



Positive Body Image

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To understand what body image is and who can be affected

To explore what influences body image for boys and girls

To know various ways someone can improve their own or a friend's self-esteem



Every
body is
beautiful



STARTER ACTIVITY

“A cover is not the book” – What do the lyrics of this Mary Poppins song mean?

Explain what is meant by the term ‘body image.’



3 Minutes

NEW VOCABULARY

Body Image, Confidence, Validation, Perfectionism, Perceived Imperfections, Plastic Surgery

GROUND RULES



Be Respectful
Listen & don't interrupt others
Only 1 person talking at a time
Use the agreed appropriate
Language (Avoid slang terms)



Be open and honest
No Personal Comments
Discussions must be about
'general situations'



PSHE CLASSROOM RULES

Don't Make Assumptions
about people's values,
attitudes, behaviours, life
experiences or feelings

You don't have to say
things about yourself if
you don't want to

DEALING WITH SENSITIVE TOPICS

Be Non-Judgemental
No put-downs. Challenge
the opinion, not the
person

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

It's OK to be embarrassed
by a topic but don't show
that you are embarrassed
through silliness



There are **no stupid questions**
It's OK to get things wrong



Conversations on sensitive
topics stay in the
classroom unless it is a
safeguarding issue

Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support








Positive Body Image

ASSESSMENT FOR LEARNING

BASELINE CONFIDENCE CHECKER




BEFORE THE LESSON	NOT CONFIDENT		CONFIDENT		VERY CONFIDENT
Knowledge, Skills & Actions	1  2	3  4	5  6	7  8	9  10
I can define the term 'body image'					
I understand the pressures that social media and society place on body image					
I know ways to raise my own and others' self-esteem					




Complete a baseline assessment of where you think you are at for this lesson
(Discuss or complete sheet)


2 Minutes




 I'm not confident at all on this topic

 A little confident

 Confident

 Very confident

 I am super confident on this topic

Task

Every morning I count on the fingers of one hand, five positive things about the day ahead.

What would be your five today?

*Five things I'm looking
forward to today*



Key Term Definitions



With a partner come up with a definition for the following key term



BODY IMAGE

Definition– [\[Click to Reveal\]](#)

A

Definition– [\[Click to Reveal\]](#)

B

Definition– [\[Click to Reveal\]](#)

C

Definition– [\[Click to Reveal\]](#)

D



Task

Which definition was yours closest to?



Qualities

Task

Draw an outline of a person with a line underneath

Write around the outside, the qualities you value in your friends and other people.

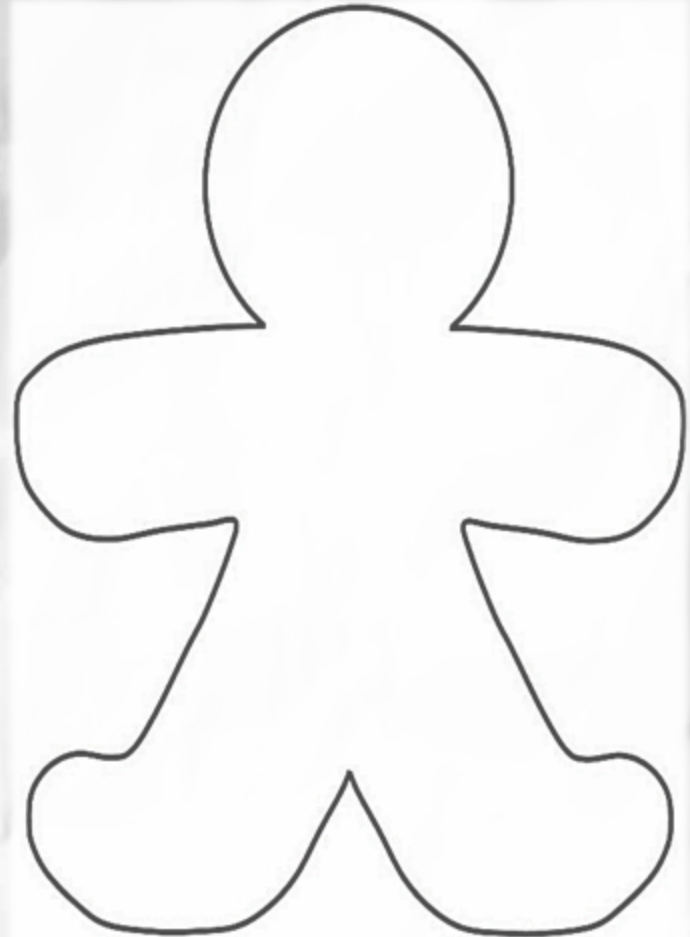
E.G. honesty, trust, loyalty, etc

Now add the qualities that make somebody successful in life on the inside.

