

Confident Me

School Lesson for Body Confidence



1 Lesson One: Appearance Ideals

What Are Our Class Agreements?

Respect differences

Choose a level of participation based on your comfort level

Delay distractions

Right to pass



What Are We Learning Today?

What do we mean by appearance ideals?

What are external sources of appearance ideals?

What are appearance pressures?

How do we challenge appearance pressures?



What Do We Mean by Appearance Ideals?



What our society or culture tells us is the ideal or 'best' way to look at a certain moment in time

What Are Today's Appearance Ideals?

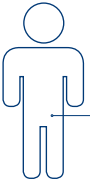
Appearance Ideals

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?

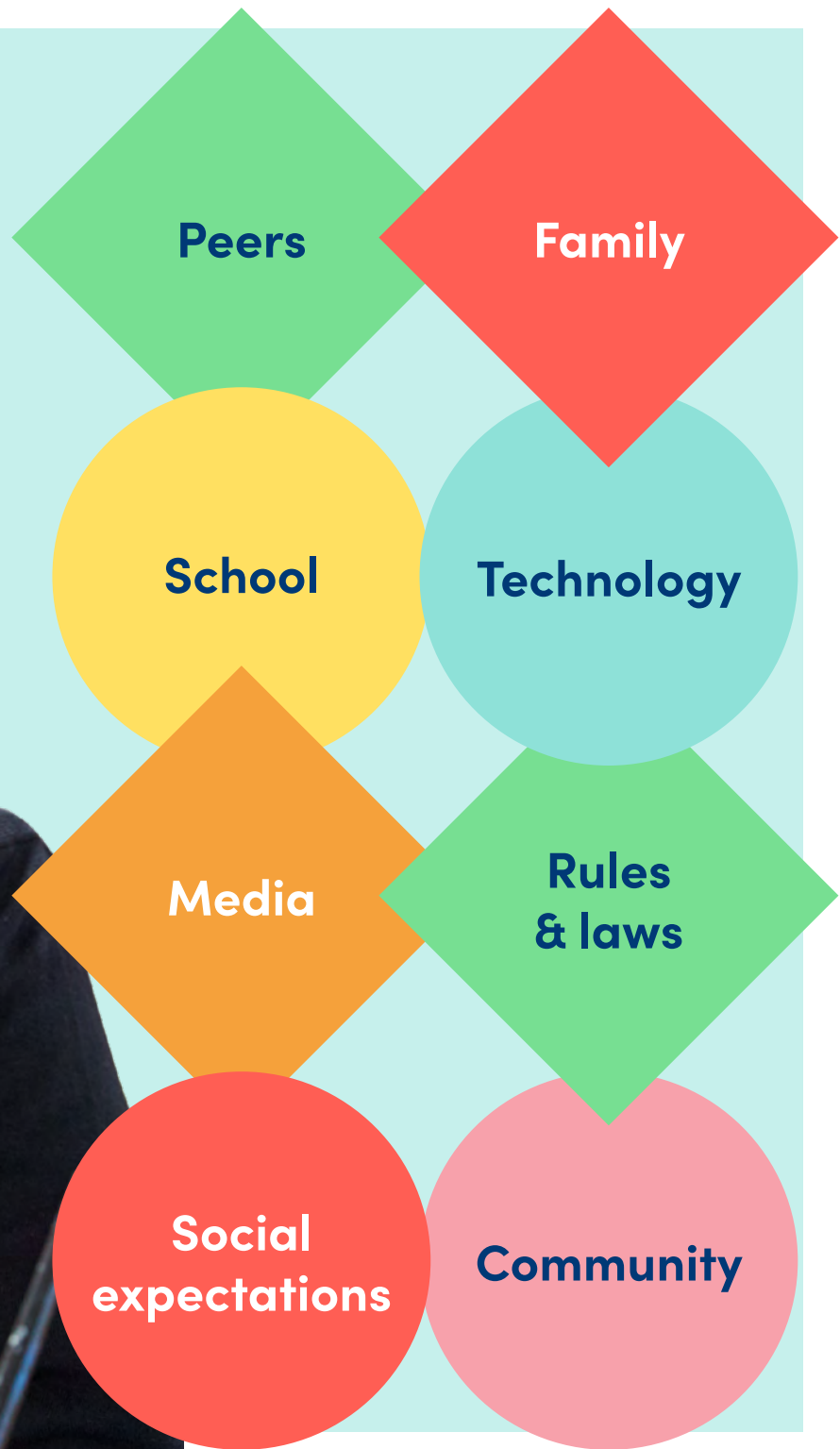
Time (e.g., late for school because of spending too much time styling hair)

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

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



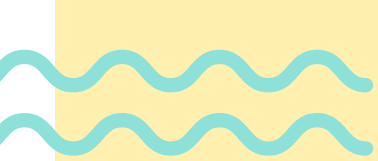
External Influences



How Are Appearance Ideals Constantly Changing?



Can We Match Appearance Ideals?



Where Do We Learn About Appearance Ideals?

Where do you think these appearance ideals come from?

Where do we find out about them?

Why do you think it is important to know where these external influences come from?



What Appearance Pressures Do We Face?



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?

What are appearance ideals for females?

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)

Six-pack abs

Long hair



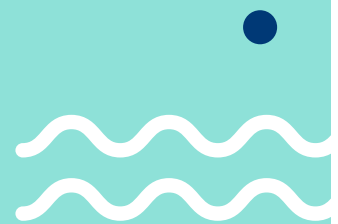
What Is the Impact of These Appearance Pressures?





What do you think people believe they will achieve by matching appearance ideals?

Aside from a change in appearance, what else do they think might happen or change in their life?



What Else Can We Value?

Write...

...a quality that
you admire about
yourself (not
appearance-
related).

...something you
enjoy doing.

...one way you
can champion
changing the external
influences people your
age face.



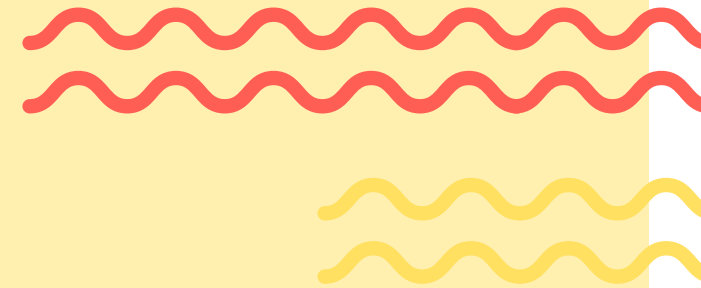
What Have We Learned Today?

Trying to match appearance ideals can cause problems.

External influences sometimes encourage negative behaviors.

People have always faced pressures to look a certain way.

We can learn to value other qualities in people instead.



Congratulations!

You've now completed

Lesson One of Confident Me:
School Lessons for
Body Confidence



Next is:
Lesson Two
Media Messages



Optional Extension Activity



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:

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!

Taking action for others

What I did:

How I felt:



