

Confident Me

School Lesson for
Body Confidence



3

Lesson Three:
Confront Comparisons



What Have We Learned?

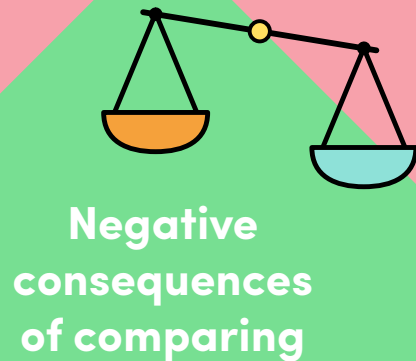
It's not worth trying to match appearance ideals.

Media images are often manipulated.



What Are We Learning Today?

The comparison process



The 'whirlpool of comparisons'

Changing our scripts



What Are Our Class Agreements?

Respect differences

Choose a level of participation based on your comfort level

Delay distractions

Right to Pass



How Do We Compare With Those Around Us?



How Do We Compare Our Looks?



Are the people we compare with usually:

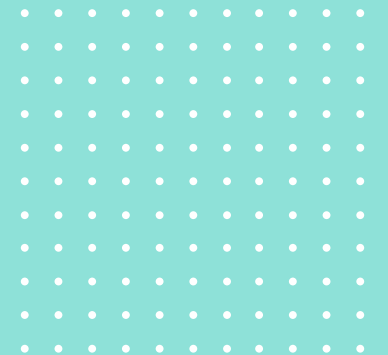
better looking?

not as good-looking?

Do we usually compare the features of our appearance that we:

like?

dislike?



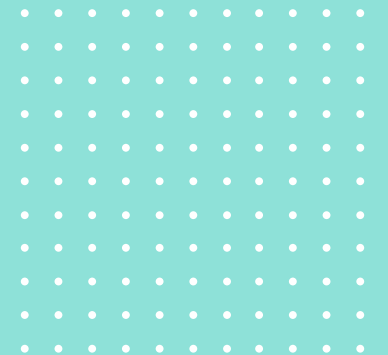
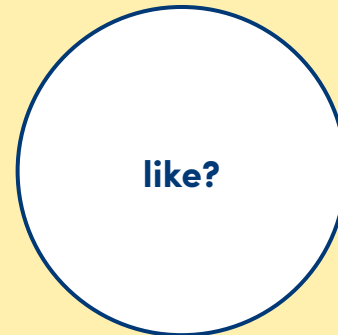
How Do We Compare Our Looks?



Are the people we compare with usually:



Do we usually compare the features of our appearance that we:



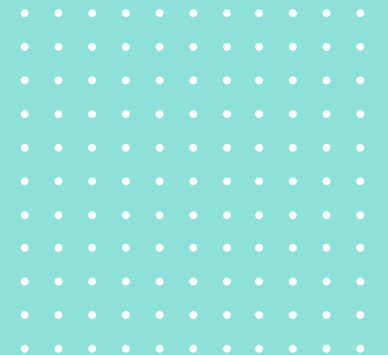
How Do We Compare Our Looks?



Are the people we compare with usually:



Do we usually compare the features of our appearance that we:



What Happens When People Compare Looks?

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...

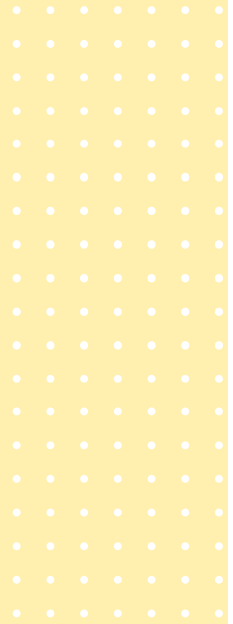
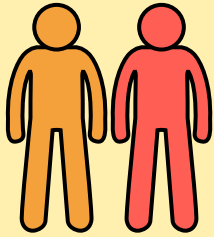
like? dislike?



