

confident me



School Workshops
for Body Confidence



FIVE SESSIONS

WORKSHOP 2
Media Messages

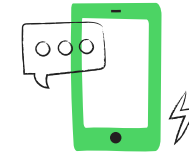
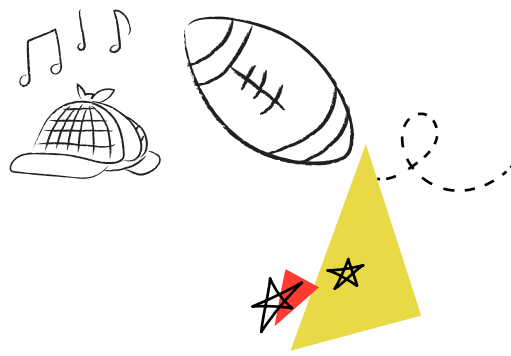


What have we learned?

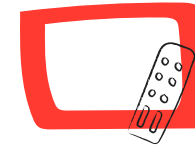


It's not worth
trying to match
appearance ideals.

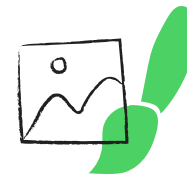




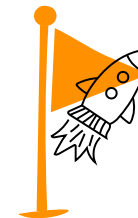
What are media messages?



Purpose of media messages



Manipulation of media messages



Remixing responses

What are we learning today?

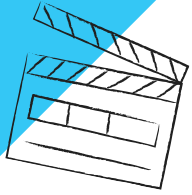


What are our workshop ground rules?

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

The background features a collage of geometric shapes and patterns. In the top left, there is a yellow triangle with a black and white patterned area and a red line. Below it is an orange triangle with the text 'I?!' and three small circles. The center is dominated by a large blue parallelogram. To the left of the bottom part of this blue shape are wavy lines and a blue diagonal line. In the bottom right, there are green shapes. A red circle with a dotted line is located near the bottom center.

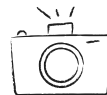
What do we mean by media?



How can images be manipulated?



Video





Discussion questions



- 1 *What did you find surprising, unreal or unlikeable about what you saw in the film?*
- 2 *List all the decisions that were made about the image BEFORE the photos were taken.*
- 3 *List all the decisions that were made about the image AFTER the photos were taken.*
- 4 *Why do you think the image is created in this way? Who benefits from this social media post?*
- 5 *Why do you think the unrealistic images you see in the film are unfair and misleading?*
- 6 *Why do you think it is unrealistic or unfair to compare the way you or your friends look to manipulated images of people you see in professional or social media?*

