

confident me

School Workshops
for Body Confidence



FIVE SESSIONS

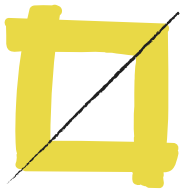
WORKSHOP 3
Confront Comparisons



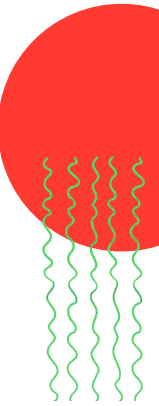
What have we learned?

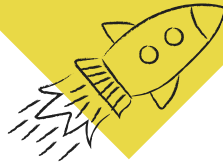
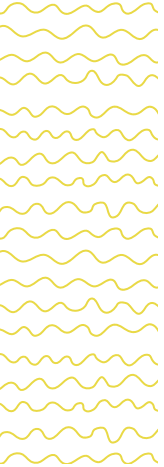


It's not worth trying to match appearance ideals.



Media images are often manipulated.





What are we learning today?



What are our workshop ground rules?

- Respect diversity
- Ask questions
- Keep it confidential
- Please contribute



The comparison process



Negative consequences
of comparing



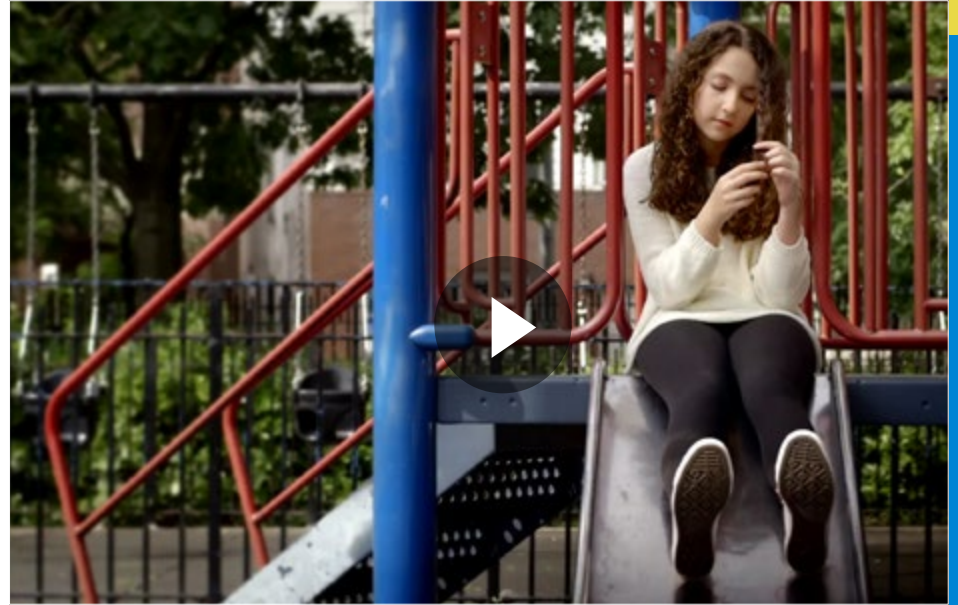
The 'whirlpool
of comparisons'



Changing our scripts



How do we compare with those around us?



Video



How do we compare our looks?

Are the people we
compare with usually:

better looking?

not as
good-looking?

Do we usually compare the
features of our appearance that we:

like?

dislike?

How do we compare our looks?

Are the people we
compare with usually:

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How do we compare our looks?

Are the people we
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not as
good-looking?

Do we usually compare the
features of our appearance that we:

like?

dislike?

Activity 1



Name: Confident Me / 3 Confront Comparisons / Worksheet

What happens when we compare?

How do we compare our looks?

Circle the answers to record your class vote.



Are the people we usually compare with...

better looking?

not as good-looking?

Do we usually compare the body parts that we...

like?

dislike?



Worksheet



What is the impact of these comparisons?

Feelings / Thoughts / Behaviour



Activity 1



What problems does comparing cause?

How many can you think of? Record your ideas below.

