

How Do We Use Body Talk?



Name:



Explore the different examples of body talk shown in the videos, recording your answers below.

“Conversations with Friends”



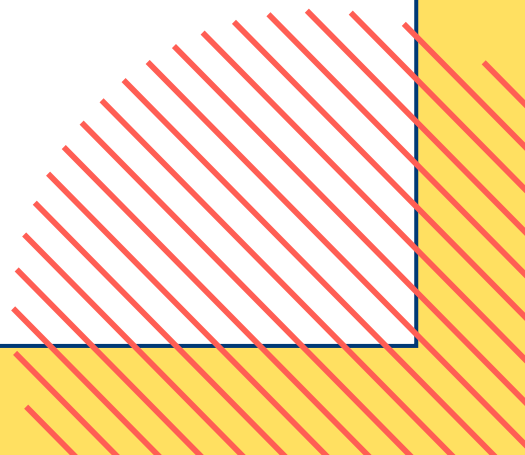
- + Is this an internal/external influence? Positive or negative? (Desired response, external/positive)
- + Where/when does this conversation take place?
- + Who was in the video?
- + What is being said?
- + Why do you think they are talking about appearance?
- + What is the intention of her friend's response?
- + How do you think the first girl feels after her friend's response?
- + What are possible outcomes related to this conversation?
- + How do you think this episode will affect the girls' feelings about their appearance in the long term?



“Conversations with the Mirror”



- + Where/when is this internal conversation taking place?
- + What is this person thinking? Is it harmful?
- + Why do you think she is thinking about appearance?
- + How do you think these thoughts makes her feel about her appearance?
- + How do you think this internal conversation will affect the person in the long-term?



How Can We Challenge Body Talk?



Name: _____



Work in pairs to prepare a role play. Decide who will be **Person A** and **Person B**. Read the situations below and practice changing the conversation away from appearance.

A

Person A

Read the text in *italics* out loud to **Person B**.

B

Person B

Reply to **Person A**, changing the conversation away from appearance.

1. You're walking to school and meet up with friends:

A

"Love your hair – looks really good!"

B

replies: ...

3. You're with friends and see someone in the street:

A

"Wow, her face has really broken out bad today. Hasn't she heard of makeup?"

B

replies: ...

5. Your friend shares the selfies from a celeb's social media:

A

"Wish I was as skinny as her."

B

replies: ...

2. Your friend is looking through your photos:

A

"I love your jeans -- they make your legs look so long and thin."

B

replies: ...

4. Your friend posts on social media:

A

"Man, you need to go the gym more, your arms are tiny!"

B

replies: ...

6. You're getting changed for PE:

A

"You really need to tone up!"

B

replies: ...

Feeling stuck? You should change the conversation like this:

Person B: Talking about appearance is unhelpful because...

Talking about appearance is a waste of energy because... Let's talk about...

You could also try swapping roles or acting out a different situation.

What Makes Us Unique?



Name:



Complete the exercise below to celebrate the qualities and interests that make you unique.



The best thing about me as a friend is:

A quality I admire about myself is:

Something I enjoy doing is:

In the future, I would like to spend more time:



The things that make us different are the things that make us **unique** and **valued**.



Setting My Body Talk SMART Goal



Name:



Write a one-day SMART goal to decrease or eliminate body talk for yourself or others.

Tell three action steps you will take to meet your goal.

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)

