



GRADES
4-5

Timing

60 minutes

Materials

- **Scavenger Hunt**
Family Handout
- Pen or pencil
- Access to internet, social media, streaming, magazines, etc.
- Paper

Bullying & Teasing and Their Effect on Body Confidence

INFLUENCERS

Did You Know?

Body image can be defined as a person's thoughts, feelings, and behaviors related to appearance. In other words, body image is how we view our bodies.¹ Many things can affect body image, including family, friends, and the media. However, many of the images that we see on social media aren't real. Celebrities and brands that sell products play on our insecurities by using language that makes us think we need what they're selling in order to be beautiful.² When we recognize that brands and social media platforms are creating fake images of a perfect life, we gain back the power to see that we're already beautiful, with or without whatever they're selling.

Activity Overview

In this activity, families will discuss the various influencers on their body image before working together on a scavenger hunt to identify external influencers in the media. Families will construct an action plan for avoiding negative influencers and maintaining healthy attitudes.

¹ Cash & Pruzinsky, 1990; Cash & Smolak, 2011

² DSEP Content Development Framework

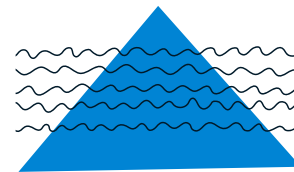
Learn & Grow Together

Discuss

With your family, discuss the internal (personal) and external (societal) influences that can affect your body image. Family members can give examples of the family, friends, teachers, celebrities, etc. that have had an effect on how they feel about themselves (external). You can also discuss how each member views themselves (internal). Another discussion can be which medium do you believe has the most influence on body image, e.g., social media, video games, magazines, etc.?

Do

- As a family, review the items you will be looking for on the **Scavenger Hunt** handout. For approximately 30 minutes, search through the internet, social media, streaming, magazines, etc. to find examples of the items listed. Once one is found, cross it off.
- Invite your family members to discuss which items you found during the scavenger hunt that are problematic. Which could be considered positive media influencers? What effect might each have on body image?
- Together, brainstorm a plan to seek out positive media influencers and avoid negative ones. Record steps you can take to maintain positive attitudes on the paper.
- Consider displaying your action plan in a place of prominence to remind and motivate the family to avoid negative influences and stay positive.



Scavenger Hunt

An ad for a skincare product where the model's skin looks perfect	An ad for a hair product where the model's hair is curly or frizzy	An ad where a celebrity is promoting a diet food or beverage	An ad for a vitamin or supplement featuring a person that is really muscular	An ad featuring older talent/actors/actresses	A clothing ad featuring a professional athlete
An ad where a model has visible freckles	An ad or social media post that features someone with a disability	A social media post that includes an inspirational quote	A commercial for a kid's movie with eyes that are really big	A doll that isn't blonde with white skin	A TV show that features actors who are different races and ethnicities
An ad where someone is wearing glasses	Ads where the model's teeth look unrealistically straight or white	An ad disguised to look like a social media post from one of your friends	A social media post by a celebrity tagged #ad	A photo on a magazine that shows cellulite or stretch marks	A makeup ad featuring a model with a dark skin tone
An image on social media that has obviously been edited	A selfie someone took while they're at the gym	A social media post tagged #fitspo	A picture of a plus-size woman in a bathing suit	An ad that features a woman wearing a hijab/veil	An ad for a men's product where a guy is lifting up his shirt to show off his abs
A post on social media where someone makes fun of their eating habits	A tabloid picture of a celebrity eating a smoothie or salad	A "before and after" picture showing off someone's big weight loss	A news anchor with a diverse or larger body size and shape	A social media post showing someone at the beach or at a concert	A commercial for a product guaranteed to help you lose weight
Ads for shapewear	An ad for clothing that includes the word "slimming"	Diet foods and recipes	An ad featuring a biracial family	A photo of a celebrity who isn't wearing any makeup	A photo of a celebrity who is pregnant or just gave birth