Feelings: (e.g. I'm not good enough)

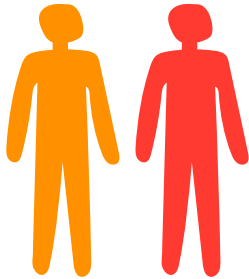
Thoughts: (e.g. feeling sad)

Behaviour: (e.g., extreme dieting)

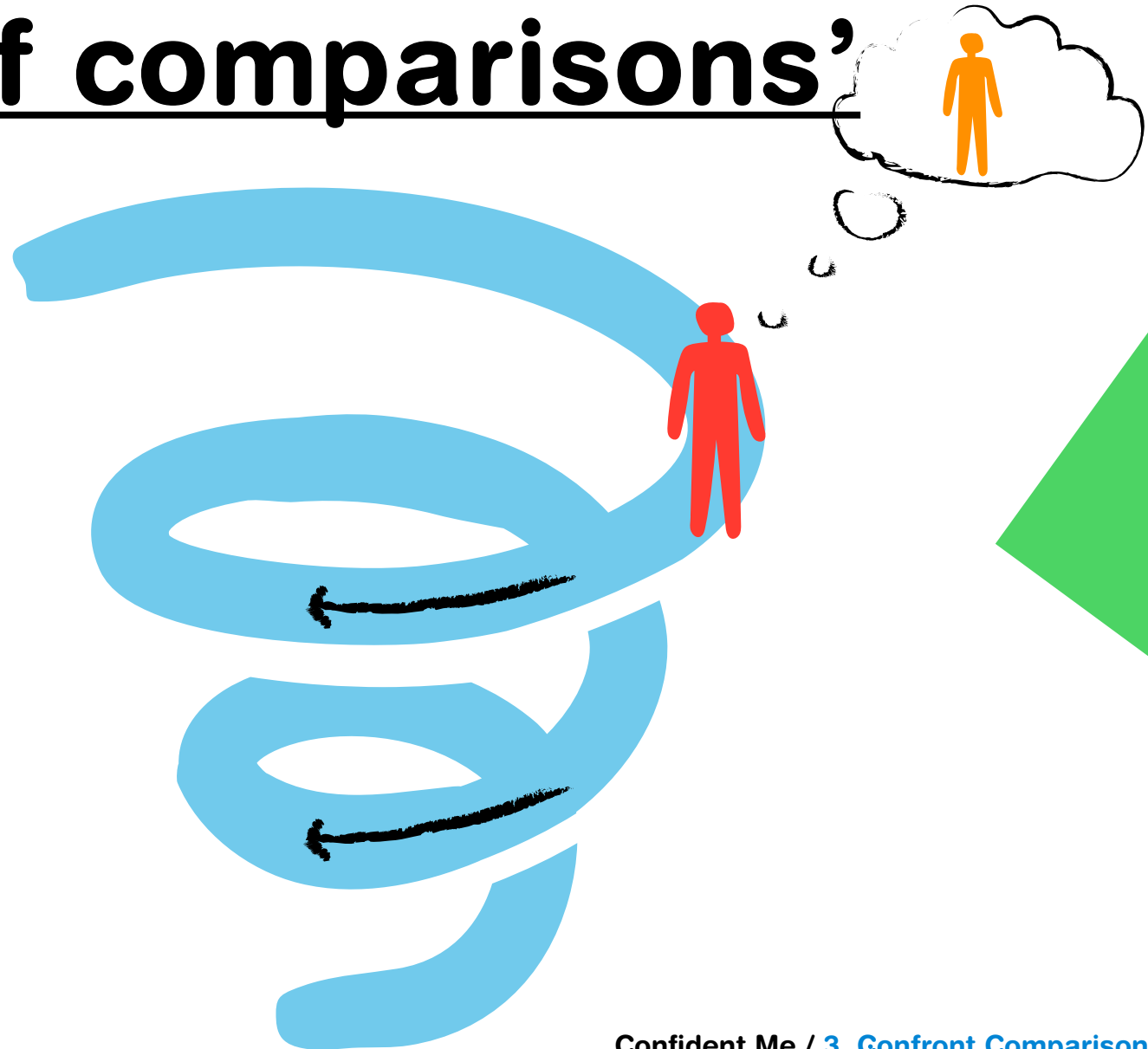


Worksheet

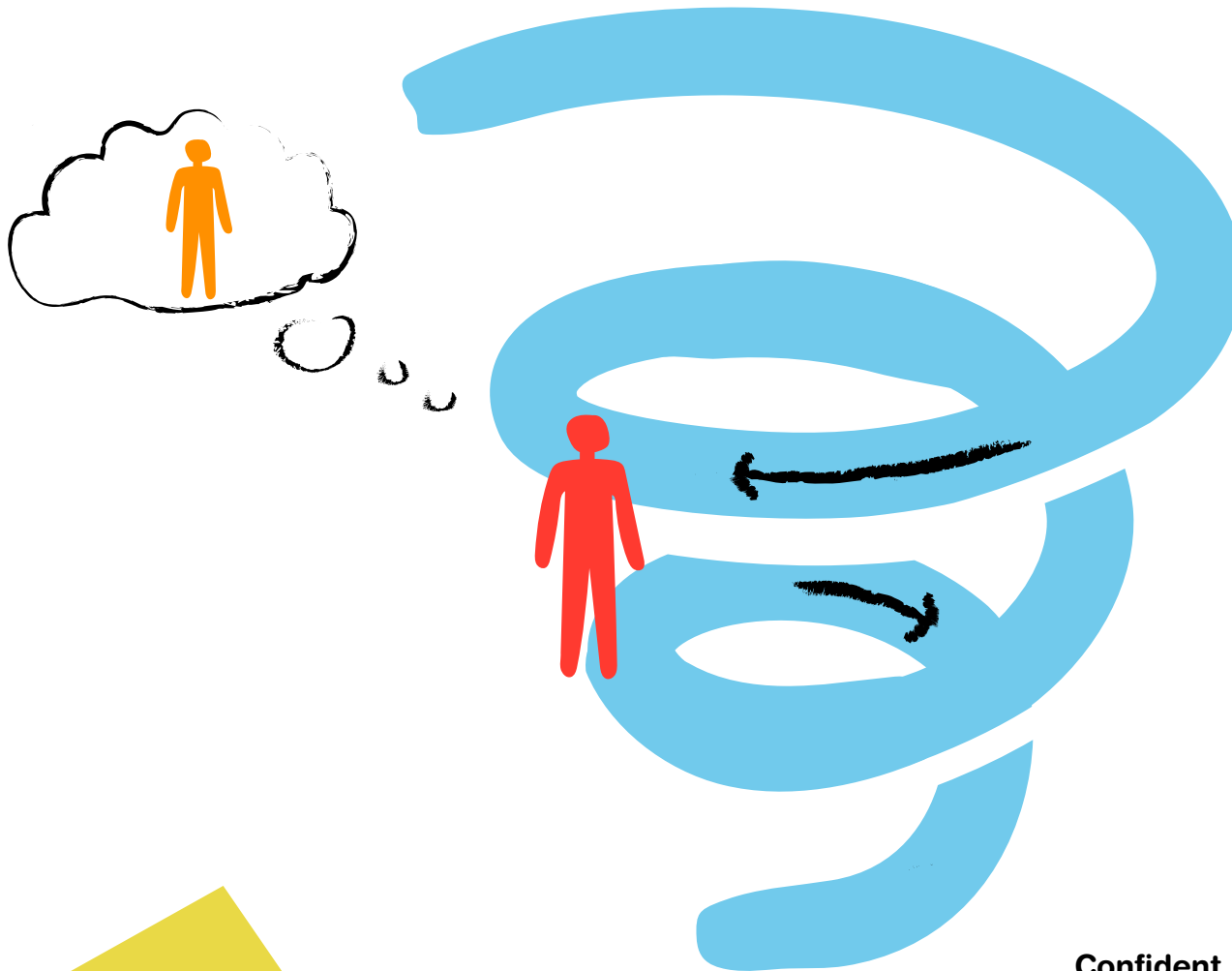
The 'harmful spiral of comparisons'



