



**Title: Body image**  
**Part 2: My real body/Body confidence**

**Level: THIRD/FOURTH**  
**Links to Curriculum for Excellence**

Experiences and outcomes	Benchmarks
I understand my own body’s uniqueness, my developing sexuality, and that of others. HWB 3-47a I know that popular culture, the media and peer pressure can influence how I feel about myself and the impact this may have on my actions. HWB3-46b	<ul style="list-style-type: none"> <li>• Describes how positive and negative feelings about body image can affect health, self-worth and behaviour, for example, confidence, self-harm, eating disorders.</li> <li>• Recognises the impact of puberty and developing sexuality.</li> <li>• Identifies and explains influence/impact of media, including social media and pornography on self-esteem and decision making.</li> <li>• Demonstrates the skills needed to challenge stereotypical images in the media, including social media, for example, confidence, judgement.</li> </ul>

**Learning Intentions**

- Young people learn about the influence and impact of media on body/self-image.
- Young people understand this comes at a unique time in their lives, with puberty and developing sexuality.
- Young people become critical of what they see and hear.
- Young people view themselves as unique individuals

**Success Criteria**

- I can describe how popular culture and social media promote stereotypes and unrealistic representations of both women and men, and can reflect on how these impact on groups and individuals.
- I describe myself positively and can talk about my unique attributes and interests.
- I understand and accept diversity amongst my peers.

**Resources to support this activity:**

- PowerPoint slides
- BBC Newsround <https://www.bbc.co.uk/newsround/46311187> (45 seconds)
- Building your body image and self-esteem: advice for friends/recording prop
- Be the Change short films: Megan <https://youtu.be/byBGUzKgXXc> (2 minutes 5 seconds) Levi <https://youtu.be/2yTn7UvpUoQ> (2 minutes 2 seconds) Mikhaila [https://youtu.be/V\\_hd9vA3MbE](https://youtu.be/V_hd9vA3MbE) (1 minute 59 seconds)

*Whenever you use content on a platform like YouTube please cue the film you intend to play in advance, check it is the film you want to view, and skip adverts.*

## Activity

1. Start with a refresh of the last session – share the body image definition and ask what young people remember from their discussions.
2. **What can a poor body image and low self-esteem do to a young person?** Pose the question for small group or whole group discussion and get some feedback. Then share the findings from a recent piece of research, taking young people's views as you go.
  - More than a third of young people (36%) agreed they would do whatever it took to look good.
  - Almost three in five young people (57%) have, or would consider, going on a diet to change the way they look.
  - One in 10 young people (10%) said they would consider plastic surgery to change the way they look.(Be Real Campaign 2018)

3. **Boys are affected too.** As a reminder that these issues and pressures affect boys too watch the short clip from Newsround, discuss any issues that arise.

<https://www.bbc.co.uk/newsround/46311187> (45 seconds)

4. **So, what can we do?** Reflect back to young people that they have been considering the way that images can be manipulated, that we all get messages about how we should look that then in turn manipulate how we feel about ourselves. Share the slide/pose the question for small or full group conversation:

**Do we need to protect ourselves from the negative images and messages we get from social media?**

Take any initial comments then explain that you have a couple of tasks that everyone can do to start thinking about how we can indeed look after ourselves and each other a bit better.

5. **Self Portrait: Gimme 5** Explain that this is a self-portrait with a difference – no drawing, just talking. In a pair/3 young people are to talk about each other one at a time. On one of their hands the group is to identify 5 things that describe this person positively – there will be no group feedback about what they decide, but the group will talk about how it felt to do it. Complete the task, and then have that discussion.
6. **Building your body image and self-esteem: advice for friends** Have the young people work in pairs/3s using the accompanying prop to map out all the advice they would like their friends to hear and understand, so that they were better able to look after themselves, not feeling so much pressure to look a certain way.
7. After some time, get feedback, explore why so, and share the ideas on the subsequent slides – what matches with young people's ideas? What's different?

**Building your body image and self-esteem: advice for friends**

- **Remember what you see online might be fake (or at least a bit fake)**
- **Stop criticising yourself – be your own friend.**
- **Don't put you or your body down, be kind to yourself.**
- **Find things to like about yourself – both physical and the kind of person you are.**
- **Think about what you *can do*, not just what you find difficult or can't do.**

- **Understand your body – know when to rest or when to be active.**
- **Get enough sleep.**
- **Be active every day.**
- **Keep a healthy weight but avoid ‘diets’**
- **If you feel worried or anxious or have questions – talk to someone.**
- **Think about spending less time online...**

8. **Can young people really change things?** Explain you have some short films where young people talk about what they did when they’d had enough of negative stuff online – they are **body confidence champions**. Just before that share the slide by way of introduction.

**Pressures to look a certain way comes up all the time. If you have the confidence to say no to being pressured to look a certain way you will feel more body confident. You will also help friends when they feel the same pressure.**

These short films present the experiences of young people who wanted to change perceptions about young people’s bodies, they wanted to build self-esteem and change how young people their age saw their body. Discuss as you go.

- Megan <https://youtu.be/byBGUzKgXXc> Founder of Yellowberry Bras (2 minutes 5)
- Levi <https://youtu.be/2yTn7UvpUoQ> Author of Be Courageous (2 minutes 2)
- Mikhaila [https://youtu.be/V\\_hd9vA3MbE](https://youtu.be/V_hd9vA3MbE) Creator, The Cosmic Cuties (1 minute 59)

9. **To end**, ask young people to take a moment to remember what they have heard today that is positive about them. Acknowledge the pressures to look a certain way can be powerful. Remind them to seek help and support whenever they need it. Remind them that they can be kind online.

#### **Additional ideas**

- BeReal Body Confidence Campaign Toolkit for Schools:  
<https://www.berealcampaign.co.uk/resources/body-confidence-campaign-toolkit-for-schools>
- Body image and self-esteem: online information for young people:  
<https://kidshealth.org/en/teens/body-image.html>

#### **Connecting with home**

- Some suggested text is provided with activity ***Body image: The influence of popular culture***

#### **Further learning activities are available that connect to this RSHP curriculum content**

- Body image: The influence of popular culture

#### **Practitioner Notes**