

confident me



School Workshops
for Body Confidence

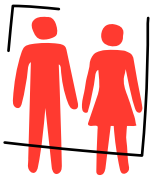


FIVE SESSION

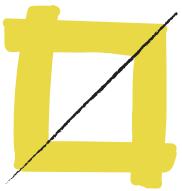
WORKSHOP 4
Banish Body Talk



What have we learned?



It's not worth trying to match appearance ideals.



Media images are often manipulated.



Identifying influences helps me ignore unrealistic images.

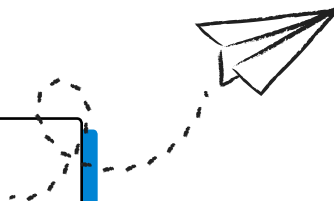


What are we learning today?

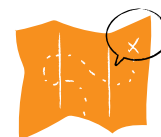


Workshop Group Agreements

Respect differences
Right to pass
Keep it confidential
Please contribute



Introducing body talk



Exploring examples of body talk



Identifying problems with body talk

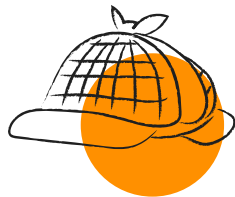


Avoiding body talk

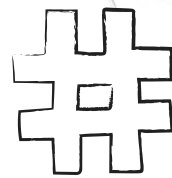


How do we talk about appearance?

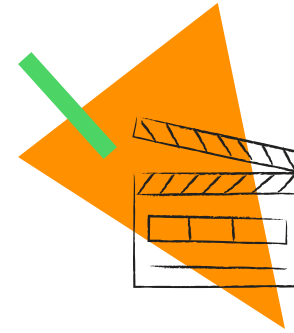
What is body talk?



Any conversation
or comment that
reinforces and keeps
appearance ideals
and pressures going



!?!?




How do we use body talk?



Video





How do we use body talk?



Worksheet

1.1



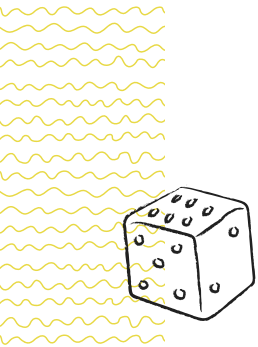
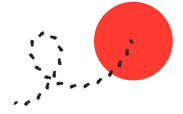
Confident Me / 4 • Banish Body Talk 7

How do we use body talk?



Video





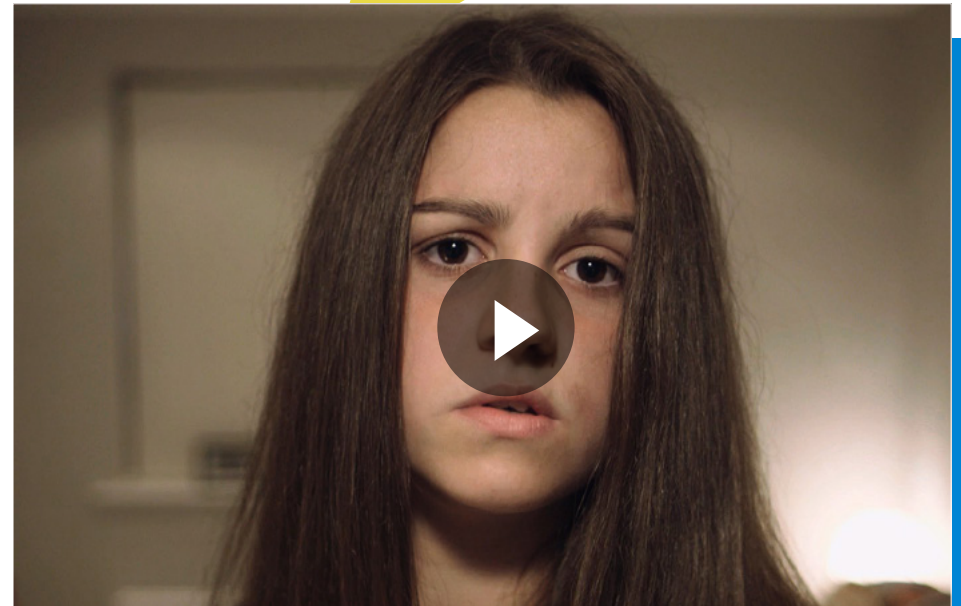
How do we use body talk?



Worksheet

1.1

How do we use body talk?



Video

How do we use body talk?



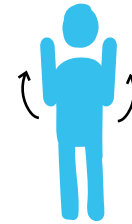
10 arm circles

How is this scenario different from the others? (i.e., internal, negative)



5 squats

Why do you think the girl is talking about appearance?



10 bicep curls

How does she feel?



10 tricep curls

How do you think this conversation makes the girl feel about her appearance?



10 toe touches

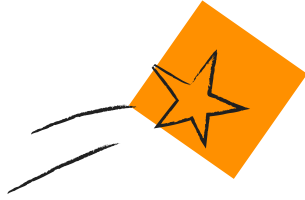
What impact might these thoughts have on her?



What is the impact of body talk?