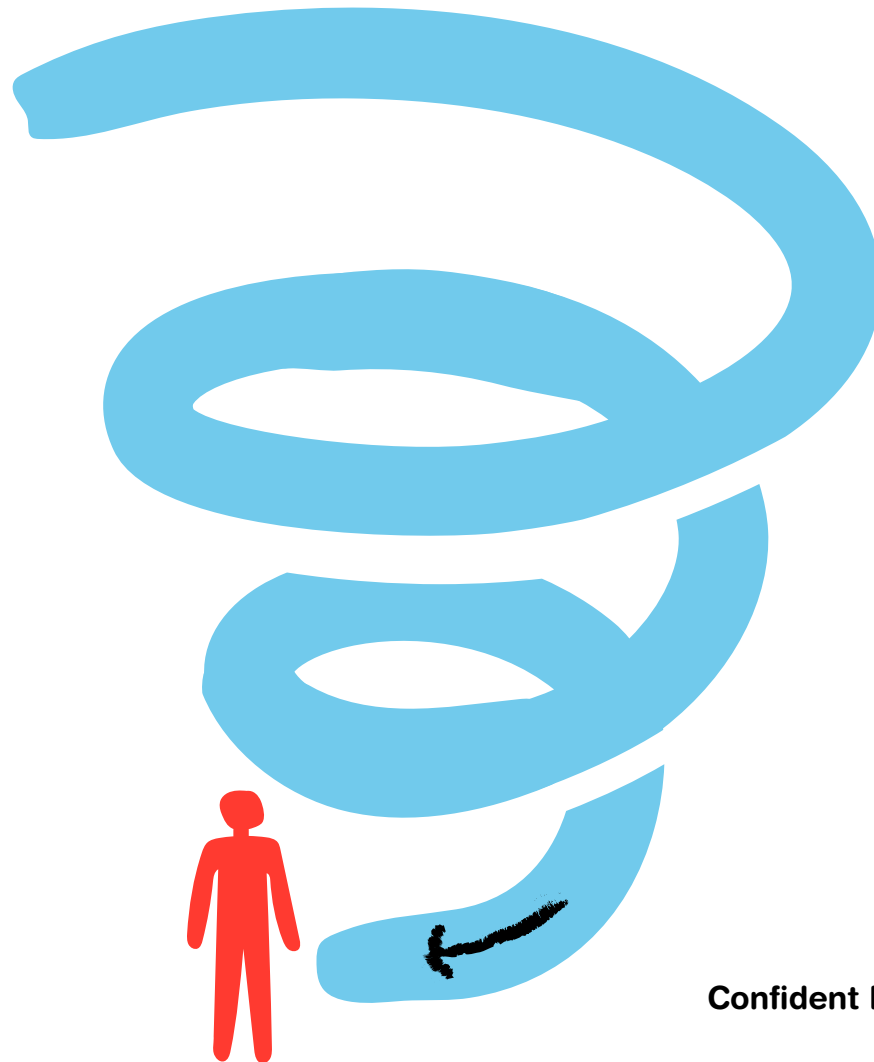
The 'harmful spiral of comparisons'



The 'harmful spiral of comparisons'



The 'harmful spiral of comparisons'



The 'harmful spiral of comparisons'





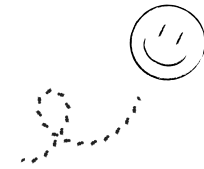
What can we do instead?

