

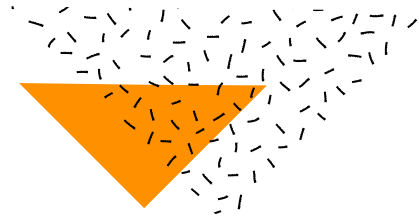
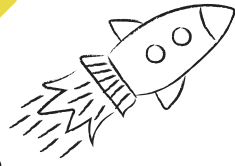
confident me

School Workshops
for Body Confidence



FIVE SESSION

WORKSHOP 1
Appearance Ideals



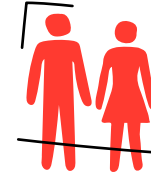
What are our workshop group agreements?

- Respect differences
- Right to pass
- Keep it confidential
- Please contribute





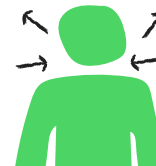
What are we learning today?



Introducing appearance ideals and their sources

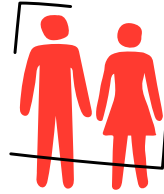


Appearance pressures



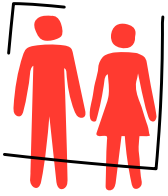
Analyzing external and internal influences





What do we mean by appearance ideals?

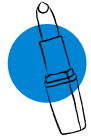
**What our society or culture tells us is the
ideal way to look at a certain moment in time**

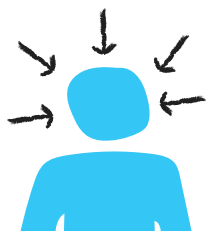


What do we mean by appearance ideals?



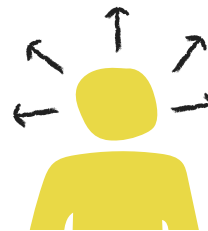
Worksheet





External influences

are standards we observe or hear
from people, media and the world
around us.



Internal influences

are thoughts, ideas and judgments
about ourselves and our
accomplishments.

What are appearance pressures?



1910s

1980s

2010s

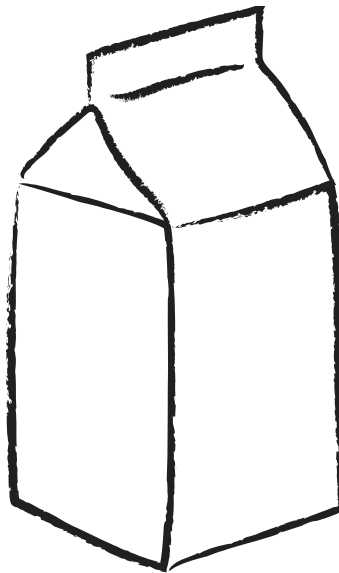
1950s

2000s

1910-2010



Bowl of milk



Group Discussion

What appearance pressures do we face?

Money / Time / Emotions



Worksheet



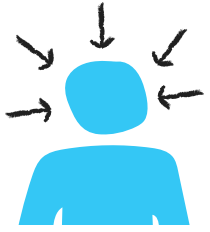


What is the impact of these appearance pressures?



Group Discussion





External Influences

Family

Peers

School

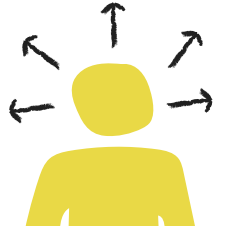
Community

Media

Technology

Rules + Laws

Social
Expectations



Internal Influences

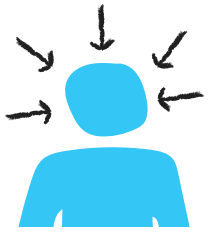
Feelings

Wants + Needs

Likes + Dislikes

Personal Beliefs
+ Values

Social Norm Perceptions



External Influences

Family +/-

Peers +/-

School +/-

Community +/-

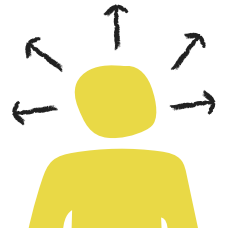
Media +/-

Technology +/-

Rules + Laws +/-

Social Expectations +/-

External Influences can be both **positive** and **negative**!



Internal Influences

Feelings

Wants + Needs

Likes + Dislikes

Personal Beliefs + Values

Social Norm Perceptions



Analyzing influences on appearance ideals



Worksheet

Analyzing influences checklist



Step 1

I can identify situations that affect my self-image and the way I feel about my appearance.

How do you feel about your appearance and why do you feel this way?



Step 2

I can name external and internal influences that affect the way I feel about my appearance.

What are two external influences that affect the way you feel about your appearance?

What are two internal influences that affect the way you feel about your appearance?



Step 3

I can name positive and negative influences that affect my self-image.

What is a positive external influence on your self-image?

What is a negative external influence on your self-image?

What is a positive internal influence on your self-image?

What is a negative internal influence on your self-image?



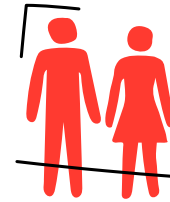
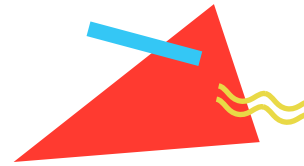
Step 4

I know ways to cope with negative influences on my self-image.

What is one way you can cope with an external influence on your self-image?

What is one way you can cope with an internal influence on your self-image?

What have we learned today?



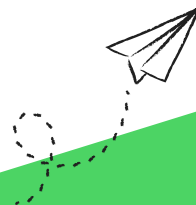
Trying to match appearance ideals can cause problems.



There are external and internal influences that affect self-image.



We can learn to value other qualities instead.





Congratulations!

You've now completed

Workshop 1 of Confident Me:
School Workshops for
Body Confidence

The next session is:

Workshop 2 / Media Messages



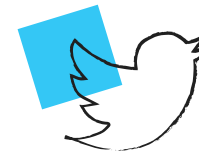
Going further



Going Further Sheet



Where do we find out about appearance ideals?



Extension Activity:
Group Discussion