Confident Me

School Lesson for Body Confidence

Contains playable content

1 Single Lesson

Dove
Self-Esteem Project

What are our Lesson Agreements?

Respect Differences

Choose a level of participation based on your comfort level

Delay Distractions

Right to Pass

Definitions:

Appearance Ideals

What our society or culture tells us is the ideal way to look at a certain moment in time.

Appearance Pressures

Pressures we feel to look like an appearance ideal.

What does society tell us are the appearance ideals for girls?

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?

Six-pack abs

What are appearance ideals for females?

Long hair

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)

What does society tell us are the appearance ideals for boys?

Listening to these ideals, do you think it is possible to have all of these characteristics?

Appearance Ideals

Name:

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

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Six-pack abs

What are appearance ideals for females?

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What can trying to match appearance ideals cost you?

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

How would constantly trying to achieve changing appearance ideals make you feel?

How much time would it take to try and match appearance ideals?

Appearance Ideals

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Six-pack abs

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What can trying to match appearance ideals cost you?

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How much money would it cost?

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?

Six-pack abs

What are appearance ideals for females?

Long hair

What can trying to match appearance ideals cost you?

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

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? Where do you think these appearance ideals come from? Where do we find out about them?

? What do you think the word 'manipulation' means?

? How are images of people in the media manipulated or changed?

How Can Images be Manipulated?

Set a Personal Goal!

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!

What did we learn during today's lesson?

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

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

It's unfair to compare ourselves to this media.

Congratulations!

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You've now completed Confident Me: Single Lesson.

Remember to work toward your goal to achieve body confidence every day, and strive to be the best version of yourself.