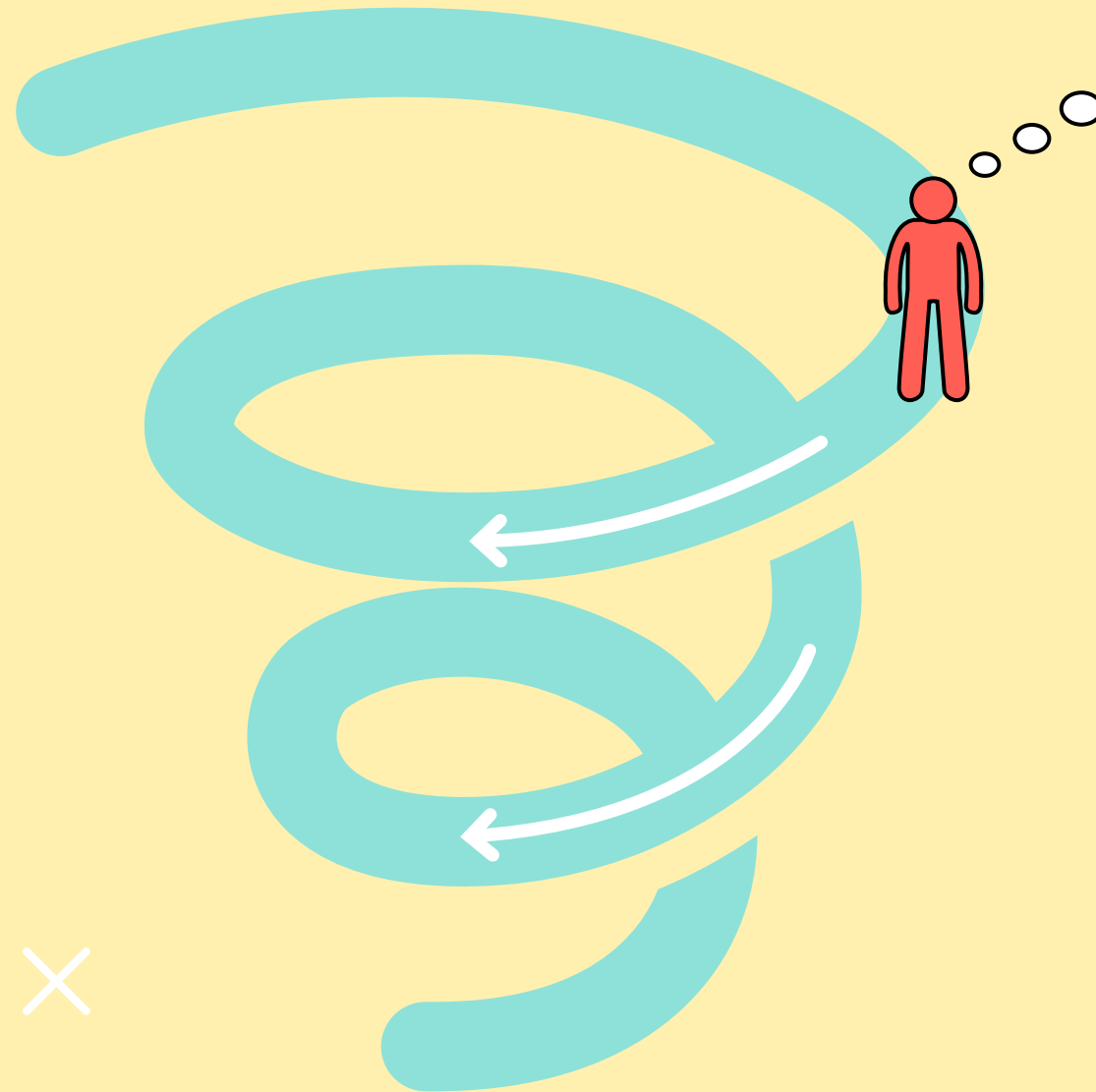
What is the Impact of These Comparisons?



