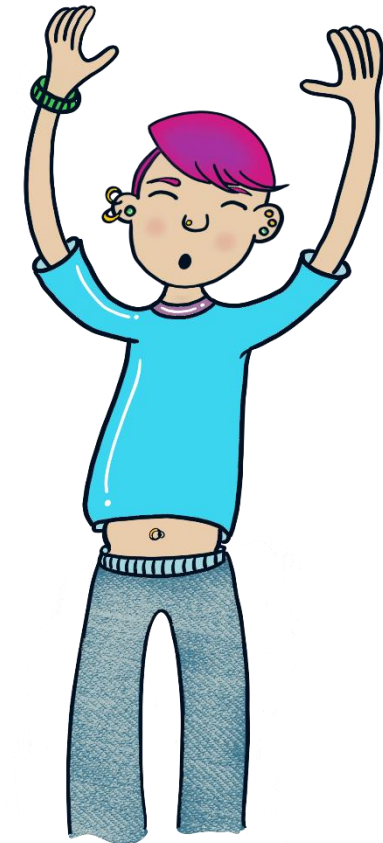


Body Positivity and Body Image 11+

A collection of short activities that can be delivered individually or as a whole session to explore the resilience focus area of Health.

Learning Outcomes

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



Time	Activity	Method	Resources
		There is an optional PowerPoint available for use with this session plan.	
15 mins	SIGN IN, WELCOME, INTRODUCTIONS & CHECK IN	<p>Welcome the group and ask them to introduce themselves. If it is a new group, play a couple of name games to get to know each other.</p> <p>Set some basic ground rules for everyone to agree to whilst in the group. Ask everyone to sign those that have been agreed. Add in any that might have been missed.</p> <p>And housekeeping too e.g. if virtual delivery expected etiquette.</p> <p>Ask the group to say how they are feeling from 1-10 and if they want to, share why.</p> <p>Run through the expected outcomes of the training session.</p>	<p>Sign In Sheet</p> <p>Pens</p>

5 mins	INTRODUCTION	Discuss with the group what they think the term 'body image' means and what factors they think have an impact on people's body image.	Introduction handout
15 mins	SPOT THE DIFFERENCE GAME	Look at the provided images and play a game of spot the difference between the original and the photoshopped images. Discuss with young people how seeing photoshopped images of models might have an impact on young peoples perceptions of themselves. How might they compare themselves to unrealistic body types because of this?	Spot the difference handouts
10 mins	SOCIAL MEDIA COMMENTS	Discuss how comments from others, including the social media comment examples, might impact on how people see themselves. Further discuss the included statistics and young	Social media comment examples Statistics sheet

		<p>people's opinions on these.</p> <p>Do the stats make a difference to how we might treat each other regarding body related comments in the future?</p>	
10 mins	TOP TIPS FOR THOSE STRUGGLING WITH BODY CONFIDENCE	Ask young people to come up with some tips on things that people having difficulty with body image could do to help themselves feel better.	Top Tips suggestions to use as prompts
10 mins	BODY POSIIVITY	<p>Hand out the body positivity board sheet, ask young people to attach a photo of themselves in the middle. Depending on the group you can either:</p> <ul style="list-style-type: none"> - Ask young people to write positive things about themselves - Pass the sheets around the group and get everyone to write something positivity about each person - Give the sheet as 'homework' and ask young people to get others in their lives to wrote positive comments/ write down when someone says something positive about them. 	Body positivity board

15 mins	CLOSE	<p>Ask the group if they have any questions and answer as best you can, agreeing to go away and get any answers you don't know at this point.</p> <p>Ask the group to rate themselves between 1-10 as to how they are feeling now as they did at the start of the session.</p> <p>Ask for feedback from the group about how the session went.</p>	<p>Evaluation Forms</p> <p>Pens</p>
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Introduction activity: What is body image?

What is body image?

