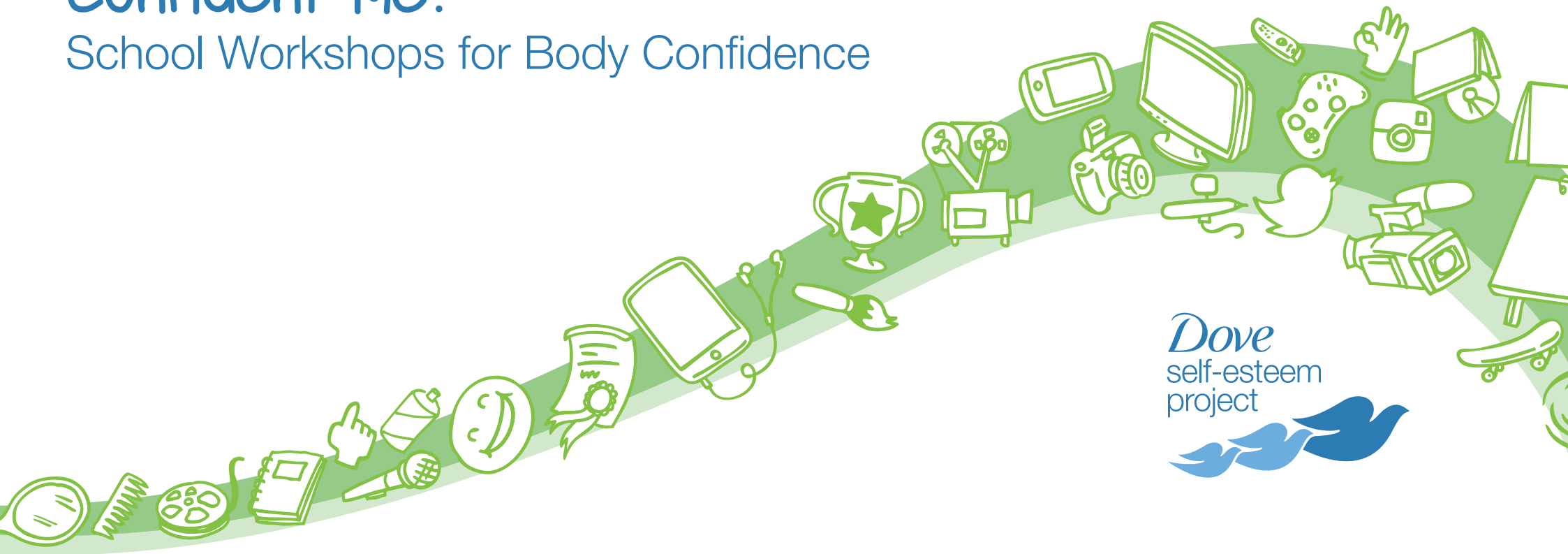


# Single Session

## Confident Me:

School Workshops for Body Confidence



Dove  
self-esteem  
project



# What are our workshop ground rules?

- Respect diversity
- Ask questions
- Keep it confidential
- Please contribute



# What are appearance pressures?



# Where does this pressure come from?



# What do we mean by media?





# What do we mean by media?

Professional media



# What do we mean by media?

Professional media



Personal media



# What are we learning today?

- **Appearance pressures**
- **Professional media**
- Personal and social media









# How can images be manipulated?



# How can images be manipulated?



The boy is holding a large green-bordered card with six numbered discussion questions. Each question is accompanied by a small image of a woman's face and a logo for 'www.ck12.org'.

