

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?

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)



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:



3 You are passing this bus stop going home from school...

Person A says: 'Wow, full lips like that are so attractive. Mine are so thin.'

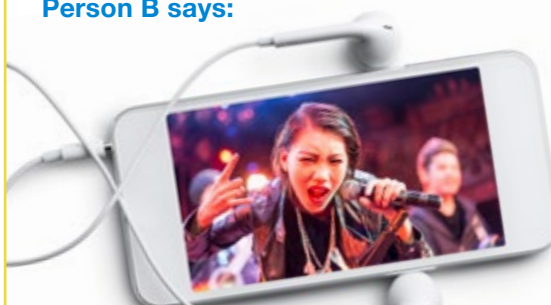
Person B says:



4 You are viewing the latest music video on your friend's phone...

Person A says: 'Their skin is so clear, nothing like mine. I've got **so** many spots!'

Person B says:



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.

[illegible]

When I hear my friends compare their appearance...

I can change the topic.

[illegible]

Going further



Comparisons: Main messages to remember

- Comparing the way we look to others is neither helpful nor realistic and can have negative consequences for ourselves and others around us.
- Making comparisons can trap us in a downward spiral that can bring others down with us.
- By avoiding comparisons, we will improve our self-esteem and body confidence, and help to create a more diverse, interesting, and productive world.

How will you take action to make appearance less important for yourself and others, helping everyone to break free from the 'whirlpool of comparisons'? **Record your answers below.**

Taking action for yourself

What I did:

How I felt:

How about...

Every time you catch yourself comparing your appearance, remind yourself that we're all meant to be different.

Taking action for others

What I did:

How I felt:

How about...

Stay alert for when your friends compare their appearance to others, and try to stop the comparisons.

