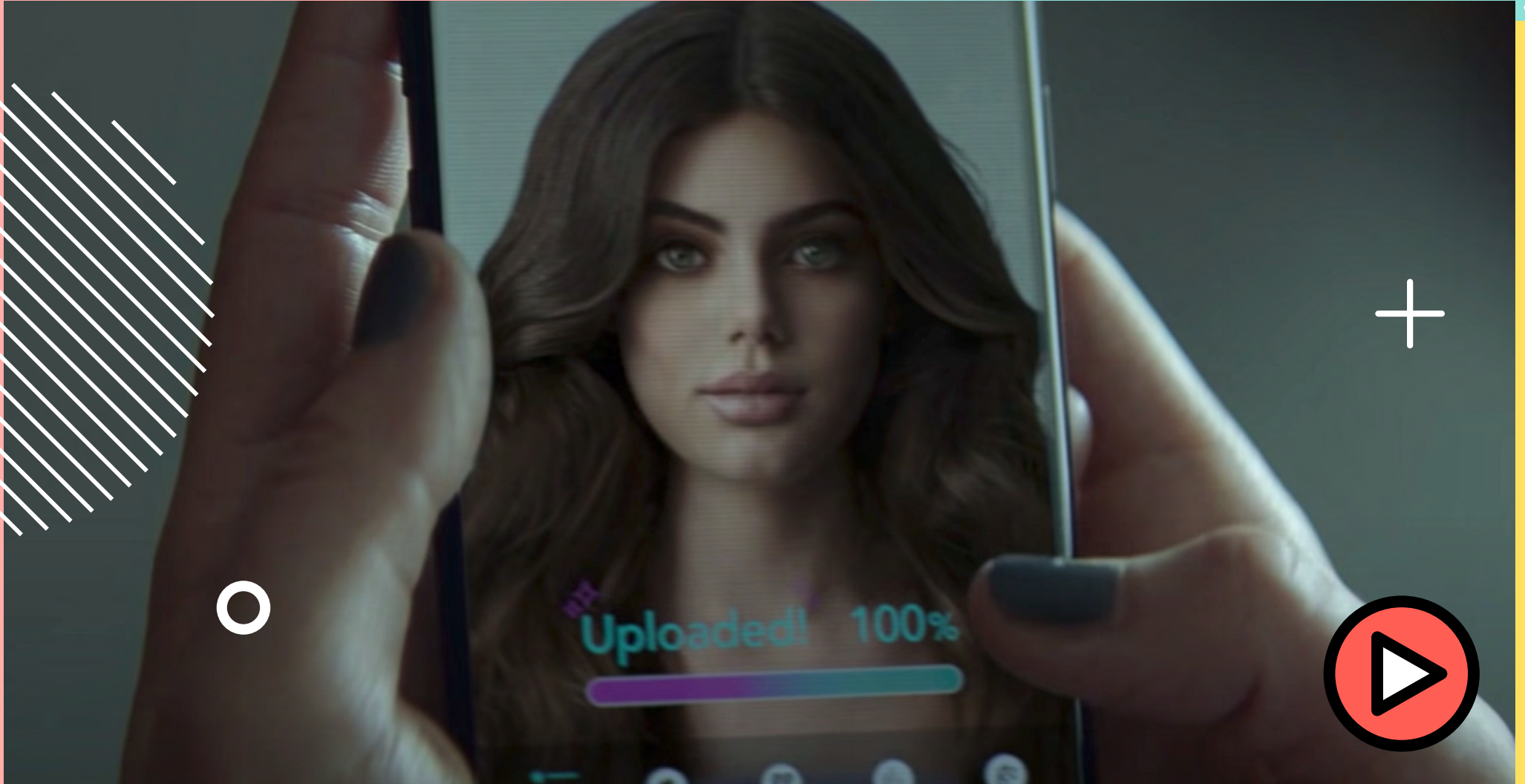
Think how the image of the influencer has been changed from reality.
How might seeing these changes make someone feel?



Just a Selfie? How Can Images be Manipulated?



Manipulated Images on Social Media



How Might Appearance Pressures be Challenged?

Activity 4

Challenging Appearance Pressures (Private Reflection)



Name:



What could you do to show that you don't agree with the way professional media emphasises an unrealistic 'ideal' way to look?

What could you or others do differently on social media when creating or sharing pictures, films and messages?

How could changing your behaviour help people to feel better about the way they look?

Feeling stuck?

How could you let companies know that you are unhappy with the unrealistic images they use to sell products? Could you use social media to let others know you are unhappy? How would you do this?

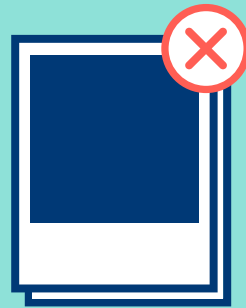
Think about what you could do differently when you comment on your friends' photos? Could you change the type or style of photos you choose to upload?

How might it feel to see more realistic, unedited photos on social media? Would this reduce the appearance pressures people face?

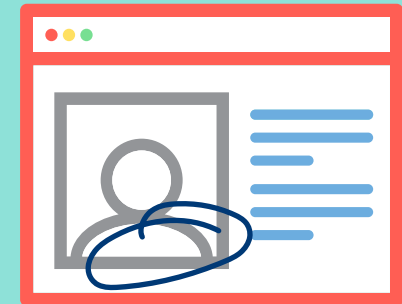
What Have we Learned today?



Pressure to look a certain way comes from the world around us.



It's important to remember images of people that we see in all types of media aren't always real.



It's unfair for people to compare themselves to this media.

Be a Champion for Change!

Activity 5

Be a Champion for Change!

Work by yourself. Write down one thing you will start doing, or do differently, to champion what is 'real' in yourself and others as a result of today's workshop.

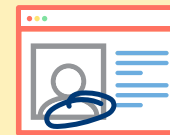
I pledge to



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Feeling stuck?

Think about what will help you challenge the pressure you and your friends feel to look a certain way. Try to choose a simple action

Celebrate your individuality and the diversity of the people you know. We are all one of a kind!



Congratulations!



You've now completed
Confident Me: Single Lesson.

Remember your
commitment to
champion body
confidence
every day.



Further Support

If you need further support with any of the areas discussed today, you can always speak to a trusted adult at school or at home, or reach out to an organisation:

Young Minds

Text: YM to 8258

The Mix

Phone: 0808 808 4994



Extension Activity

What would you say to a friend to convince them that they shouldn't compare themselves to manipulated media images?

Media messages are unrealistic.

Have you noticed how many photoshopping apps and filters are available to people? Little of what you see in the media is actually real.



Extension Activity

How do you Respond to Professional Media?

Work in pairs and label yourselves Person A and Person B.

Read the situations below and practise how to respond when you see images in professional media.

01

Person A

Imagine you are advising the friend described below. Share with Person B what you would say or do to support the friend.

A friend is watching this popular television programme and says: 'Look at those bodies! I wish I had abs like that.'



02

Person B

Imagine you are advising the friend described below. Share with Person A what you would say or do to support the friend.

On the bus journey home, a friend sees this bus stop and says: 'Wow, she looks so attractive - especially her full lips. I wish I looked like that.'



Feeling stuck?

It's not possible to look like them because... Think back to the 'Dove: Selfie' films you watched.