

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?

How do you think this conversation makes them feel about their appearance?

How do you think this conversation will affect their feelings about their appearance in the long-term?



“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?

How do you think this conversation makes them feel about their appearance?

How do you think this conversation will affect their feelings about their appearance in the long-term?

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 *italics* 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: ...

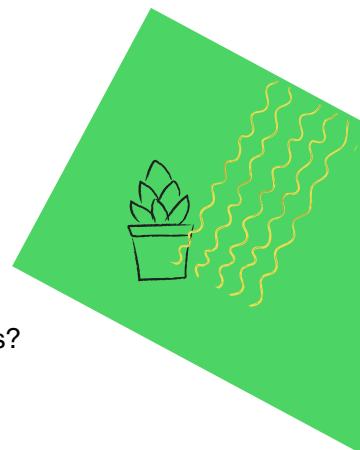
6. You're getting changed for PE:

A *"You really need to tone up!"*

B replies: ...



Going further



Body talk: main messages to remember

- Body talk is any conversation about appearance that reinforces appearance ideals.
- Body talk can make us feel less confident about ourselves.
- Avoid body talk and focus on other qualities and what really matters to us.

In what ways could you take action to challenge the use of body talk by yourself and others?

Record your answers below.

Taking action for yourself

What I did:

How I felt:

How about...

Listen for when body talk enters your conversations. Practise stopping body talk or changing the conversation, both face-to-face and online.

Taking action for others

What I did:

How I felt:

How about...

Think of ways that your group of friends can make a commitment to stop using body talk. You could agree on something to say or do that shows the conversation needs to be changed.

