

Recommended
11-14
for ages

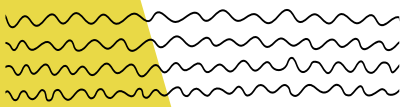


confident me

Mini Lessons for
Body Confidence



MINI LESSON 3



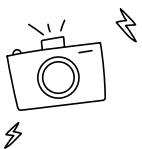
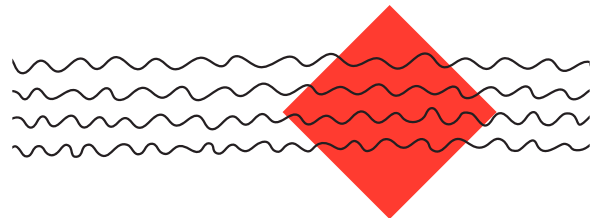
What problems can comparing ourselves to others cause?



Images in Professional Media aren't the only things people compare themselves to. In fact, we often compare ourselves to people we see in real life such as peers, family, and friends.



If you have internet access, watch this film to learn about comparing ourselves to others.





Question & Answer

Work through these questions and answers with a parent, carer or alone. Write your responses below each question.

List three examples of how we compare ourselves to others.

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.....

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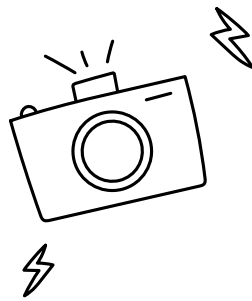
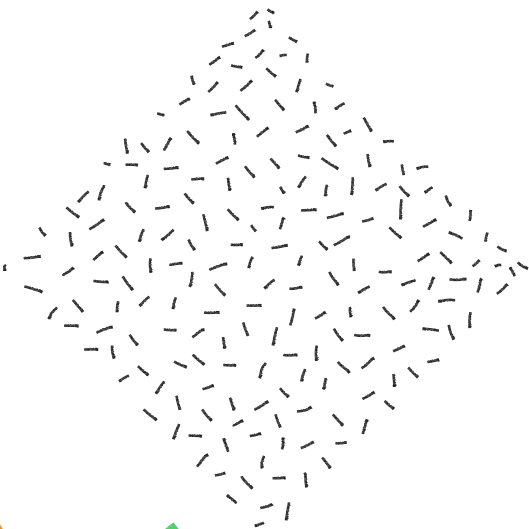
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In your opinion, what is the impact of comparing our appearance to others in this way?

.....

.....

.....



How do you challenge appearance pressures?

What could you do to resist appearance pressures in personal and social media?



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.....
.....
.....
.....

Feeling stuck?

Think about what you could do differently when you comment on your friends' photos. Could you change the type or style of photos you choose to upload?



Complete the exercises below and let others know what they can do to reduce the pressure to look a certain way.



One thing people can do differently when creating or sharing pictures, films and messages is...

.....
.....
.....
.....
.....

This will help people feel better about the way they look because...

.....
.....
.....
.....
.....

The real me



I am unique in many ways.
These include...

3 things I enjoy doing

1

2

3

3 things I'm good at:

1

2

3

Things I'm really proud about my family's
background and culture:

Name:

Set a personal goal

Work by yourself.

One action I will take as a result of what I have learnt from the *Confident Me* Mini Lessons about appearance ideals, Professional and Personal Media is...



I will complete this action by

 / /

I will take these steps (at least two) to complete my goal...

When I am successful, I will feel...

Feeling stuck?

Think about what will help you challenge the pressure you and your friends feel to look a certain way. Try to choose a simple action that is easy to achieve.

Pressure to look a certain way comes from the world around us.

It's important to remember that images of people we see in all types of media aren't always real.

It's unfair to compare ourselves to these images.

Celebrate your individuality and the diversity of the people you know.

Aim to be the best you can be – you are one of a kind!



dove.com/selfesteem

Definitions

Print this page of terms and definitions below. Cut all 8 squares out and tape them around your room or home to remind you of the importance of understanding how appearance ideas can negatively impact you and those around you. They can also help you remember what media is, how to be body confident, and how to respond to manipulated media.



Appearance Ideals

What our society or culture tells us is the ideal way to look at a certain moment in time



Appearance Pressures

Pressures we feel to look like an appearance ideal and be beautiful, handsome, glamorous and attractive



Personal Goal

Something you plan to change or achieve



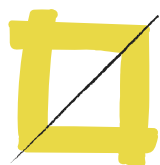
Body Confidence

The way we think and feel about our looks and how we behave as a result



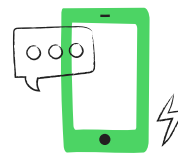
Media

Messages, images, videos and films that are communicated in different ways



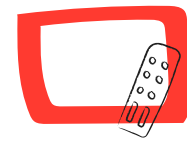
Manipulation of Media

The way images in the media are carefully prepared, selected, airbrushed and digitally altered




Personal Media

Images, messages, videos and films produced by you and your friends, and shared in person, online and via social networks


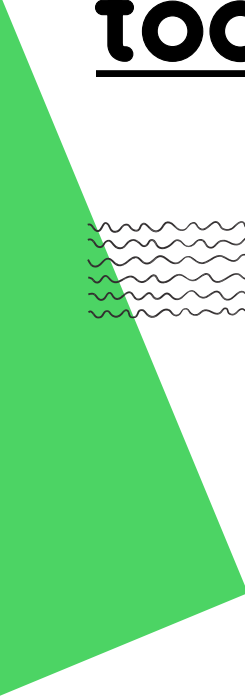


Professional Media

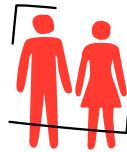
Images, messages, videos and films produced by businesses and communicated through channels such as TV programmes, social media, magazines, advertising, films and music videos.



What have we learned today?



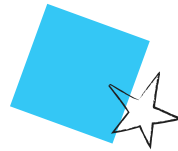
What appearance pressures and ideals are.

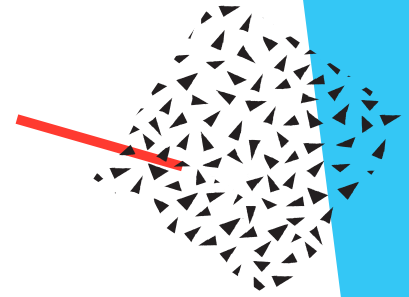
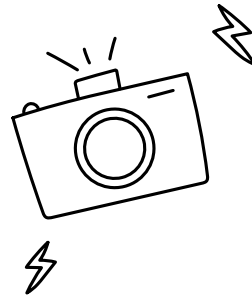


How they impact us.



What we can do about it.





Congratulations!

You have now completed all three Confident Me Mini Lessons.

Remember your work towards your goal to achieve body confidence every day, share what you have learnt with friends and family, and strive to be the best version of yourself.