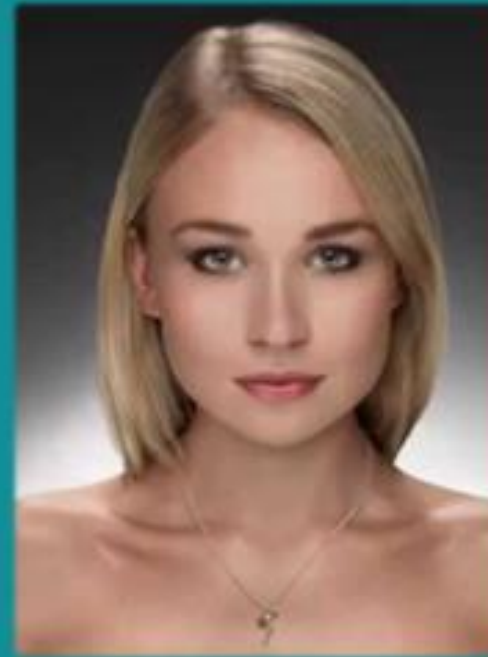
- What do you think body image means?
- Body image is how we think and feel about ourselves physically, and how we believe others see us.
- During adolescence and puberty, your brain and body go through huge changes. Your body releases hormones which make you more aware of how you look, and more aware of other people's bodies. These changes happen to everyone, and can sometimes make you feel out of control or anxious.

Factors which could influence body image

- What factors do you believe play a role in the way you think about your own body?
- Social Media – online bullying?
- Mainstream media (TV – Love island?, magazine models – photoshop)
- Comments from others – bullying - Attitudes of friends
- The way we speak to ourselves – calling ourselves negative things will make us feel worse.
- Family environment – If your family are unkind about your appearance you are likely to trust what they say
- Cultural background

Is everything we see on social media real?

Spot the difference A



Is everything we see on social media real?

Spot the difference B



Is everything we see on social media real?

Spot the difference C



Is everything we see on social media real?

Spot the difference D



Social media comment examples:

 Ashley Scarlett
@ashleyyscarlett

 Follow

"I don't know what you're doing, but you look SO MUCH healthier now. Props for losing all that weight" [#TheySaid](#) after I developed anorexia
1:36 PM - 1 Jun 2017 · Cambridge, MA

 Peglet
@PedestrianPoet

Today. I was jogging and someone behind me sniggered about how I'm 'jiggling'. That messed my head up, tbh. I'm trying! That doesn't help!

 ruckin 
@ruckin_

tall girls are for tall guys and short girls are for tall guys as well. you short guys can have each other..