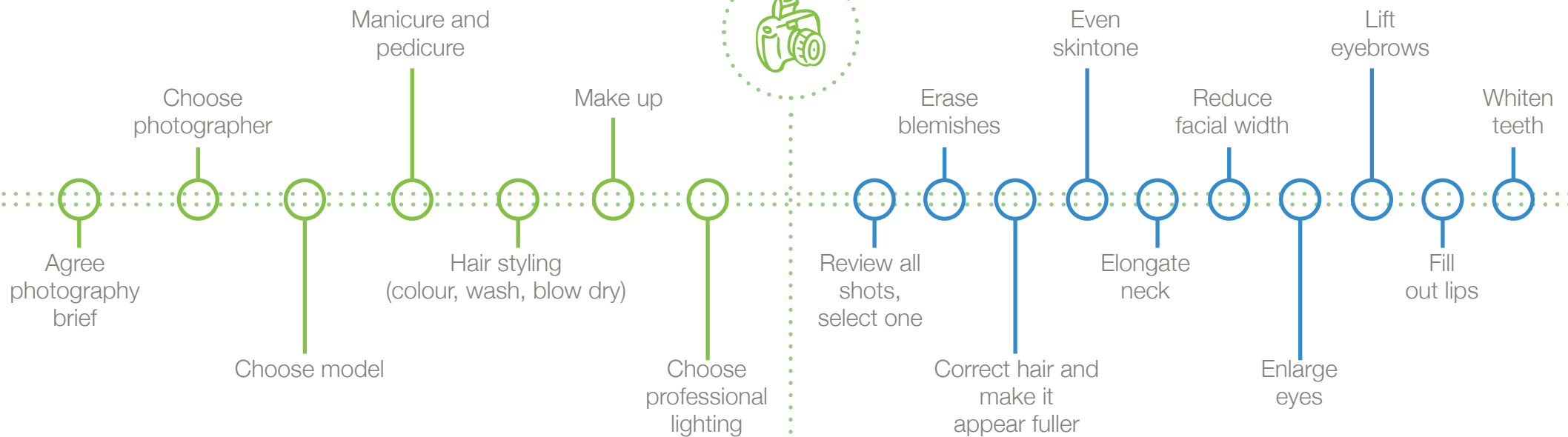
- 1 Discussion card:**  
What did you find surprising, unusual or unrealistic about what you saw in the film?  
  
[www.ck12.org](http://www.ck12.org)
- 2 Discussion card:**  
List all the decisions that were made about the image BEFORE the photos were taken.  
  
[www.ck12.org](http://www.ck12.org)
- 3 Discussion card:**  
List all the decisions that were made about the image AFTER the photos were taken.  
  
[www.ck12.org](http://www.ck12.org)
- 4 Discussion card:**  
Think how the image of the model has been changed from reality. How does seeing these unrealistic changes make you feel?  
  
[www.ck12.org](http://www.ck12.org)
- 5 Discussion card:**  
Why do you think the unrealistic images you see in the film are unfair and misleading?  
  
[www.ck12.org](http://www.ck12.org)
- 6 Discussion card:**  
Why do you think it is unrealistic or unfair to compare the way you or your friends look to manipulated images of people you see in professional media?  
  
[www.ck12.org](http://www.ck12.org)

# How can images be manipulated?

Before

Photos taken

After



# Why is professional media often created in this way?

- Promise
- Feelings
- Actions
- Results
- Fix





# What problems can this cause?



# What can we do about this?



Single Session  
Name: \_\_\_\_\_

## How do you respond to professional media?

Work in pairs to prepare a role play. Label yourselves Person A and Person B.  
Read the situations below and practise how to respond when you see images in professional media.

Person A	Person B
Imagine yourself in the scenario, looking at the professional image. Share with Person B what you imagine wishing you could change about your looks after seeing the image.	Respond to Person A. Explain why it's not possible for anyone to look like the people we see in professional media. Tell them why it is not realistic or fair to compare themselves to these images.

1 You are reading your friend's magazine... 	2 You are watching this popular television programme... 
3 You are passing this bus stop going home from school... 	4 You are viewing the latest music video on your friend's phone... 

Feeling stuck?

Person A: Wow, look at them; they look great! I wish I had their ... because ...  
Person B: It's not possible to look like them because ... Think back to the 'Dove: Evolution' lesson you watched. We shouldn't bother so completely ourselves, because ... Person A: Why are we meant to challenge these images - how do they make us feel?  
You could start by suggesting rules, or asking a different question to act out.

[www.nhs.uk](http://www.nhs.uk)



# What are we learning today?

- Appearance pressures
- Professional media
- **Personal and social media**

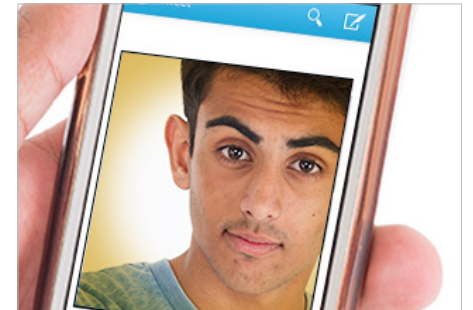
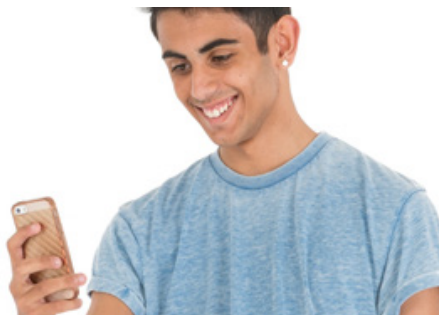


What problems can comparing with those around us cause?





