

2021 Update, Global UK English edition



# confident me

School Workshops  
for Body Confidence

PSHE Association  
Quality Assured  
Resource  
PSHE  
Association



SINGLE SESSION

# What are the ground rules for this session?

- 1 Respect diversity
- 2 Listen to others
- 3 Ask questions
- 4 Keep it confidential
- 5 Please contribute
- 6 Right to pass







# What is body confidence?





# What are appearance ideals?

The way our society tells us is the ideal or 'best' way to look at a certain point in time.

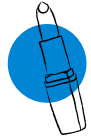




# What are today's appearance ideals?



Worksheet



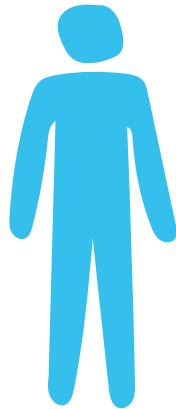
# Activity 1

## Appearance ideals

Label the body below with as many features as you can that make up today's appearance ideals.



What are appearance ideals for males?



What can trying to match appearance ideals cost someone?



**Time** (e.g., late for school because of spending too much time styling hair)

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**Money** (e.g., buying all the latest 'must-have' products)



# Activity 2

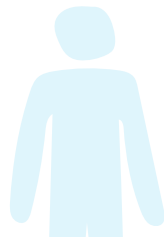
## What appearance pressures might young people face?

### Appearance ideals

Label the body below with as many features as you can that make up today's appearance ideals.

1

What are appearance ideals for males?



What can trying to match appearance ideals cost someone?

2



**Time** (e.g., late for school because of spending too much time styling hair)

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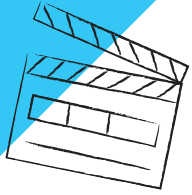
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2



**Confident Me / Single Session 8**



# How can images be manipulated?



Video





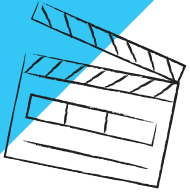
# Activity 3

## 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 *How do you think the image makes the girl who likes the post at the end of the film feel?*
- 6 *Think how the image of the influencer has been changed from reality. How might seeing these changes make someone feel?*



!?!?



# Just a selfie?



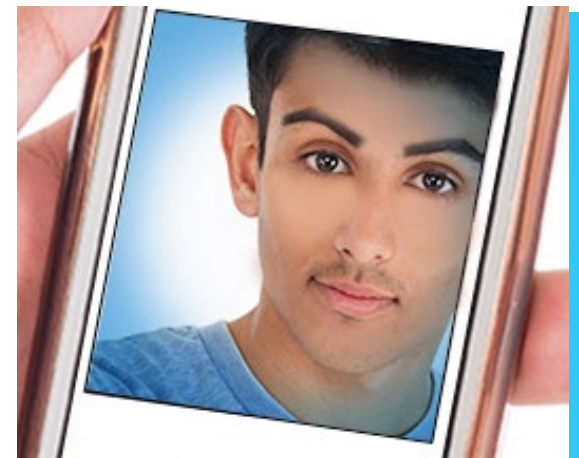
## How can images be manipulated?



Video



# Manipulated images on social media




# Activity 4

## How might appearance pressures be challenged?

### Challenging appearance pressures (private reflection)



What could you do to show that you don't agree with the way professional media emphasises an unrealistic 'ideal' way to look?



What could you or others do differently on social media when creating or sharing pictures, films and messages?

How could changing your behaviour help people to feel better about the way they look?

#### Feeling stuck?

How could you let companies know that you are unhappy with the unrealistic images they use to sell products? Could you use social media to let others know you are unhappy? How would you do this?

#### Feeling stuck?

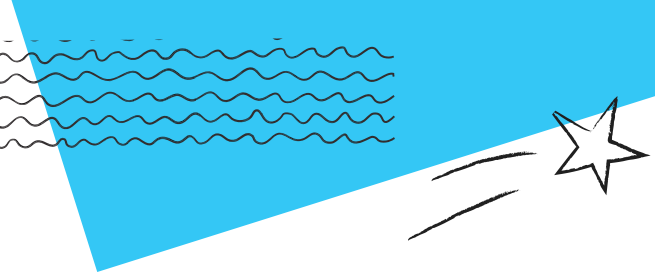
Think about what you could do differently when you comment on your friends' photos? Could you change the type or style of photos you choose to upload?

#### Feeling stuck?

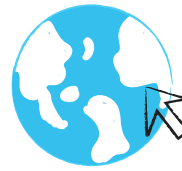
How might it feel to see more realistic, unedited photos on social media?



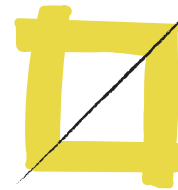




# What have we learned today?



Pressure to look  
a certain way  
comes from the  
world around us.



It's important to  
remember images of  
people that we see in  
all types of media  
aren't always real.