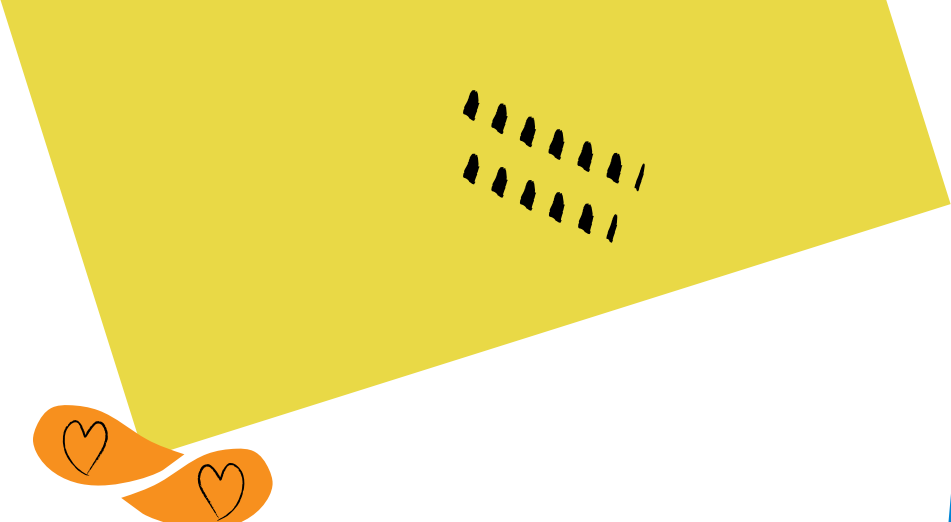




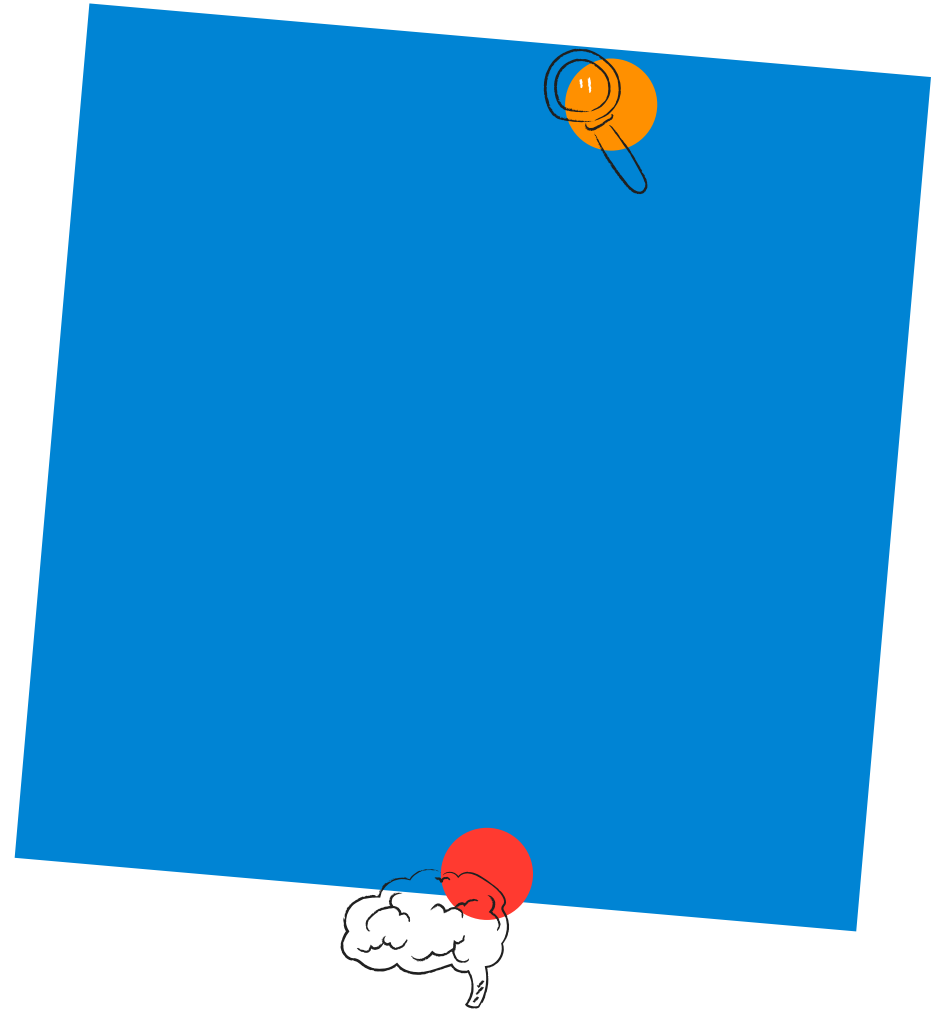
What can we do instead?