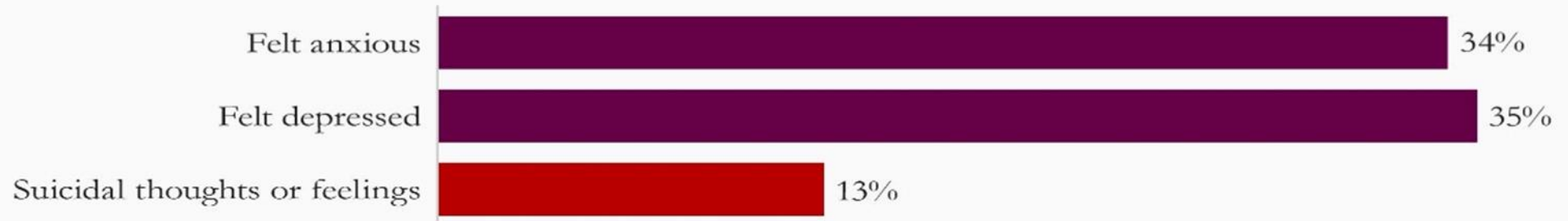
6/19/18, 8:42 PM



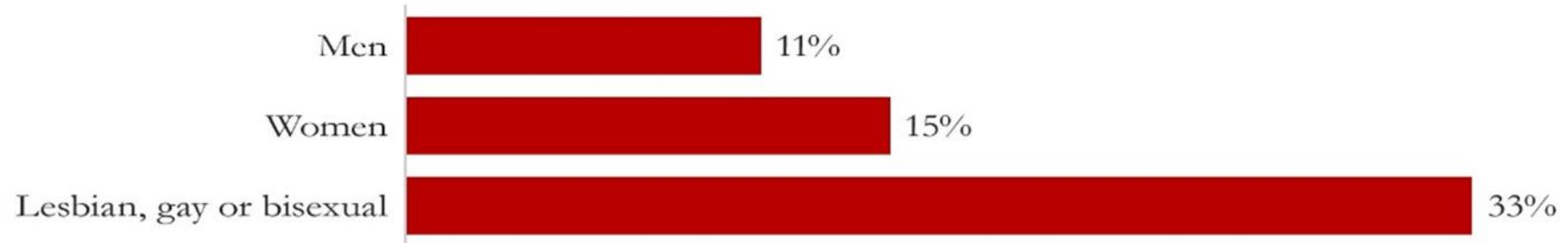
Impact Statistics:

1 in 8 UK adults have suicidal thoughts due to body image

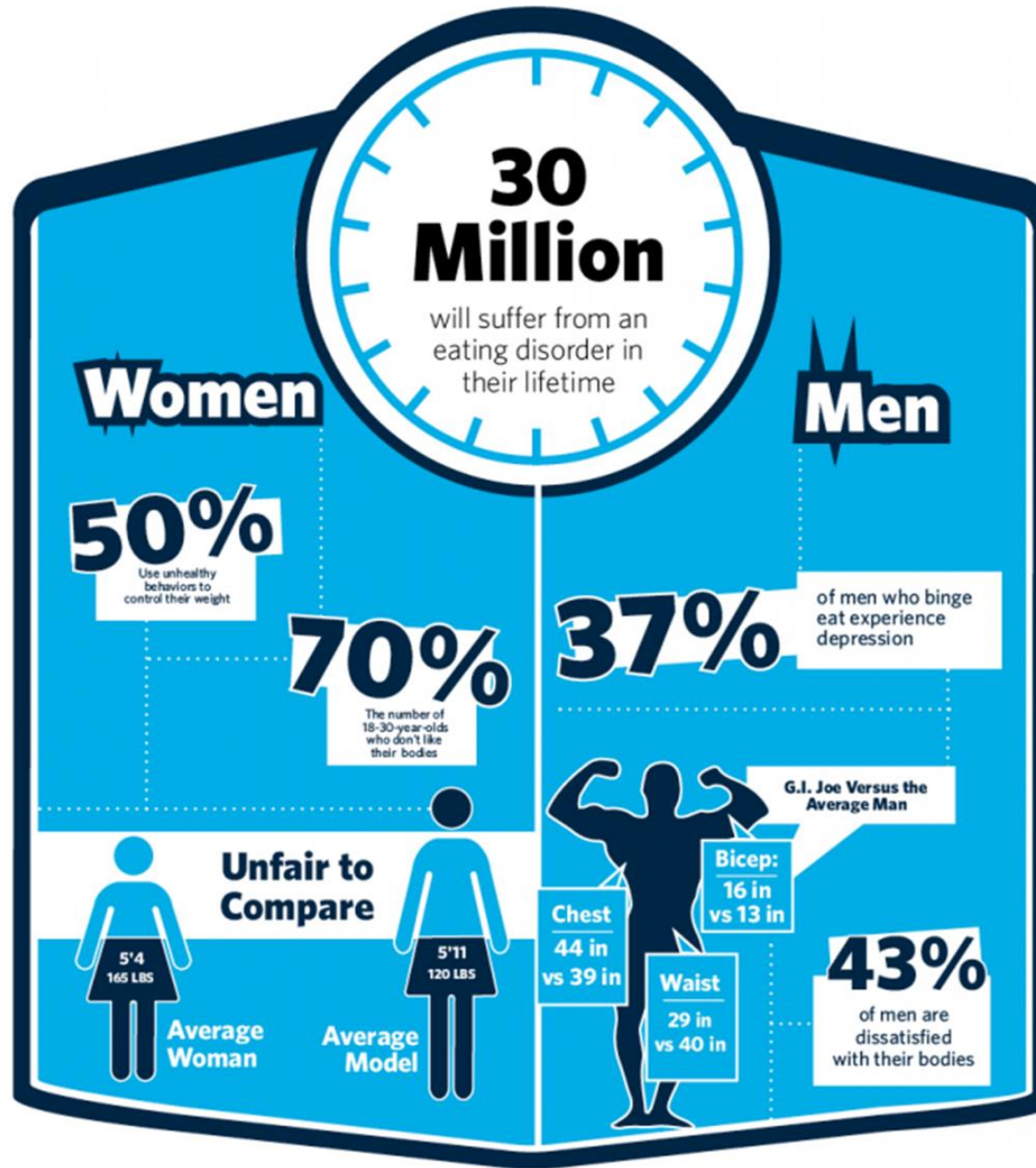
Share of UK adults that have experienced the following because of their body image