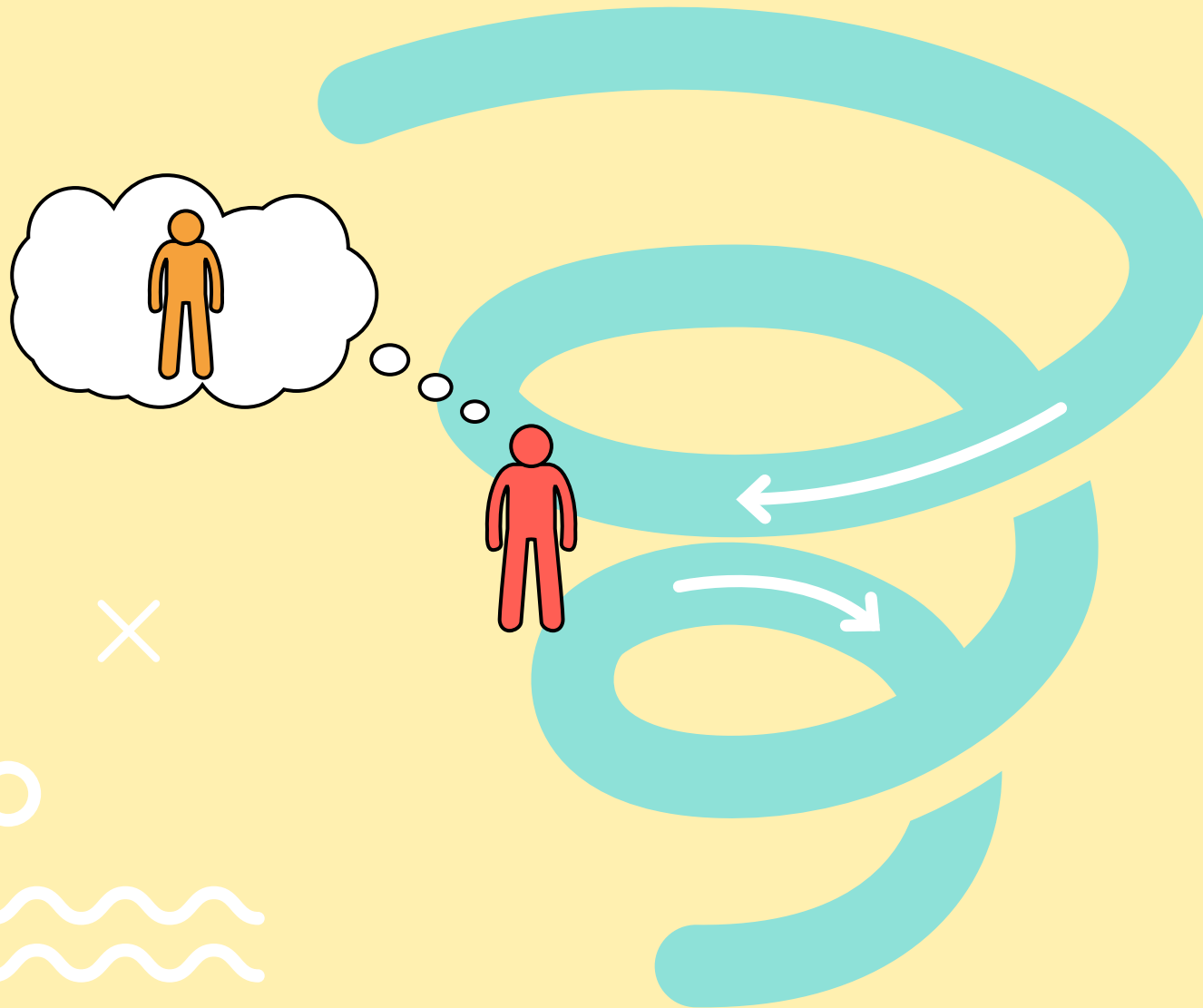
The 'Harmful Whirlpool of Comparisons'



