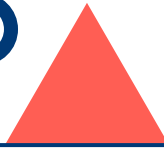


Appearance Ideals

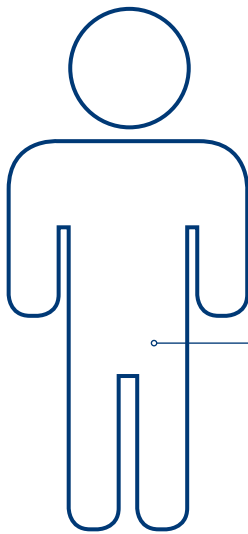


Name: _____



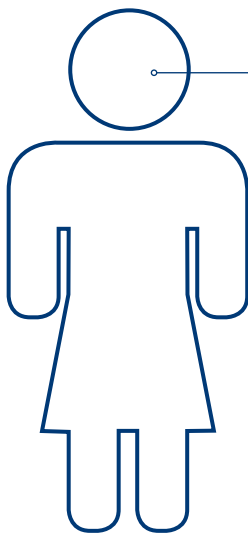
Label the body below with as many features as you can that make up today's appearance ideals.

What are appearance ideals for males?



— Six-pack abs

What are appearance ideals for females?



— Long hair

What can trying to match appearance ideals cost you?

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

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

Emotions (e.g., not feeling good enough)

Going Further



Name:



What action could you take to place less importance on how you look and prevent yourself and others from focusing on appearance ideals? Record your answers below.

Taking action for yourself

What I did:

How I felt:

Taking action for others

What I did:

How I felt:

Appearance Ideals:

Main messages to remember

- + Trying to match appearance ideals can be harmful.
- + They are based on opinion, not fact, and are changing all the time. This makes them unrealistic and actually impossible for most people to live up to.
- + The way you look is not a measure of your worth.
- + Rather than focusing on appearance, value other qualities about yourself and your peers, and celebrate your real successes in life!

Things you could do

Carry out three feel-good actions instead of spending time, money and emotional energy trying to match appearance ideals. Commit a random act of kindness by praising someone with a non-appearance-related compliment.

Celebrate your individuality and the diversity of the people you know. Aim to be the best you can be – you are one of a kind!