

Confident Me

School Lesson for Body Confidence



4

Lesson Four:
Banish Body Talk



What Have We Learned?

It's not worth trying to match appearance ideals.

Media images are often manipulated.

Avoid comparisons, and value what makes you unique.



What Are We Learning Today?

Introducing body talk

Exploring examples of body talk

Problems with body talk

Avoiding body talk

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 Talk About Appearance?

What Is Body Talk?

Body talk refers to any conversation or comment that reinforces and keeps appearance ideals and pressures going.



How Do We Use Body Talk?



How Do We Use Body Talk?

Name:



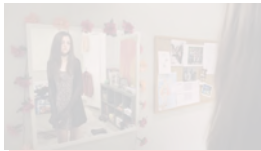
Explore the different examples of body talk shown in the videos, recording your answers below.

"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 Do We Use Body Talk?



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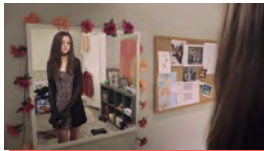
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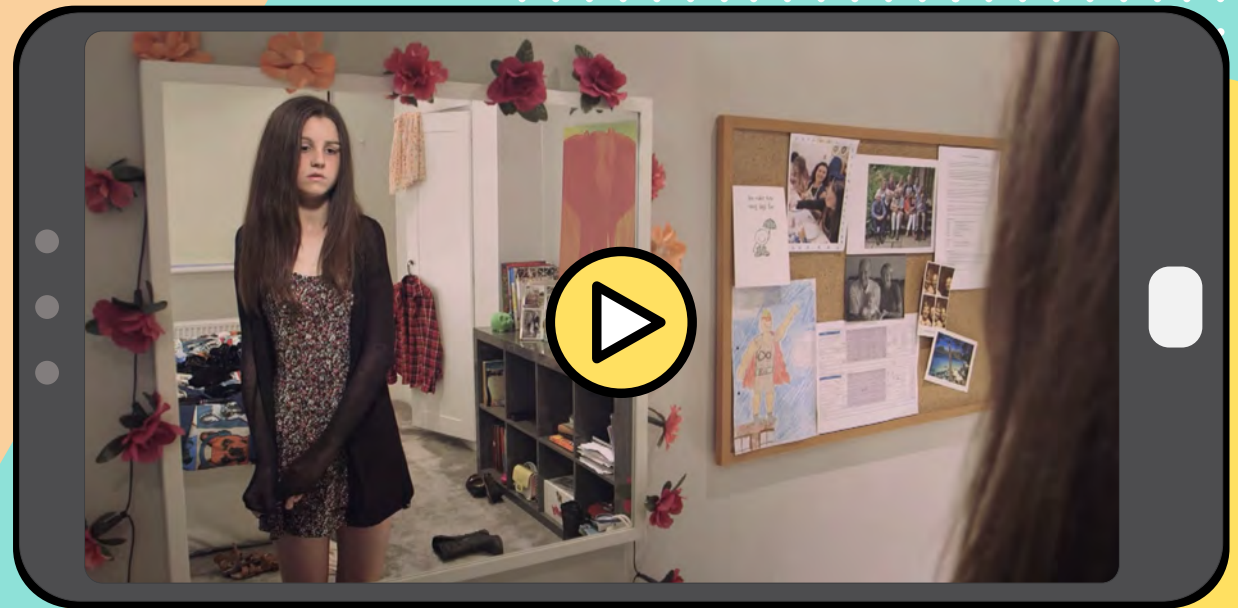


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What Happens When People Compare Looks?



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.



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



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

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



"Love your hair -- looks really good!"



replies: ...

2. Your friend is looking through your photos:



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



replies: ...

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



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



replies: ...

4. Your friend posts on social media:



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



replies: ...

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



"Wish I was as skinny as her."



replies: ...

6. You're getting changed for PE:



"You really need to tone up!"



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.

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What Makes Us Unique?

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**.

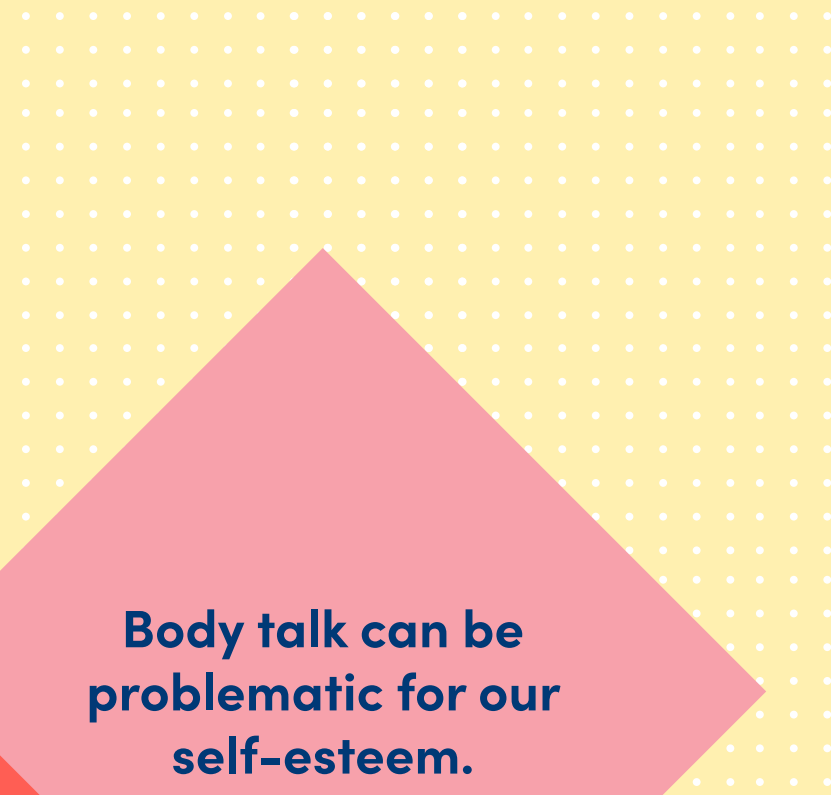
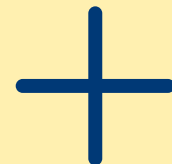


What Have We Learned Today?

Body talk is any conversation about appearance.

Avoid body talk, and focus on other qualities.

Body talk can be problematic for our self-esteem.



Congratulations!

You've now completed

Lesson 4 of Confident Me:
School Lessons for
Body Confidence



Next is: Lesson 5
Be the Change



Extension Activity



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)