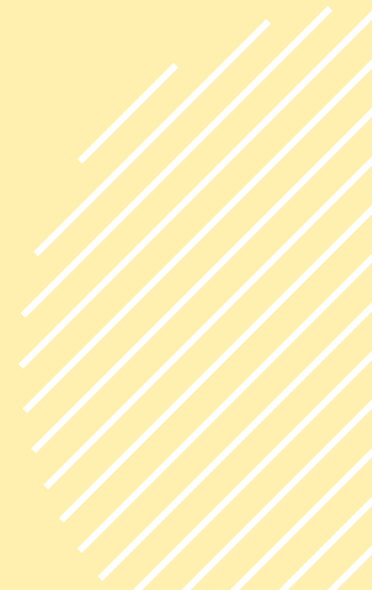
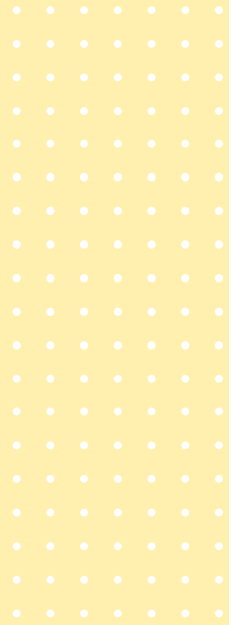
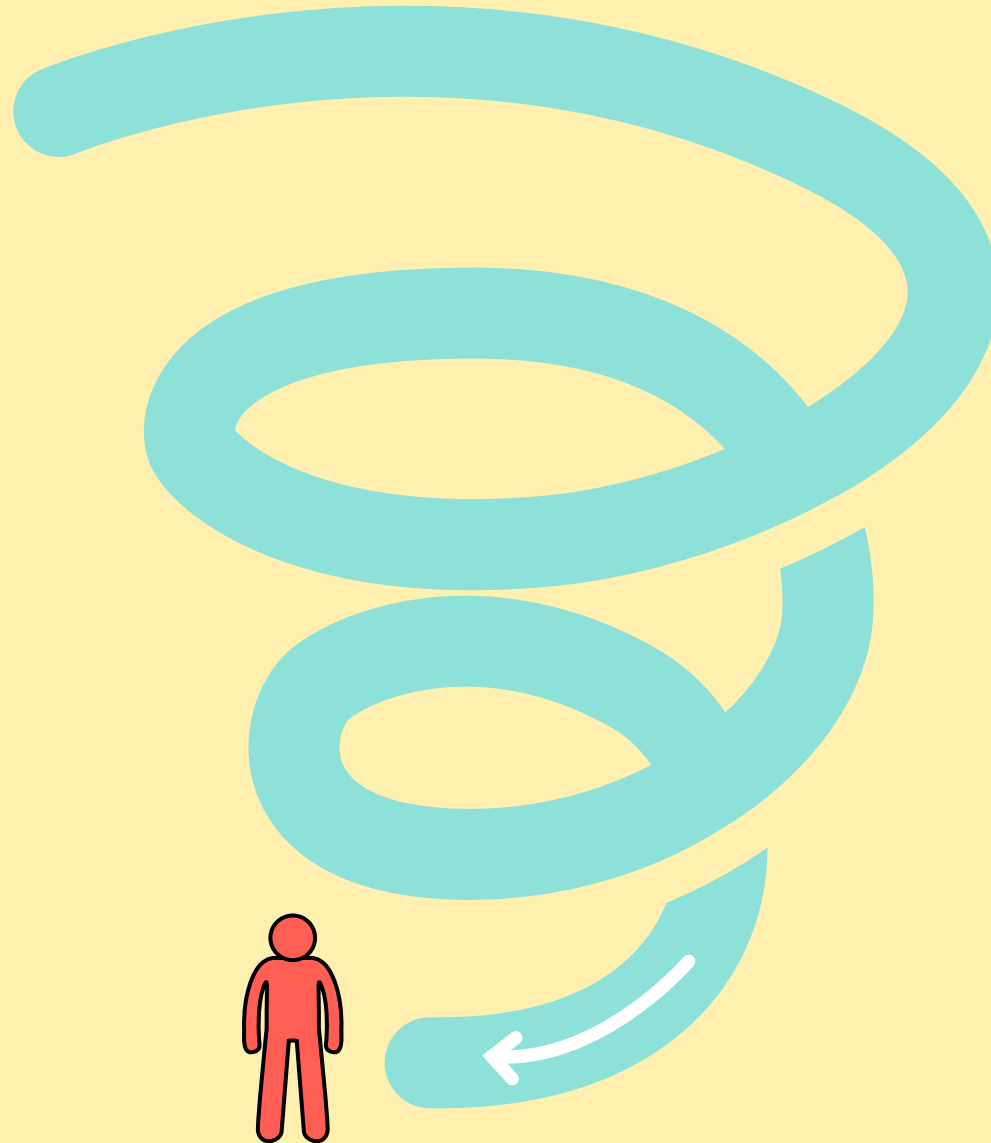
The 'Harmful Whirlpool of Comparisons'



