

How do we use body talk?



1.1

Explore the different examples of body talk shown in the videos, recording your answers below.

“Conversations with Friends”



Is this an internal/external influence?
Positive or negative? (Desired response, external/positive)

Where/when does this conversation take place?

Who was in the video?

What is being said?

Why do you think they are talking about appearance?

What is the intention of her friend's response?

How do you think the first girl feels after her friend's response?

What are possible outcomes related to this conversation?

How do you think this episode will affect the girls' feelings about their appearance in the long term?

“Conversations with the Team”



How does this scenario compare to the last one? (Desired response, external/negative)

Where/when does this conversation take place?

What do you think is the intention of the teammates' comments?

What was the smaller boy's response to those comments?

Is this a realistic scenario?

Why do young people talk in this way?

How do you think each of the boys feels about what is being said?

How do you think conversations like this make all young people feel about their appearance?



How do we use body talk?

**1.2**

Explore the different examples of body talk shown in the video, recording your answers below.

“Conversations with the Mirror”



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?



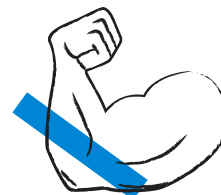
10 tricep curls

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



10 toe touches

What impact might these thoughts have on her?



How can we challenge body talk?



Work in pairs to prepare a role play. Decide who will be **Person A** and **Person B**.
Read the situations below and practice changing the conversation away from appearance.

A**Person A**

Read the text in *italics* out loud to **Person B**.

B**Person B**

Reply to **Person A**, changing the conversation away from appearance.



1. You're walking to school and meet up with friends:

A

"Love your hair — looks really good!"

B

replies: ...

2. Your friend is looking through your photos:

A

"I love your jeans — they make your legs look so long and thin."

B

replies: ...

3. You're with friends and see someone in the street:

A

"Wow, her face has really broken out bad today. Hasn't she heard of makeup?"

B

replies: ...

4. Your friend posts on social media:

A

"You really need to tone up!"

B

replies: ...

5. Your friend shares the selfies from a celeb's social media:

A

"Wish I was as skinny as her."

B

replies: ...

6. You're getting changed for PE:

A

"You really need to tone up!"

B

replies: ...

Feeling stuck?

You should change the conversation like this:

Person B:

Talking about appearance is unhelpful because...

Talking about appearance is a waste of energy because...

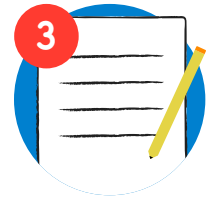
Let's talk about...

You could also try swapping roles or acting out a different situation.



What makes us unique?

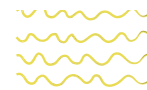
Complete the exercise below to celebrate the qualities and interests that make you unique.



The best thing about me as a friend is:



A quality I admire about myself is:



The things that make us different are the things that make us **unique** and **valued**.

Something I enjoy doing is:



In the future, I would like to spend more time:



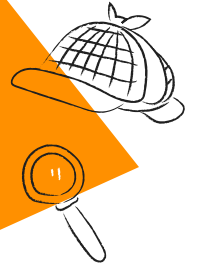
Setting my body talk

SMART goal



Write a one-day **SMART** goal to decrease or eliminate body talk for yourself or others.

Tell three action steps you will take to meet your goal.



SMART checker:

S

Explain how your goal is **specific**
(clear)

M

Explain how you know your goal is **measurable**
(met)

A

Explain how your goal is **attainable**
(within reach)

R

Explain how your goal is **realistic**
(with effort but possible)

T

Explain the **time** conditions of your goal
(when)

