



WORKSHEET: What is Body Image?

Key Learning

Increase the students knowledge and understanding of what body image is and how to create a healthy body image.

Discovering Pre-viewing

Prior to exploring the topic page, have a group discussion on the body image and record the answers.

- What do you predict we may find out about this topic today?
- What might some key points be?
- Do you feel body image is a key concern for young people?

After the session compare what you learned to your earlier predictions – what were the similarities and differences?

Explore

Visit the topic page on TINO <https://tuneinnotout.com/your-identity/body-image/> which has videos, a factsheet and stories from other young people on the topic. Read the factsheet to introduce the subject and hold a group discussion on the key areas.

Key statistics

In the 2019 Mission Australian Annual Youth Survey body image was listed as one of the top 4 issues of personal concern for young people, both males and females.

Prior to running the session download the latest report <https://www.missionaustralia.com.au/what-we-do/research-impact-policy-advocacy/youth-survey> and highlight a number of key finding in relation to body image to share with the group.



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Connecting/investigating

Research / Discussion questions

To delve deeper into the topic and to help facilitate group discussion watch the following videos located on the TINO topic page and conduct the activities which follow.

- Find and Watch '*Dove - Real Beauty Sketches*'
(3:00min direct link: <http://youtu.be/XpaOjMXyJGk>)

After watching the video discuss the advert and the students reactions. Here are some key discussion points:

- How different were the sketches and in what ways?
- Did the ladies have positive perceptions of their bodies?



Before watching the next video, as the students to take note of whether those who entered the beautiful door went through alone or with a friend/family member.

- Find and Watch '*Dove - Choose Beautiful*'
(3:40min direct link: <https://www.youtube.com/watch?v=UjJALzZ24H0>)

After watching the video discuss the advert and the students reactions. Here are some key discussion points:

- Did most people go through the beautiful door alone or with someone?
- What does this tell us about how we can help out friends feel positive about themselves?
- To help our friends feel comfortable about who they are, what type of talk could we encourage, or put a stop to? (i.e body shaming, judging others, comparing)
- How is body image connected to self esteem?

Tear It Up

To introduce the following video, tell the students it is about a campaign called Freedom to Feel Fantastic (Formerly known as Fresh Faced Friday) developed by young people who wanted more of their friends to feel body and self positive by tearing up the negative way they talk, think and feel about themselves and their bodies, it is now a national campaign.

- Find and Watch '*Fresh Faced Friday - Join the campaign*'
(3:00min direct link: <http://youtu.be/hFaRGAAKsJc>)



After watching the video discuss the video and the students reactions. Here are some key discussion points:

- Do you agree a campaign like Freedom to Feel Fantastic is needed?
- Why is it important to give the positive more airtime than the negative?
- What is meant by good and bad vibes?

In your Freedom to Feel Fantastic event pack you will find the '**Reframe your thinking**' frames activity sheets which can be used as a follow on from this video activity.

Getting Body Positive

Ask the students to brainstorm what we can do to help develop a health body image:

Teachers List: Key points to aid discussion

- Don't body shame any body size "she's too thin.." "Look how small his arms are.." celebrate body diversity
- Talk body and self positive, and encourage friends to do this, don't encourage/join in negative discussions
- Talk about nutrition and healthy bodies not diets
- Be aware of how the media affects us (see follow up worksheet)
- Don't judge people based on their looks
- Praise more than just looks and celebrate who we are (personal qualities) and the body we have
- Undertake hobbies / activities we enjoy
- Be selective in what we watch / read/ listen too in the professional media (see music and how mental health work sheet as a follow up) and don't compare ourselves or others to what we see
- Be mindful of what we post, comment on, pages we follow on social media - unlike pages that don't support you in feeling good about who you are
- Be aware that what is posted on social media is not often a true representation (perhaps have a talk about what people do on social media to make them/their lives look good
- Select role models who represent a healthy attitude to self esteem and body image
- Choose a style that makes you feel great

The Perfect Recipe

Ask the students to create recipe for developing a positive body image i.e. 2 cups of positive thinking, 3 servings of an activity you love....

Related research links

- Butterfly Foundation <http://thebutterflyfoundation.org.au/>
- NEDC <http://www.nedc.com.au/teachers-and-schools>

Reflection / Practicing

Applying / What can you do?

Brainstorm ideas on what you could do to educate your school/local community on helpful ways to manage the topic? Choose one idea and action.

Suggested Ideas:

Run a Freedom to Feel Fantastic event at your school or community service - go to www.freedomtofeelfantastic.com.au

Create some content which covers one or more key messages related to the topic, this can be in the form of written piece (blog, quiz, song, poem, story) audio, image/photo/artwork or video and upload to the TINO virtual production studio or email to crew@tuneinnotout.com. Your content will be reviewed and may appear on TINO.

Other TINO worksheets

Body Image and the Media
Music and Our Mental Health