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 you?

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)

How Can Images be Manipulated?

Name:

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

02 List all the actions that you think took place BEFORE the photo was taken.

03 List all the actions that took place AFTER the photo was taken and before it was posted.

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

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

06 Think about how the image of the influencer has been changed from reality. How does seeing these changes make you feel?

Set a Personal Goal

Name:

Work by yourself.

One action I will take as a result of what I learned today about appearance ideals and professional media is...

I will complete this action by ____/____/_____

I will take these steps (at least two) to complete my goal...

When I am successful, I will feel...

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 that is easy to achieve.

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

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

It's unfair to compare ourselves to these images.

Celebrate your individuality and the diversity of the people you know.

Aim to be the best you can be - you are one of a kind!