

How Do You Confront Comparisons?



Name:



What happens when people compare looks?

Tick the answers to record your class vote.



Are the people we usually compare ourselves to...



better looking?

not as good-looking?

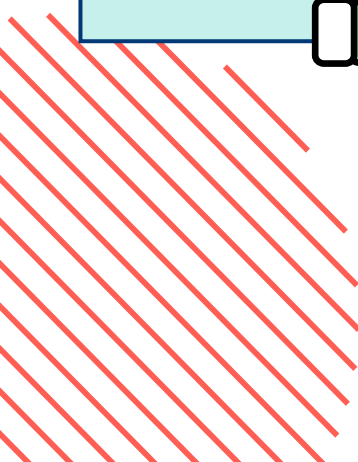


Do people usually compare the body parts they...



like?

dislike?



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Semi-scripted role play

- 01 Jennifer and Shana are on Instagram looking at photos of their friends.** Shana mentions how she wishes her hair was straighter and that she was taller just like her classmate Crystal. Finish the semi-scripted role play below. Make sure the following criteria are met within the role play:
- 02 Abdul and Joey are shooting hoops after school.** Abdul keeps missing the basket and tells Joey if only he were taller, he'd be a much better player. Joey laughs and says he wishes he could bulk up more; he hates being so skinny. Finish the semi-scripted role play below. Make sure the following criteria are met:
- 03 Marcela and Isabelle are viewing the latest music video of one of their favorite musical artists.** Marcela: "Her skin is so clear, nothing like mine. I've got so many spots!" Isabelle: "It's over our phone, so maybe we aren't seeing her close up!"

- **The definition of appearance ideals is included.**
- **At least two positive influences/comments are included.**
- **At least two harmful impacts of appearance ideals are included.**
- **A respectful tone is used.**

Semi-Scripted Performance Checklist

(for teacher or peers to use on each other)

Skill	Present? (Yes/No)
Defines appearance ideals.	
Two harmful impacts of appearance ideals are listed.	
At least two positive influences/comments are included.	
Uses a respectful tone within the script.	



Going Further



Name:



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

Taking action for yourself

What I did:

How I felt:

Things you could do

Practice staying alert for when you or your friends compare your appearances to others, and try to stop the comparisons.

Remember to change your internal script and use one of the alternatives you have role-played and rehearsed.

Celebrate your own positive qualities by writing a short statement, list or poem that begins with the statement "There's more to me..." Capture what you feel good about and would like others to recognise.

In preparing for the next lesson, be aware of other ways you talk about appearances (your own or other people's).

Taking action for others

What I did:

How I felt:

Confront Comparisons: Main messages to remember

- + Every single person is unique, so comparing the way we look to others is not helpful, nor is it realistic. It can have negative consequences for ourselves and others around us.
- + Even though it might feel natural or automatic to compare ourselves to others, we can become trapped in a whirlpool of comparisons that can bring others down with us.
- + By avoiding comparisons based on looks and instead focusing on being the best possible version of ourselves, we will improve our own self-esteem and body confidence, and help create a more diverse, interesting and productive world.