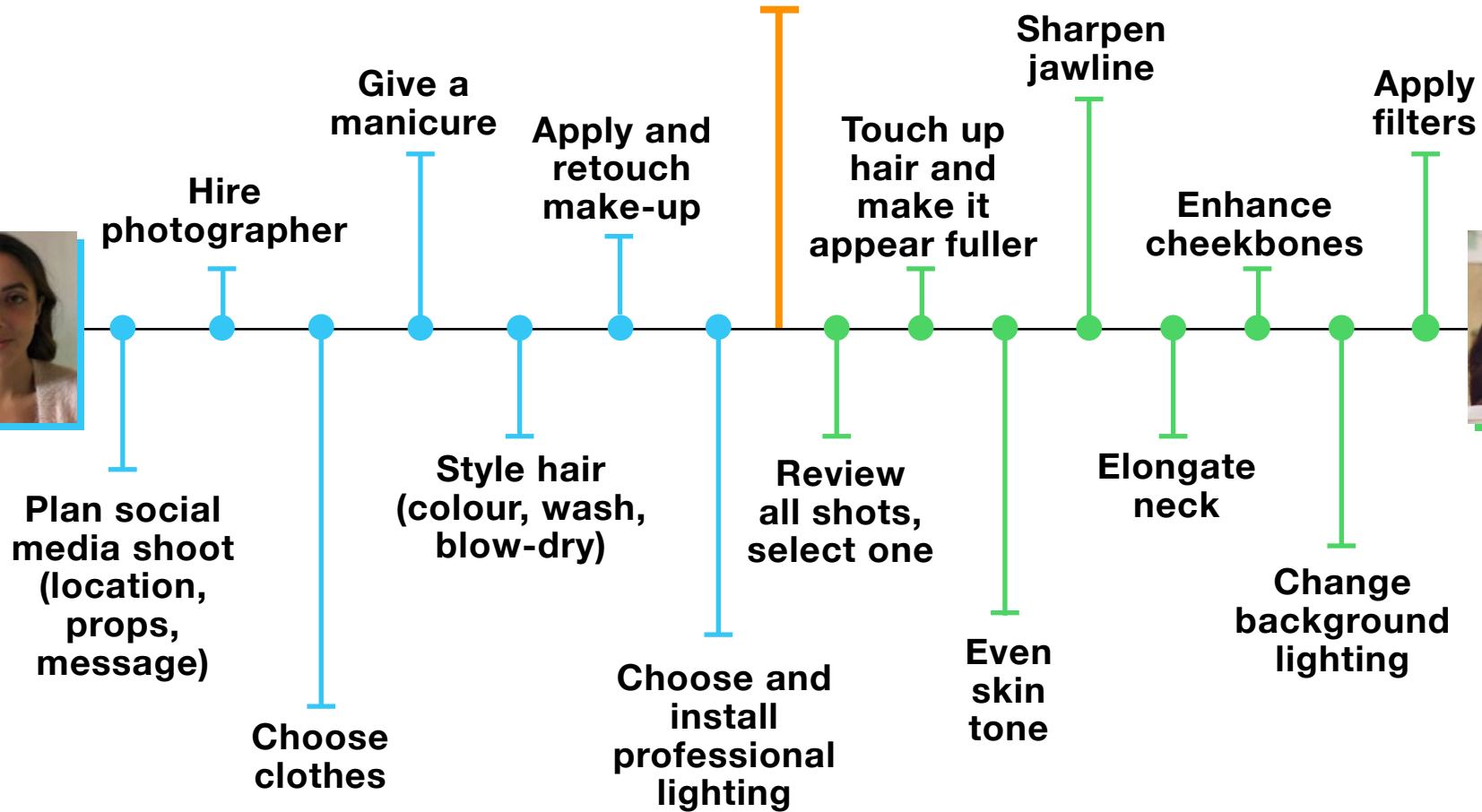
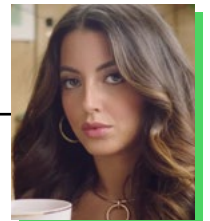
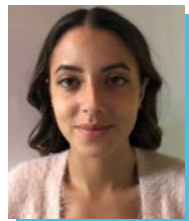
How can images be manipulated?