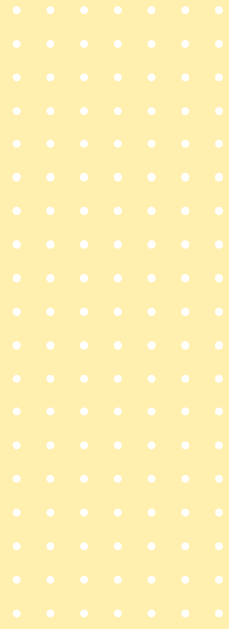
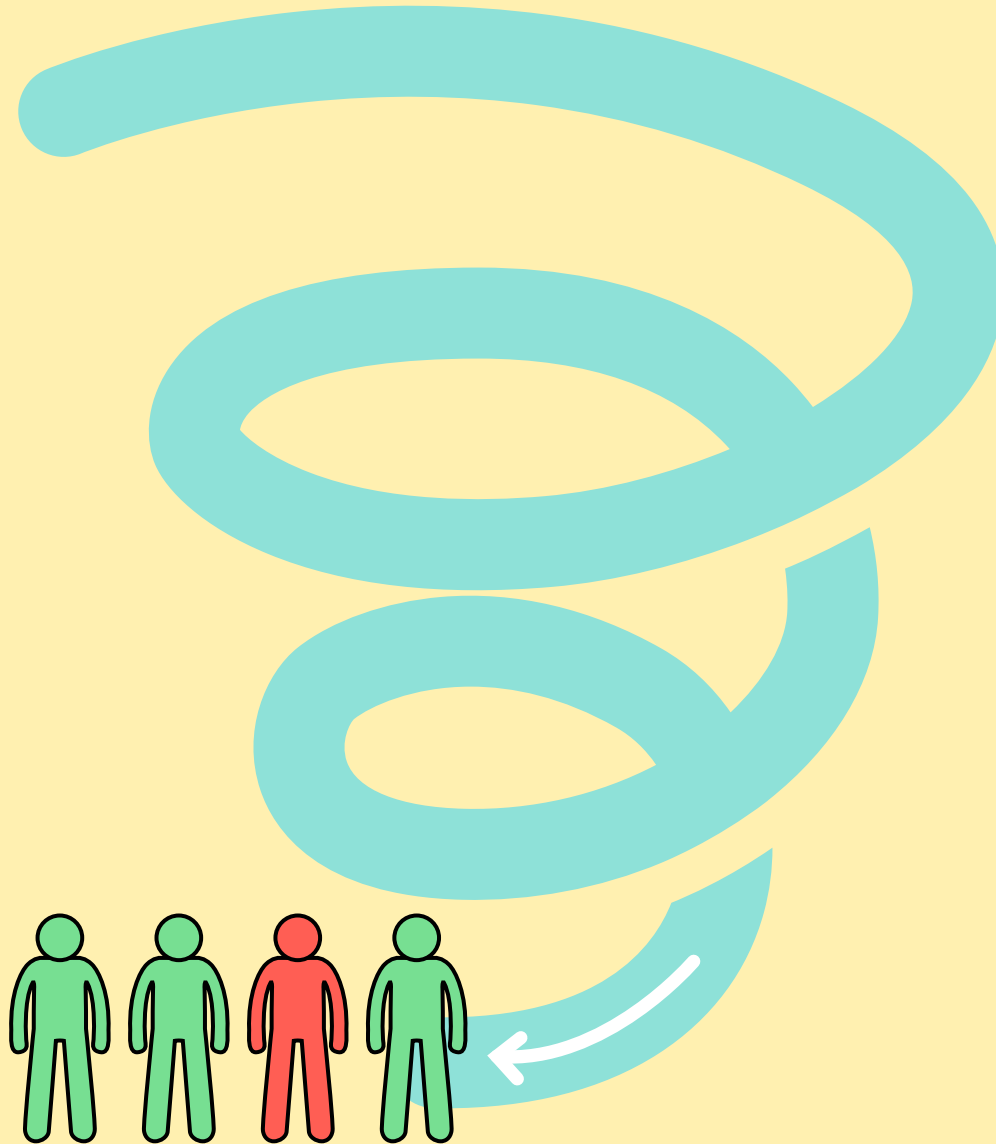
The 'Harmful Whirlpool of Comparisons'



