



confident me

School Workshops
for Body Confidence



FIVE SESSIONS

WORKSHOP 1
Appearance Ideals



What are our workshop ground rules?

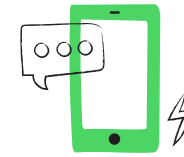
1. Respect diversity
2. Ask questions
3. Keep it confidential
4. Please contribute



What are we learning today?



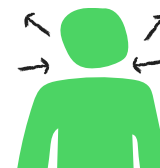
**Introducing
appearance ideals**



**Sources of
appearance ideals**



Appearance pressures



**Challenging
appearance pressures**



What do we mean by appearance ideals?



What do we mean by appearance ideals?

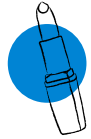
The way our society tells us is the ideal or
'best' way to look at a certain point in time.



What are today's appearance ideals?



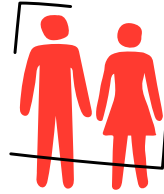
Worksheet



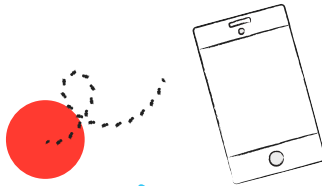
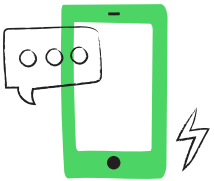
How are appearance ideals constantly changing?



Video



Can we match appearance ideals?



Where do we learn about appearance ideals?



What appearance pressures do we face?

Time / Money / Emotions

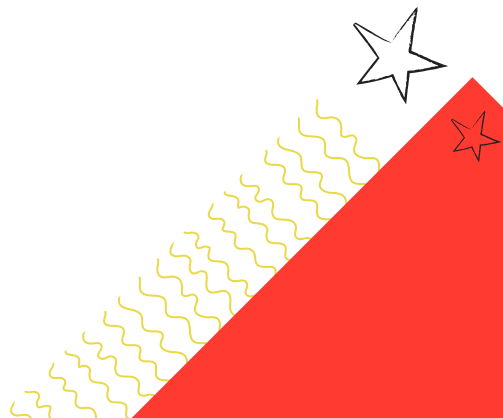


Worksheet





What is the impact of these appearance pressures?



What else can we value?



Worksheet



What have we learned today?



Trying to match
appearance ideals can
cause problems.



People have always
faced pressures to look
a certain way.



We can learn to value
other qualities instead.

The background features a collage of geometric shapes and icons. A large light blue rectangle is positioned in the upper left. To its right is a smaller light blue rectangle. Below these are two larger blue rectangles. A green shape is in the top left corner, and a dark blue shape is in the bottom right. Various icons are scattered: a red circle with a dashed line, a lightbulb, a red line, an orange line, a green line, a red line, a blue line, a wavy line, and a series of small black lines.

**How will you be a
champion for change?**



Going further



Going Further Sheet



Congratulations!

You've now completed

Workshop 1 of Confident Me:
School Workshops for
Body Confidence

The next session is:

Workshop 2 / Media Messages