Demographic differences Suicidal thoughts or feelings



Impact Statistics:



Top Tips Prompts:

- Consider your use of social media
- Social media can be a great place for inspiration; however sometimes we end up constantly comparing ourselves to the people we see.
- A photo of somebody on social media is often the best version of themselves and may not be the whole truth.
- Think about how much time you spend scrolling through social media, and if it triggers you into feeling negatively about your body, consider cutting back the time you spend on it.
- Exercising can be great for many reasons. It can help you to feel a sense of self-satisfaction and accomplishment. It also encourages positive chemicals in your brain such as serotonin, endorphins, and dopamine. It may help you feel more body confident.
- Invest in your inner beauty. The more you focus on being a good person who is kind and caring, the more proud you feel of yourself as a person. Working on your inner self can be far more fulfilling than working on your outer self.
- Tell and remind yourself that you are enough. Other people and the media will try to convince you that you need to look a certain way. Every person is beautiful in their differences, focus on what makes you and others great than what the media has told you to think.

Body Positivity Board Prompts:



#LoveMe Challenge: Learn to Love You

- 1 Why are You doing #loveme?
- 2 A photo of You
- 3 A word that describes You
- 4 A person who loves You
- 5 A note to your past You
- 6 A note to your future You
- 7 One thing that's just for you
- 8 Share a scar
- 9 Share something beautiful
- 10 Share a secret
- 11 Share a smile
- 12 Share a flaw
- 13 Share a quote
- 14 Share a fear You overcame
- 15 Something You have done right
- 16 Something You like about yourself
- 17 Something that feeds Your soul
- 18 Something that feeds Your brain
- 19 Something You feel strongly about
- 20 Something You love to wear
- 21 Something You are proud of
- 22 What makes You unique?
- 23 What is Your best feature?
- 24 What makes You happy?
- 25 What makes You laugh?
- 26 What makes You feel beautiful?
- 27 What have You accepted about You?
- 28 What have You learned this 28 days?

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 'Body Positivity Board' template. It consists of a central rectangular area with the text 'Stick a photo here' inside. This central area is surrounded by ten smaller rectangular boxes, five on each side, arranged in a grid-like pattern. The top and bottom boxes on each side are wider than the middle three boxes. All boxes have a thin green border.

This session plan provides an outline to deliver activities focussed around areas of young peoples lives that have been proven to support in improving resilience and emotional wellbeing.

Within this there are suggestions of a range of activities and formats that you can use to deliver these, such as power points and online resources as well as timings for activities.

These can be delivered in whichever way suits your organisation and group of young people best.

Whilst a range of videos, icebreaker activities and games have been suggested throughout please feel free to adapt and change these to suit your setting and your young people.

For further resources, activities, ideas and a wide range of other session plans please visit [Kent Resilience Hub](#), you can also find a range of resources and activities that young people may find useful to manage their own wellbeing at [MoodSpark](#). Click on the different segments below to find resources, activities and sessions that meet that resilience area.