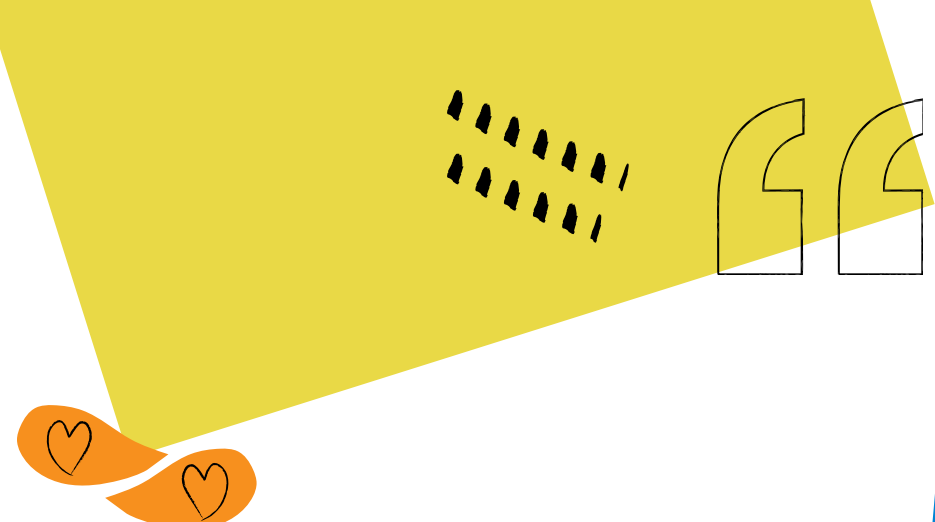
- Compliment ourselves and others on things that aren't about appearance
 - Focus on the good things about ourselves and others
 - Keep to the facts
 - Enjoy each other's company instead of being critical
 - Celebrate ourselves and our friends
- 





How can we change the script?





How can we change the script?

That's massively retouched,
no-one can actually look like that.

Everyone's so different -
we're not supposed to
look the same.

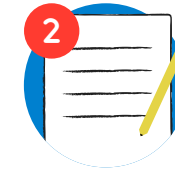
You are so good at art -
you could totally sell your
stuff one day.

There's plenty of
people who don't have
rock solid abs who are
doing just fine.

Activity 2

Name:.....Confident Me / 3 Confront Comparisons / [Worksheet](#)

Can you catch yourself?



Work in pairs to prepare a role play. Label yourselves **Person A** and **Person B**.

Read the situations below and practise how to respond without making comparisons.

Person A

Read aloud what **Person A** says.

Person B

Person B respond to **Person A**. Explain why we should not compare ourselves to people we see in the media or real life.

Feeling stuck?

Person B could say something like:
'We shouldn't bother to compare ourselves because...'

1 Your friend has bought a new outfit...

Person A says: 'I love your new outfit! I could never wear that and look as slim.'

Person B says:



2 You are watching this popular television programme...

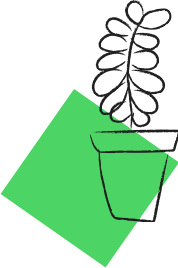
Person A says: 'Look at those bodies! I wish had abs like that instead of this flabby stomach.'

Person B says:



Worksheet

Activity 3



Name: Confident Me / 3 Confront Comparisons / Worksheet

How will you change your script?



Change your script and generate new responses to avoid comparisons.

Write down the different ways that you can challenge the process of making appearance comparisons for both yourself and others. Try to remember these and practise them. Soon, they will feel normal! Come up with at least three ideas for when you compare and three ideas for when others compare.



When I compare my appearance...

I can "catch myself" and change my thoughts.

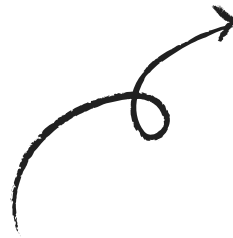
When I hear my friends compare their appearance...

I can change the topic.



Worksheet

What have we learned today?



**Comparing the way
we look to others is
human nature.**

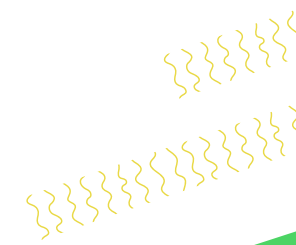



**Comparing can have
negative consequences.**

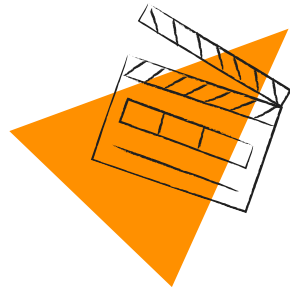


**We can challenge the
process of making
comparisons.**





How will you be a champion for change?





Going further



Going Further Sheet



Congratulations!



You've now completed

Workshop 3 of Confident Me:
School Workshops for
Body Confidence

The next workshop is:

Workshop 4 / Banish Body Talk