



# Living in Safety and Stability



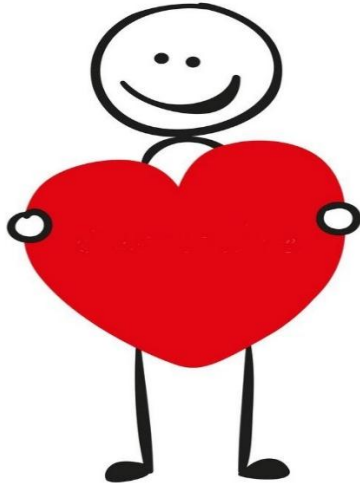

# 7


**Purpose:** To increase body confidence and ultimately acceptance of their physical body

**Participant learning objectives:**

1. Participants explore what they love about their bodies and all the positive things their body does for them
2. Participants recognise the impact of social media on body image
3. Participants learn tips on how to make themselves feel good about their bodies

CONTENT	METHODS/ RESOURCES <i>Slides 73 - 87 can assist with this session.</i>	APPROX. TIME
<b>My Amazing Body</b>	<p><b>Resources :</b>            Flip chart            Markers            Pages            Pencils/Pens</p> <p>Inform participants of the purpose of today’s session – to explore body confidence and to encourage acceptance and love for our physical bodies.</p> <p>Begin by asking participants to raise their hands if they are 100% confident in their own bodies (i.e. they love their body, there is nothing they would change). It is likely that not everyone will put their hand up. Now ask participants to put up their hand if they have ever heard someone say something negative about their body? There are some useful examples on <b>Slide 75</b>. Ask them why do they think this is? What sorts of things influence the way we feel about our bodies? These can be documented on a flip chart at the front of the room and re-visited later in the session.</p>	50 minutes

	<p>Now ask participants to draw an outline of a body on an A4 page. Ask them to draw a red heart in the middle. We are going to emphasize how amazing our bodies are! Ask them to think about and write down:</p> <ul style="list-style-type: none"> <li>• What my body does for me</li> <li>• What I love about my body</li> <li>• What is unique about me</li> <li>• What I can do to help my body be strong and healthy.</li> </ul> <p>Ask participants, if they feel comfortable doing so, to share a few things they have written down.</p> <p><b>Debrief:</b> Re-iterate that bodies come in all shapes and sizes. Everybody is perfectly imperfect, and beauty is what's on the inside.</p>	
<p><b>What is the Ideal Body?</b></p>	<p>Show participants the image on <b>Slide 77</b>. Ask them do they think this matches the ideal body image nowadays? What about the <b>Slide 78</b>? What does the perfect body look like?</p> <p><b>Use slides 79 - 80</b> to highlight the influence that social media has on body image perceptions. Refer back to your flipchart if this is something that was highlighted at the beginning of the session. Ask participants to think critically about photos they see on social media, in magazines, on billboards etc. Explain to participants that there is no such thing as the perfect body. Everyone has, and should, have different views on what constitutes beauty!</p>	
<p><b>Brainstorm – What Really Matters?</b></p> 	<p><b>Resources:</b>  <a href="#">Flipchart paper</a>  <a href="#">Marker</a></p> <p>Split participants into two groups. Ask Group 1 to think about and write down situations where their physical appearance was more important than who they are as a person. Ask Group 2 to think about and write down all the attributes they admire/respect about their best friend or someone else special to them.</p> <p>Group 1 should find this challenging. They might come up with things such as meeting a boyfriend/girlfriend, going to a Formal, taking a selfie etc. However, try to get them to think critically about the situation. Are we really only attracted to people's looks? What about first impressions based on confidence, body language, manners etc.? Do we want selfie 'likes' from people who do not really know us as a person? Are 'likes' important?</p>	<p>25 minutes</p>

	<p>Probe group two on their responses. Hopefully they will have included things such as loyalty, kindness, sense of humour, always there for me etc. Did they include things such as 'thigh gap', 'tanned', 'great lips' etc.? Why not?</p> <p><b>Debrief:</b> Think back to our values and what these are for us. Emphasize that physical appearance is not what we value in our loved ones, so why do we focus so much time on our own physical appearance?</p>	
<b>Feel Good, Look Good!</b>	<p>Finish the session with highlighting that fuelling our bodies with good food and sleep, alongside good hygiene and exercising regularly, will help us feel good on the inside, and will help us to maintain healthy skin, healthy hair, healthy nails, healthy weight and a healthy mind! Highlight that this varies from person to person and other factors may be at play e.g. hormones for teenagers, medical conditions, genetics etc. Body changes during the teenage years are perfectly normal! Our bodies know exactly what they are doing!</p>	15 minutes
<b>Advice Column</b>  	<p><b>Resources:</b> Post-its Pens</p> <p>Ask participants to imagine that they are Editor-in-Chief of the advice column in a new teen magazine! Young people want advice on the following:</p> <ul style="list-style-type: none"> <li>• How we can feel comfortable and confident in who we are</li> <li>• How we can celebrate our differences, rather than wanting to conform to look alike or in a certain way</li> <li>• How we can reduce the stress and anxiety around body image that social media might cause</li> <li>• How we can use social media to take pride in our uniqueness</li> </ul> <p>Ask participants to write a few ideas on a Post-it note and stick it at the front of the room. Read out the pieces of advice and ask participants to think about this advice going forward and apply it any time they are feeling insecure about their bodies.</p>	30 minutes
<b>Check-Out/ Evaluation</b>	<p><b>Resources:</b> Informal evaluation ideas</p> <p>Choose an activity from the list provided.</p>	10 minutes