The 'Harmful Whirlpool of Comparisons'



The 'Harmful Whirlpool of Comparisons'



What Can We Do Instead?

+ Compliment ourselves and others on things that aren't about appearance

+ Focus on the good things about ourselves and others

+ Keep to the facts

+ Enjoy each other's company instead of being critical

+ Celebrate ourselves and our friends



Semi-Scripted Role Play

How Do You Confront Comparisons?

Name:



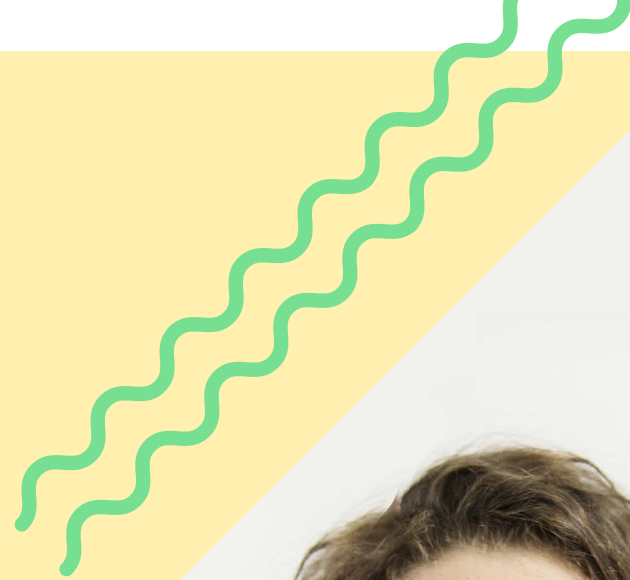
Semi-scripted role play

- 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.	



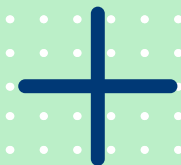
What Have We Learned Today?

Comparing the way we look to others is human nature.



We can challenge the process of making comparisons.

Making comparisons can have negative consequences.



How Will You be a Champion For Change?

Setting My Media SMART Goal

Name:



Be sure to make your goal SMART.

Because media is everywhere, there isn't a lot that we can control about it. But we can control how we let those messages influence us. Write a SMART goal committed to changing the way that media messages influence you and your attitude about your appearance.

