

Appearance Discrimination

School Lesson for
Body Confidence

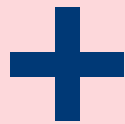


Extension Lesson



What are our Lesson Agreements?

**Respect
Differences**



**Choose a level
of participation
based on your
comfort level**



**Delay
distractions**

**Right
to Pass**



What are we learning today?



+ What is appearance discrimination?

+ How does appearance discrimination affect someone's body confidence?

+ How can students respond when they see appearance discrimination?

+ What are the benefits of having a more inclusive community, where everyone feels they belong?

Appearance Ideals

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





When you hear the term *appearance discrimination*, what thoughts, definitions, experiences, words or images come to mind?

Write them down on a piece of paper.





Discrimination based on appearance

+ Unfair treatment of one particular person or group of people based on how someone looks

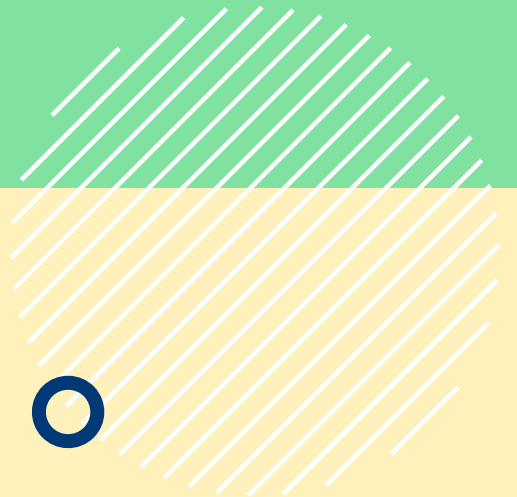


**What forms of
discrimination do
you know of?**





I do





We do
(let's work together)





You do!

(work in groups - I'll support you!)

Review the types of discrimination on the handout. Read the Case Study & answer the questions.

Pick a reporter and prepare that person to share

+ A brief explanation of the person's experience

+ The answers to your questions



What can *our*
school do to combat
appearance
discrimination?

How can a more
inclusive community
be created in our
school?

How **SHOULD**
middle schoolers
respond when they
see appearance
discrimination?

If *you're* experiencing
discrimination, what
can you do?

What can **YOU**
do if you *witness*
appearance
discrimination?

What have we learned today?

What is appearance discrimination?

How can a more inclusive community be created?

How does appearance discrimination affect someone's body confidence?

How should middle schoolers respond when they see appearance discrimination?



Congratulations!

You have completed the
Appearance Discrimination Workshop

Remember to
challenge appearance
discrimination in small
and big ways!