E.G. hard working, focused, etc

Under the legs write down the qualities in life that are superficial and matter less.

E.G. good looking, nice hair, tall, etc



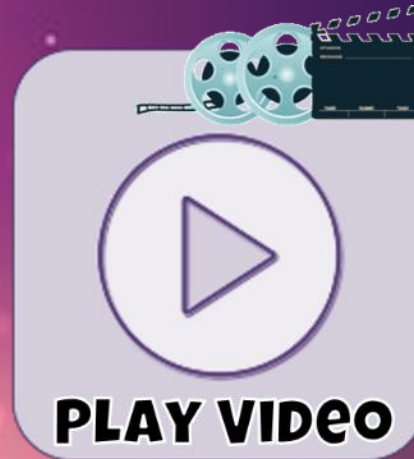


What is Body Image?



Why Don't I Like The Way I Look?

Task: Pick one or two coloured hats and answer all the related questions



4.5 Minutes



What facts do I know? What else do I need to know? What do I want to know?

INFORMATION

How do I feel about this? What don't I like about this? What do I like about this?

FEELINGS

Can something be done? New ideas? What are the solutions/suggestions?

CREATIVITY

What thinking is needed? Next steps? Where are we now?

THINKING

What is wrong? Is it safe? Can it be done?

JUDGEMENT

Discussion topics

Is body image the same as the way someone actually looks?

What makes people think they need to look a certain way?

How does gaining likes and followers on social media make people feel?

Is there anything wrong with the "selfie culture" we have today?

How can you help someone who is having body image issues?

Make up a discussion topic

Boys' Body
Image ft Dr
Ranj | Voice
Box |
Childline

6 Minutes



“Today, there is more pressure on young people to think about how they look”

Task

Video Review Questions

1. Is there more pressure today on boys to worry about how they look?
2. Why are boys less likely to talk about how they feel about their body?
3. Why might 'joking' or 'banter' about body issues be harmful?
4. How could we start talking more about this issue?
5. How do we know when to seek help?

Why is body image a big thing for boys?

Body Image Issues

Year 7s

Year 9s

Celebrities / Influencers

**Challenges
groups may
face with body
image**

Year 11s

The Trans Community

Adult Men

The Disabled Community

Adult Women

How do some people change their bodies around the world to appear more attractive?

Europe



Ethiopia



Borneo



Burma



Africa



Korea



America



Why do people change their bodies?

When is it too much?

Is this attractive?

How do celebrities influence our own body image?

What Do You Think?



“Is it okay to change your body to make you appear more attractive and feel more confident?”

Talking Points



- I think that ...
- I don't think... is right because...
- My opinion is...
- I would argue the same because...
- I disagree with... because...
- Building on what... said. I think...
- An alternate way of looking at this is...
- I sort of agree, however...
- I would challenge what.. said because ...

Do you agree or disagree? Why?

Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

Do you have an alternative idea?



What Do You Think?



“Seeking validation from social media can perpetuate a fear of failure, seeking perfectionism as others’ lives appear to be perfect”

Talking Points



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Real Beauty Sketches



**Dove Real Beauty Sketches |
You're more beautiful than you
think**

Task: Pick one or two coloured
hats and answer all the related
questions



3 Minutes



**What facts do I
know? What else
do I need to know?
What do I want to
know?**

INFORMATION



**How do I feel
about this? What
don't I like about
this? What do I like
about this?**

FEELINGS



**Can something be
done? New ideas?
What are the
solutions/
suggestions?**

CREATIVITY



**What thinking is
needed?
Next steps?
Where are we
now?**

THINKING



**What is wrong?
Is it safe?
Can it be done?**

JUDGEMENT

Write ten things you love about yourself and read it back when you are feeling down.