It's unfair for people  
to compare themselves  
to this media.

# Activity 5

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## Feeling stuck?

How might it feel to see more realistic, unedited photos on social media? Would this reduce the appearance pressures people face?

## Be a champion for change!

**Work by yourself.** Write down one thing you will start doing, or do differently, to champion what is 'real' in yourself and others as a result of today's workshop.

I pledge to

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## Feeling stuck?

Think about what will help you challenge the pressure you and your friends feel to look a certain way. Try to choose a simple action that is easy to achieve.



Pressure to look a certain way comes from the world around us.



It's important to remember images of people that we see in all types of media aren't always real.



It's unfair for people to compare themselves to this media.

**Celebrate your  
individuality and the  
diversity of the people  
you know. We are all  
one of a kind!**

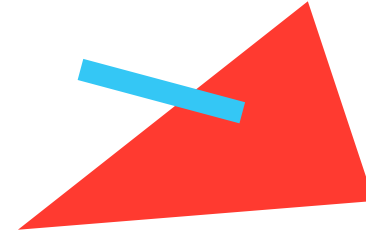
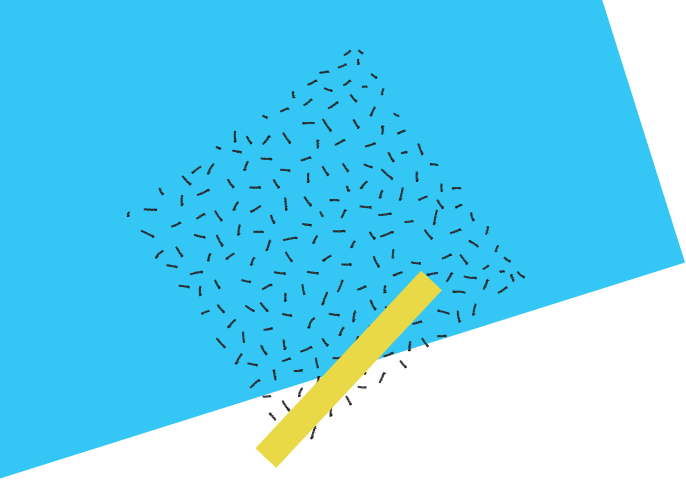


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Resource



dove.com/selfesteem

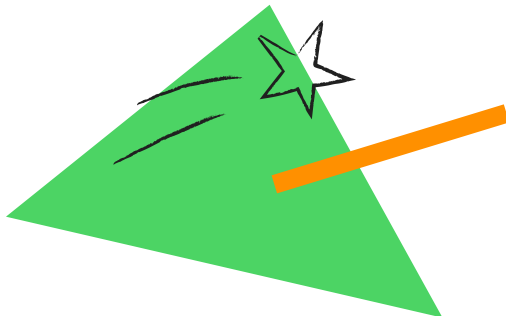




# Congratulations!

**You've now completed Confident Me: Single Session.**

Remember your commitment to champion body confidence every day.







# Further support

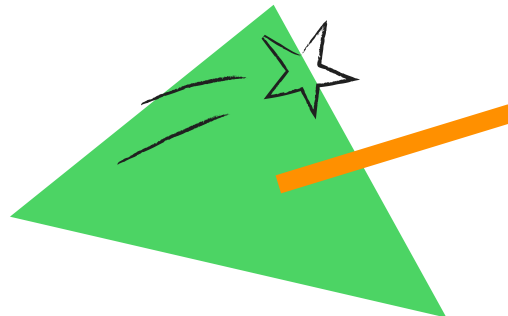
If you need further support with any of the areas discussed today, you can always speak to a trusted adult at school or at home, or reach out to an organisation:

**Young Minds**

**Text: YM to 8258**

**The Mix**

**Phone: 0808 808 4994**



# Extension Activity

What would you say to a friend to convince them that they shouldn't compare themselves to manipulated media images?



# Extension Activity

What would you say to a friend to convince them that they shouldn't compare themselves to manipulated media images?

Media messages are unrealistic

Have you noticed how many photoshopping apps and filters are available to people? Little of what you see in the media is actually real





# Extension Activity

## How do you respond to professional media?

Work in pairs and label yourselves **Person A** and **Person B**.

Read the situations below and practise how to respond when you see images in professional media.

### Person A

Imagine you are advising the friend described below. Share with **Person B** what you would say or do to support the friend.

- 1 A friend is watching this popular television programme and says:

*'Look at those bodies! I wish I had abs like that.'*



### Person B

Imagine you are advising the friend described below. Share with **Person A** what you would say or do to support the friend.

- 2 On the bus journey home, a friend sees this bus stop and says:

*'Wow, she looks so attractive - especially her full lips. I wish I looked like that.'*



### Feeling stuck?

It's not possible to look like them because ....  
Think back to the 'Dove: Selfie' films you watched.

