

Activity: Body Image and Body Positivity Session (Age 11+)

Resilience Focus Area: **Health**

Learning Outcomes

- To develop an understanding of what factors can impact on our beliefs about our body image
- To recognise the impact of our words on other's and our own body image
- To apply techniques which encourage body positivity for ourselves and others.



| Time (mins) | Activity | Method | Resources needed |
|-------------|---|--|------------------------------------|
| 5 | Check in | Group to have a check –in together. Young people to say how they're feeling today out of 10 and to be given the option to discuss why. Adults to join in with this and model the check in for the group. | Slides 1-2 |
| 2 | Go through learning outcomes | Discuss learning outcomes with group, check to ensure they understand the terms used and if they have any questions. | Slide 3 |
| 5 | Discussion | Discuss with group what they think the term 'body image' means and what factors they think have an impact upon people's body image. | Slide 4-5 |
| 10 | Spot the difference game | Look at the provided images and play a game of spot the difference between the original image and the photoshopped image. Discuss with young people how seeing photoshopped images of models might have an impact on people's perception of themselves. How might they compare themselves to unrealistic body types because of this? | Spot the difference handout |
| 5 | Social media comments discussion | Discuss how comments from others, including the social media comments included on the ppt, might impact how people see themselves. Further discuss the included statistics and young people's opinions about those statistics. Do these statistics make a difference to how we might treat each other regarding body related comments in the future. | Slides 10-12 |
| 10 | Tips for those struggling with body image difficulties activities | Ask young people to come up with some tips on things that people having difficulty with body image could do to help them feel better. There are suggestions on the attached slides. | Slides 13-16 |
| 5 | Body positivity activity | Use the provided sheet for young people to attach a photo to, then write positive things about themselves on. | Body positivity boards printed off |

Body Positivity Board

Post a photo in the centre of the page then use the spaces around the edges to write positive things about yourself. a photo in the centre of the page then use the spaces around the edges to write positive things about yourself.

The image shows a template for a 'Body Positivity Board'. It consists of a central square box with the text 'Stick a photo here' inside. Surrounding this central box are eight rectangular boxes, arranged in a circle-like pattern (top, top-left, top-right, right, bottom-right, bottom, bottom-left, and left). These boxes are intended for users to write positive things about themselves. The entire template is set against a white background with a maroon border.