Listen to positive music that creates or inspires a body positive image.



Remind yourself that Instagram is often unrealistic.



Take time away from social media to engage in other activities that don't involve being online.

Tasks

Create a wall of ideas of how someone can improve their self-esteem and their body image.
(Bring your ideas to the board on post-it-notes)

REAL LIFE



The Greatest Showman
['This Is Me' Lyrics Video]

What is this song about?


VS.

Did you know?

Pressure to be socially accepted and celebrated can be too much to handle and can adversely affect the self-esteem of many social media users. Social media is fast becoming a distorted version of what is real and where perceived imperfections are not welcome.

SOCIAL MEDIA LIFE



A woman with long dark hair is shown in profile, looking towards a large grid of many small portrait photographs. The grid is composed of numerous small, square images of various people's faces, arranged in a dense pattern. The lighting is dramatic, with the woman's face partially in shadow.

How does the
media affect our
relationships
with ourselves
and others?

IDEAS
(CLICK TO REVEAL)

- Newspaper Headlines Analysis



Task

What do these headlines mean? Do any of them surprise you or worry you?

Challenge

What might be the lasting impact of these headlines on the younger generation?








REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



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I can define the term 'body image'					
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I know ways to raise my own and others' self-esteem					





Complete the confidence checker of where you think you are at for this lesson

(Discussion or complete sheet)


3 Minutes




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 Very confident

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HOMEWORK SUGGESTION



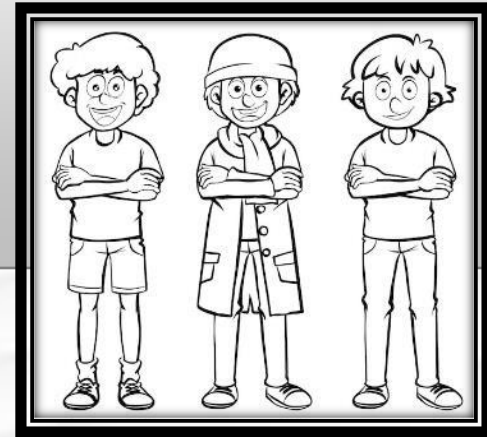
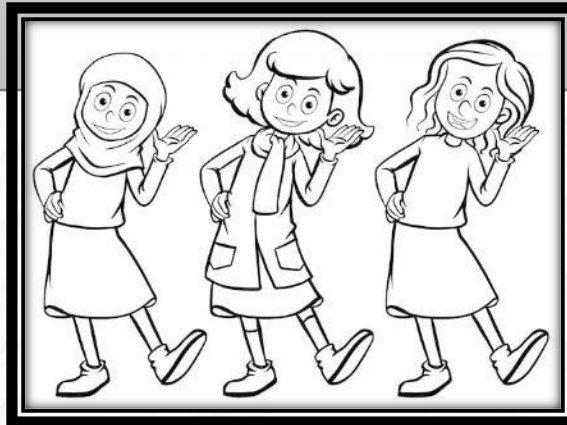
Homework Explained

Draw a picture of yourself and annotate it with at least 6 things that you like / love about yourself.

DUE DATE

Must be submitted by...

Hand / Google
Classroom





IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ChildLine - You can talk to us about anything. No problem is too big or too small. Call us on 0800 1111 or chat to us online <https://www.childline.org.uk>
- www.verywellmind.com - award-winning resource for reliable, compassionate, and up-to-date information on the mental health topics
- www.mind.org.uk
- <https://www.nhs.uk/> - Loads of information on a very wide range of physical and mental health issues



SEEKING SUPPORT

WELLBEING

REFLECTION PLENARY



A problem I overcame today was...

**Before I only knew...
now I also know...**

**The key words for this lesson
were...**

I'm really proud of the way I have...

Today I have tried to...

**The most important thing I have
learnt today is...**

I used to feel ... but I now feel ...

**Before I would have done...
Now I will ...**

Next lesson I would like to...

**A question I would like to ask
is...**

**I would like to learn more
about...**

**I know if I need further support
or help I could speak to... or
contact...**

**I now know I can support others
by...**

**One thing I didn't realise was...
this will help me to...**

2 Minutes





REFER TO MINDFULNESS POWERPOINT



Time for a little something extra?

?? Minutes