Video



External influences



Influences of Social Media (+/-)

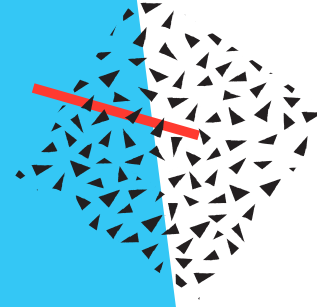
Impact of Media Messages emotions, thoughts, actions

Impact of Body Talk

How can we challenge body talk?



Worksheet



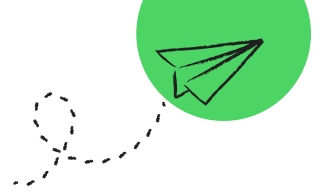
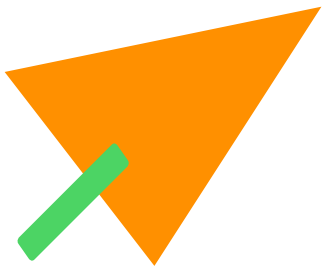
What else can we value?



Worksheet



What have we learned today?



Body talk is any conversation about appearance.



Body talk can cause problems for our self-esteem.



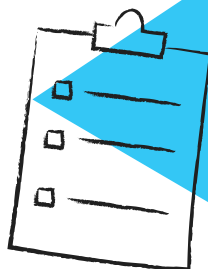
Avoid body talk and focus on other qualities instead.



How will you banish body talk?



Group Discussion

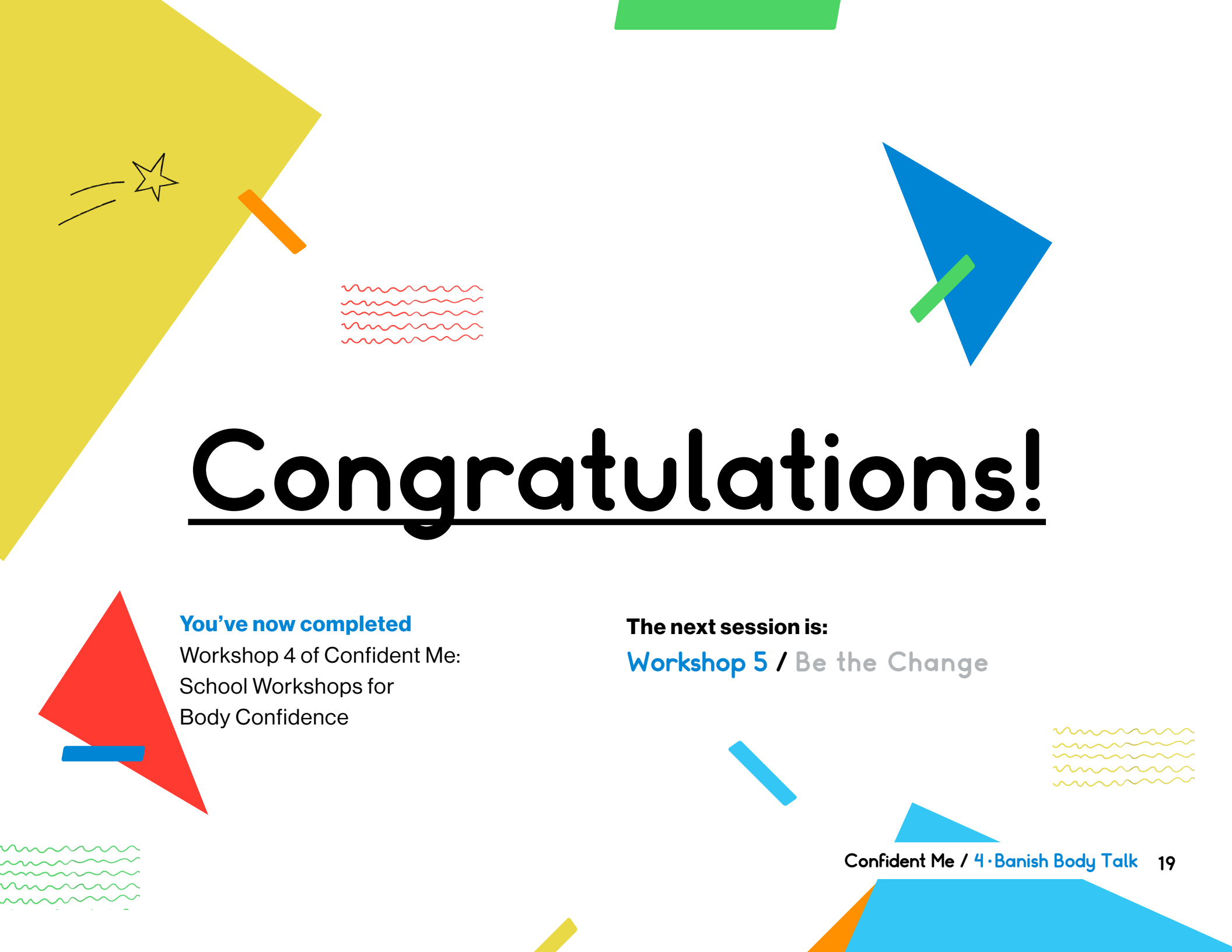


Set a personal goal



Worksheet





Congratulations!

You've now completed

Workshop 4 of Confident Me:
School Workshops for
Body Confidence

The next session is:

Workshop 5 / Be the Change