

confident me



School Workshops
for Body Confidence



FIVE SESSIONS

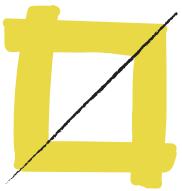
WORKSHOP 4
Banish Body Talk



What have we learned?



It's not worth trying to match appearance ideals.



Media images are often manipulated.



Avoid comparing, and value what makes you unique.



What are we learning today?



What are our workshop ground rules?

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



Introducing body talk



**Exploring examples of
body talk**



Problems with body talk

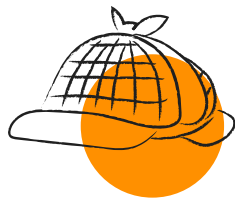


Avoiding body talk

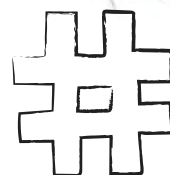
The background is a collage of various geometric shapes and icons. At the top left is a large red triangle. Below it is a blue rectangle with a yellow lightning bolt icon and a yellow paperclip. To the right is an orange triangle. Further right is a blue rectangle with a white and black patterned area and a red line. Below the main title is a large blue rectangle with a green speech bubble icon and a red alarm clock icon. At the bottom right is a yellow triangle.

How do we talk about appearance?

What is body talk?



Body talk refers to any conversation or comment that reinforces and keeps appearance ideals and pressures going.

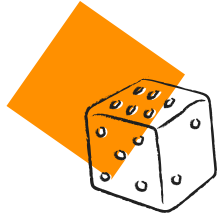


How do we use body talk?



Video

Activity 1



Name: Confident Me / 4 Banish Body Talk / Worksheet

How do we use body talk?

Explore the different examples of body talk shown in the films, recording your answers below.



"Conversations with the Team"

Where/when is this conversation taking place?

Does the conversation seem well-meaning, or harmful?

Why do you think they are talking about appearance?



"Conversations with Friends"

Where/when is this conversation taking place?

Does the conversation seem well-meaning, or harmful?

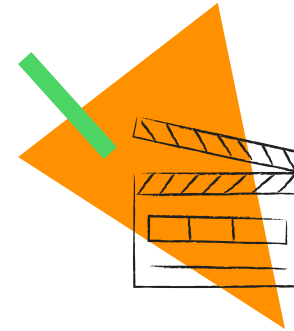
Why do you think they are talking about appearance?



Worksheet



!?!?



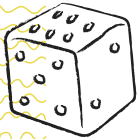
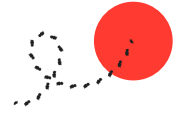
How do we use body talk?



Video



Activity 2



Name: Confident Me / 4 Banish Body Talk / [Worksheet](#)

How do we use body talk?

Explore the different examples of body talk shown in the films, recording your answers below.



"Conversations with the Team"

Where/when is this conversation taking place?

Does the conversation seem well-meaning, or harmful?

Why do you think they are talking about appearance?



"Conversations with Friends"

Where/when is this conversation taking place?

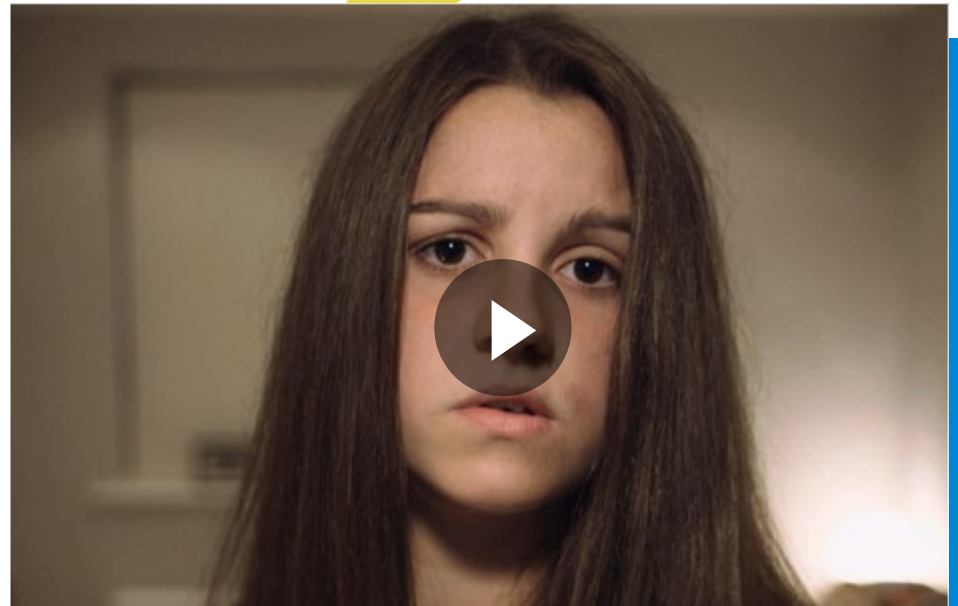
Does the conversation seem well-meaning, or harmful?

Why do you think they are talking about appearance?



Worksheet

How do we use body talk?



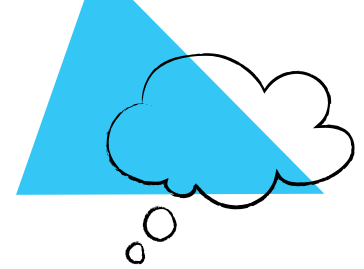
Video

What is the impact of body talk?



Video

Activity 3



Name: Confident Me / 4 Banish Body Talk / Worksheet

How can we challenge body talk?

Work in pairs to prepare a role play. Decide who will be **Person A** and **Person B**. Read the situations below and practice changing the conversation away from appearance.

A Person A Read the text in <i>italics</i> out loud to Person B .	B Person B Reply to Person A , changing the conversation away from appearance.
1. You're walking to school and meet up with friends: A "Love your hair — looks really good!" B replies: ...	2. Your friend is looking through your photos: A "I love your jeans — they make your legs look so long and thin." B replies: ...
3. You're with friends and see another student in the street: A "Wow, her face has really broken out bad today. Hasn't she heard of makeup?" B replies: ...	4. Your friend shares holiday photos in a group Whatsapp chat: A "Man, I need to go the gym more, my arms are tiny!" B replies: ...
5. Your friend shares selfies from an influencer's Instagram account: A "Wish I was as skinny as her." B replies: ...	6. You're getting changed for PE: A "You really need to tone up!" B replies: ...

Feeling stuck?

You should change the conversation like this:

Person B:

Talking about appearance is unhelpful because...

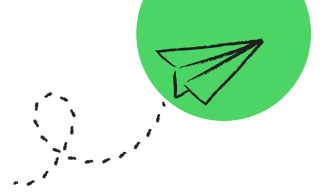
Talking about appearance is a waste of energy because...

Let's talk about...

You could also try swapping roles or acting out a different situation.



Worksheet



Body talk is any conversation about appearance.

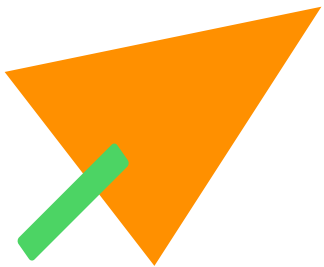
What have we learned today?



Body talk can be problematic for our self-esteem.



Avoid body talk, and focus on other qualities.





How will you be a champion for change?



Going further



Going Further Sheet



Congratulations!

You've now completed

Workshop 4 of Confident Me:
School Workshops for
Body Confidence

The next session is:

Workshop 5 / Be the Change