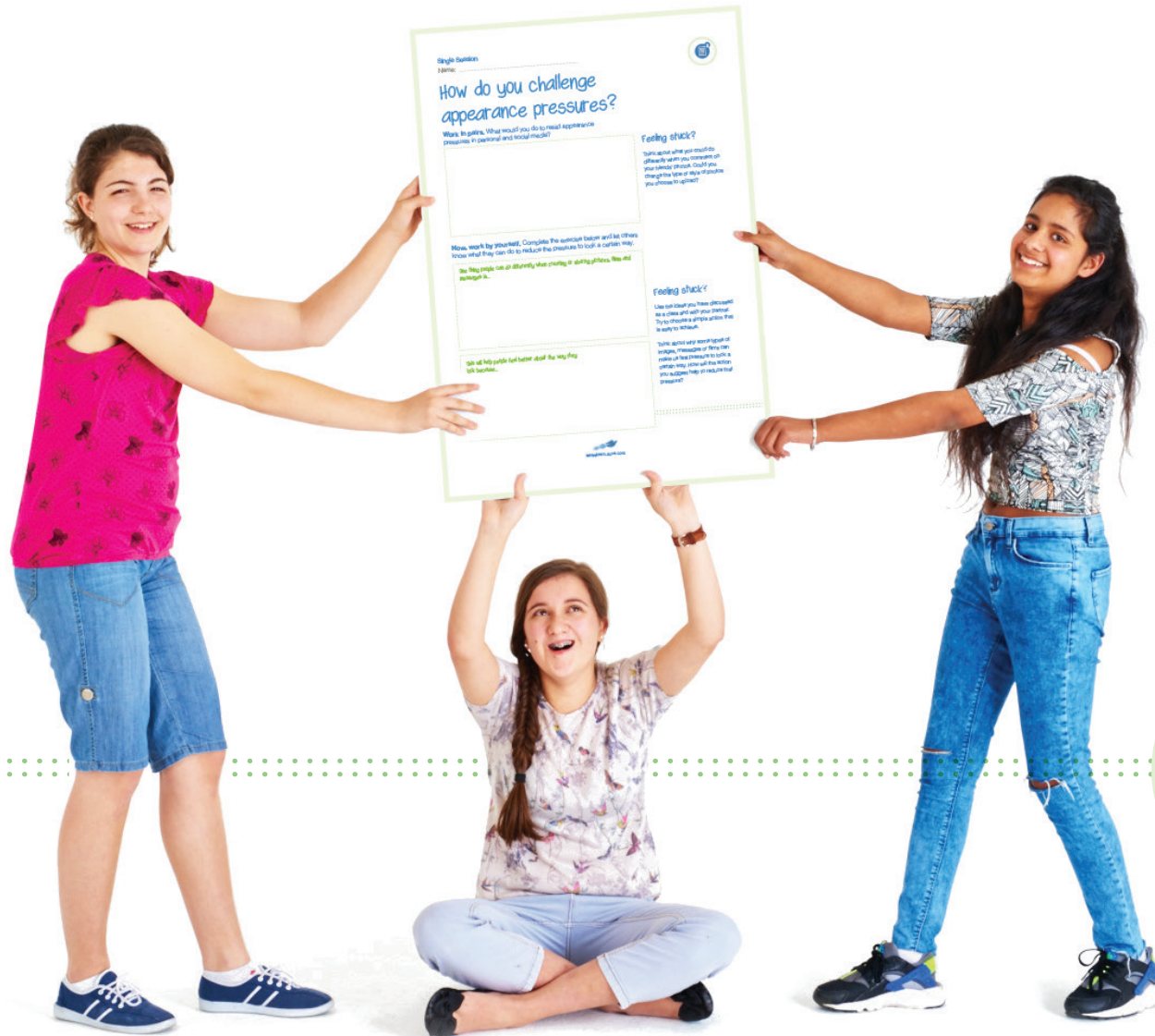
# How can media made by you and your peers be manipulated?



# What problems can this cause?



# What can we do about this?



# What have we learned today?

Pressure to look a certain way comes from the world around us.

It's important to remember images of people that we see in all types of media aren't always real.

It's unfair to compare ourselves to this media.



# Be a champion for change