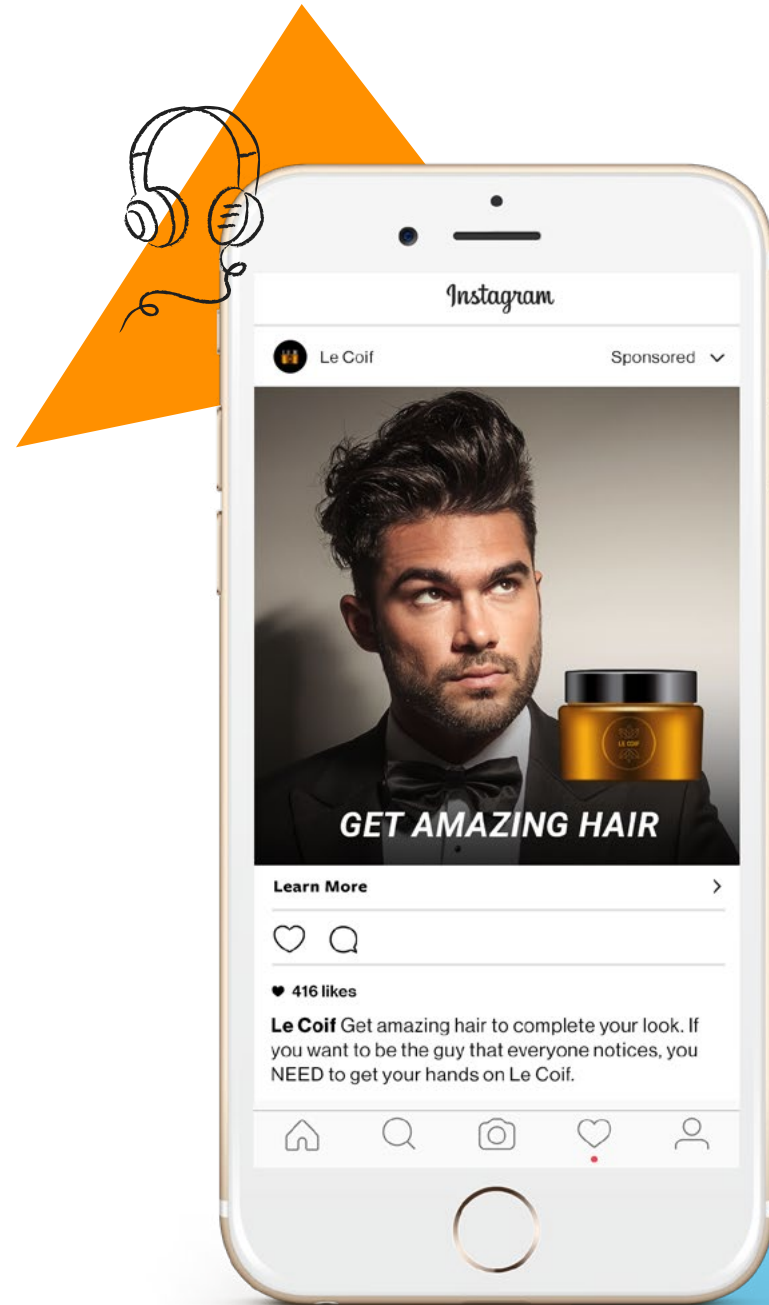
Before

photos taken

After



Why is media often created this way?



Why is media often created this way?

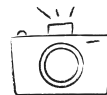
Promise / Feelings / Actions / Results / Fix



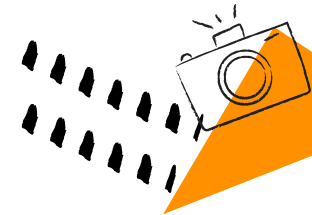
What is the impact of media messages?



Video



Activity 1



Name:..... Confident Me / 2 Media Messages / **Worksheet**

Is it fair to compare?



a.

You see this social media post of an influencer modelling clothes in a sponsored ad.



What message is this trying to get across?

If you buy these clothes, you'll look just as good as the influencer.

It's not fair to compare to this because...

Many influencers are paid like this one and use professional photographers and photo editing services to help sell products.

b.

You watch the latest video from your favourite artist:



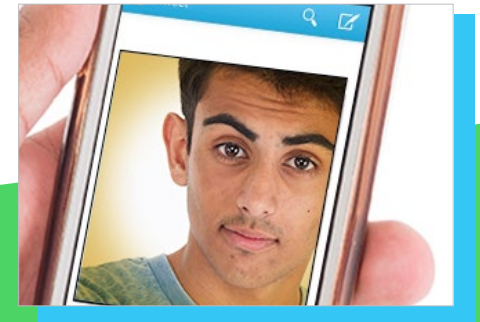
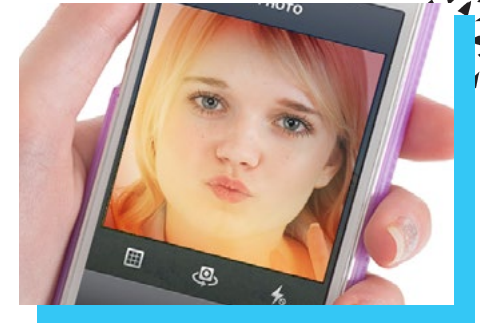
What message is this trying to get across?

It's not fair to compare to this because...



Worksheet

What is the impact of messages and images on social media?



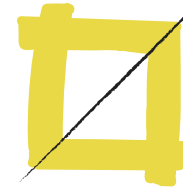
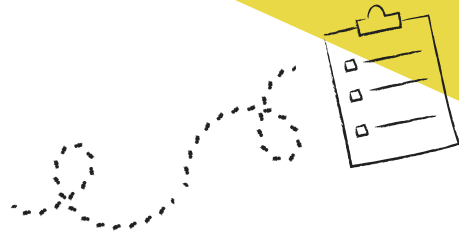


How can we change our responses to media messages?

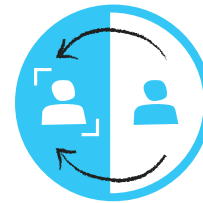
!?!?



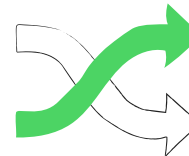
What have we learned today?



Media images are often manipulated.



It is harmful to compare people in real life to media images.



We can remix our responses to media messages.



How will you be a champion for change?



Going further



Going Further Sheet



Congratulations!

You've now completed

Workshop 2 of Confident Me:
School Workshops for
Body Confidence

The next session is:

Workshop 3 / Confront Comparisons