SMART checker:

S

Explain how your goal is **specific**
(clear)

M

Explain how you know your goal is **measurable**
(able to show success)

A

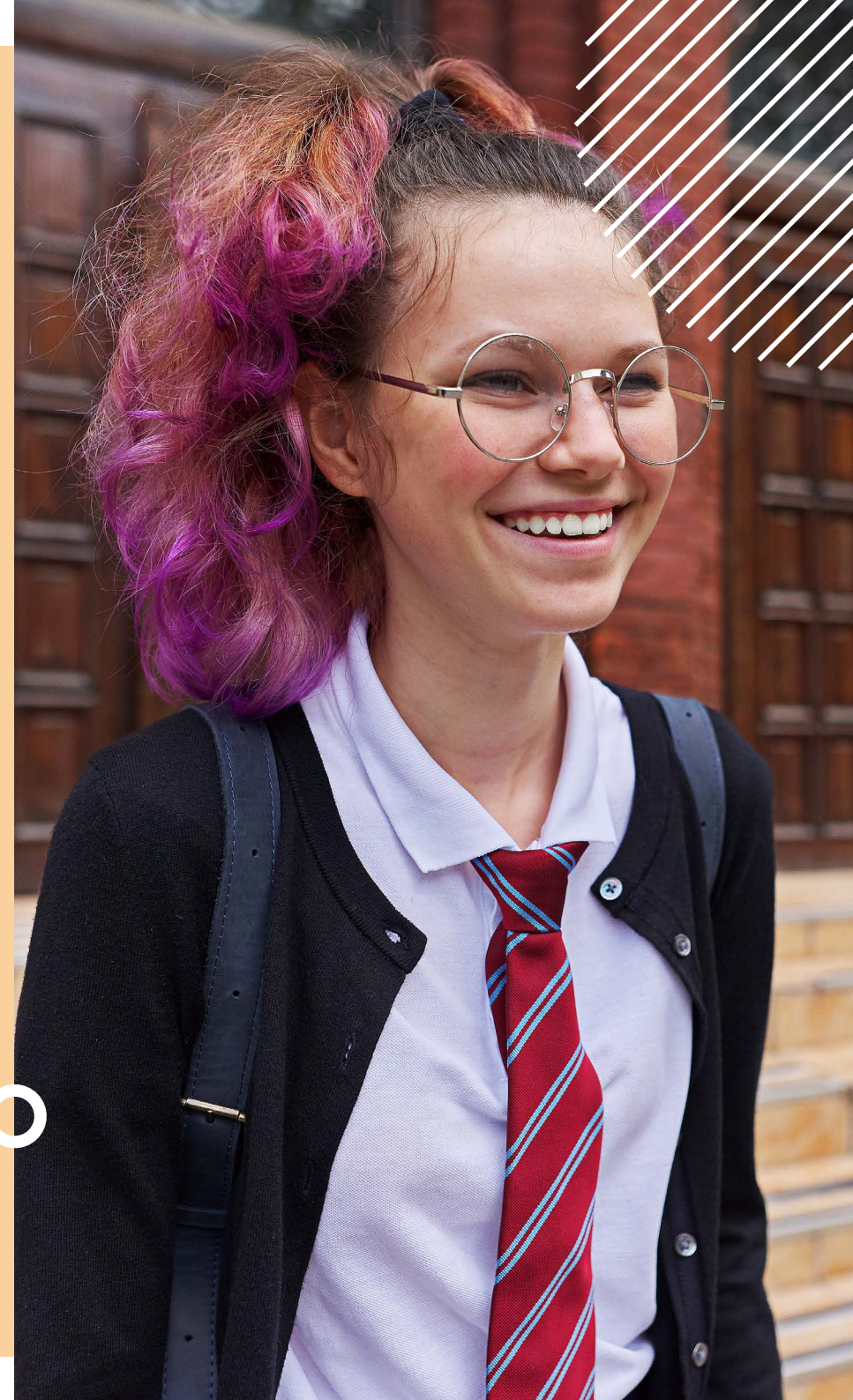
Explain how your goal is **attainable**
(within reach)

R

Explain how your goal is **realistic**
(with effort but possible)

T

Explain the **time** conditions of your goal
(when)



Congratulations!

You've now completed

Lesson Three of Confident Me:
School Lessons for
Body Confidence



Next is: Lesson Four
Banish Body Talk



