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:

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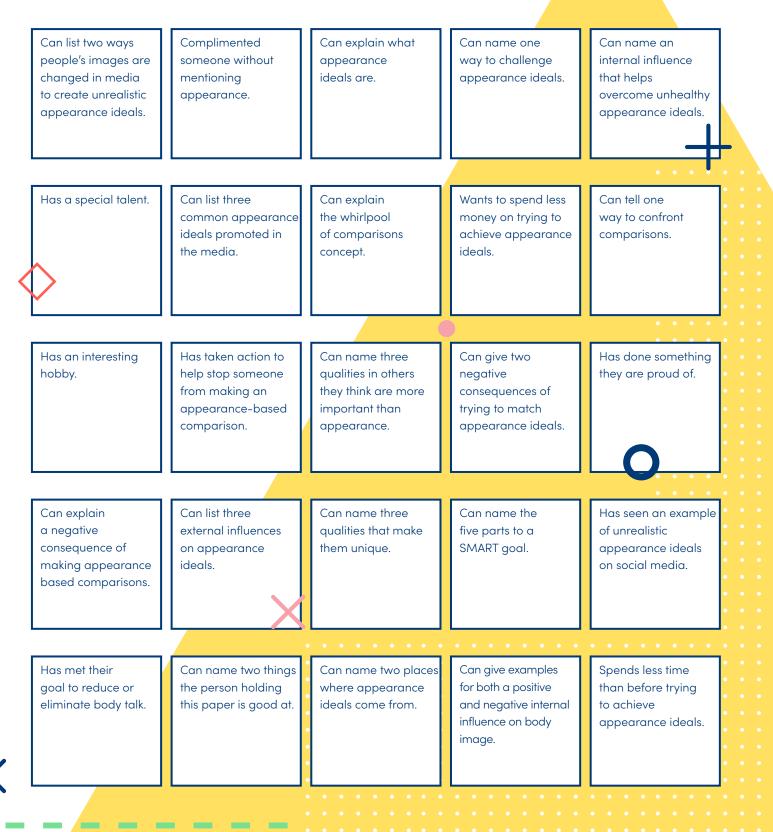
Explain how your goal is specific (clear)
Explain how you know your goal is measurable (able to show success)
Explain how your goal is attainable (within reach)
Explain how your goal is realistic (with effort but possible)
Explain the time conditions of your goal (when)



Find Someone Who...

Name:
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Move around the room and have your classmates write their name in a box if they are able to answer the statement or question. You are allowed to sign your own paper twice and have another person sign your paper in two squares, but no more.



End-Of-Programme Performance Assessment

Name:

Select ONE of the following final projects to complete around body confidence that demonstrates your knowledge and skill development about analysing influences, interpersonal communication and advocacy.

Letter

Find a commercial or advertisement in a magazine, on television or on social media that focuses on appearance. Write a letter to the magazine, advertiser or company. Explain how its advertisement impacts you and your friends to have unrealistic appearance ideals.

 You will be scored based on the Analysing Influences and Advocacy Rubrics.

Powtoon presentation

You are a secondary school teacher who is teaching your students the importance of positive self-image and the harmful effects of body talk. Create a one-minute Powtoon presentation that includes the following concepts or skills:

 Defines the following terms: body confidence, SMART goal, professional media, personal and social media, appearance ideals, appearance pressures and manipulation of media.

How to create

a Powtoon presentation:

Yes/No

- Includes three suggestions for how school students can take action to lessen the impact of negative influences.
- Exhibits strong awareness of the target audience (background, perspective, interests) with word choices, tone, examples, etc., that are well suited for school students.

Your Powtoon presentation will be scored using the following performance checklist:

Criteria

I defined each of the following terms: body confidence, SMART goal, professional media, personal and social media, appearance ideals, appearance pressures and manipulation of media.

I included at least three suggestions on how school students can take action to lessen the impact of negative influences.

I have exhibited strong awareness of the target audience (background, perspective, interests) with word choices, tone, examples, etc., that are well suited for school students.

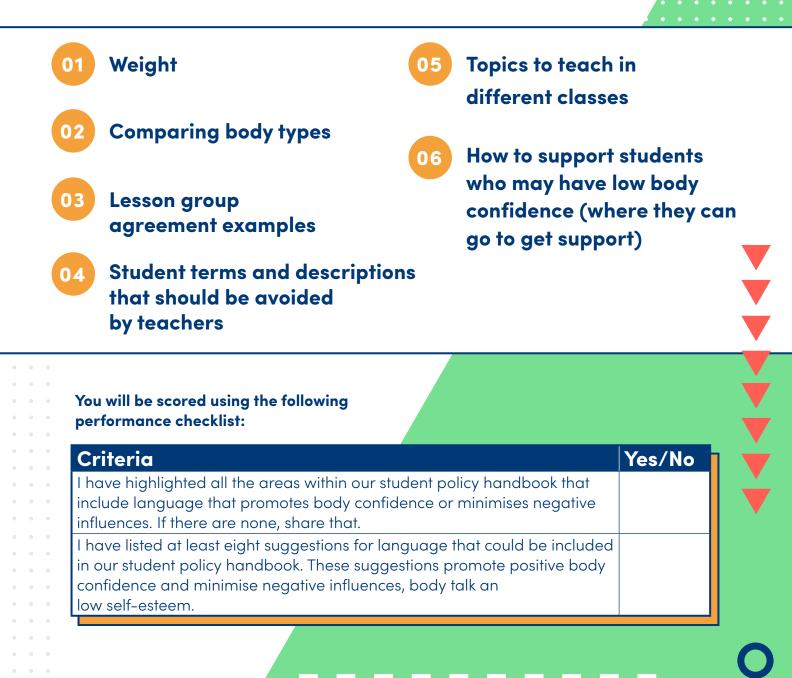
End-Of-Programme Performance Assessment



Policy

Review your school's policies in the student handbook around body confidence, body image, bullying and harassment. See if there is any language that includes creating a safe learning environment for all students and staff that avoids body talk and addresses the concepts you've learned in this program. Highlight any sections that do.

Write at least eight ideas that suggest additional language that could be included in your school policy related to topics such as:



End-Of-Programme Performance Assessment

Name:

Rap, Song or Poem

You are a well-known rapper, performer, poet or singer who has been asked to promote the importance of positive self-image and the harmful effects of body talk to school students. Create a rap, song or poem that includes the following concepts or skills:

- Defines the following terms: body confidence, SMART goal, professional media, personal and social media, appearance ideals, appearance pressures and manipulation of media.
- Includes three suggestions on how school students can take action to lessen the impact of the negative influences.
- Exhibits strong awareness of the target audience (background, perspective, interests) with word choices, tone, examples, etc., that are well suited for school students.

Please video record yourself performing your rap, song or poem. Your product will be scored using the following performance checklist:

Criteria	Yes/No
I defined each of the following terms: body confidence, SMART goal, professional media, personal and social media, appearance ideals, appearance pressures and manipulation of media.	
I included at least three suggestions on how school students can take action to lessen the impact of negative influences.	
I have exhibited strong awareness of the target audience (background, perspective, interests) with word choices, tone, examples, etc., that are well suited for school students.	

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