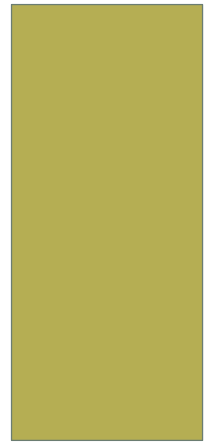




# BODY IMAGE

WE ARE ALL DIFFERENT



# **Body Image True & False Quiz!**

# Body Image – a definition

- Body image is what you believe and feel about your body and physical appearance.
- Any person of any physical description can have either a positive or negative body image.
- Body image is much more influenced by low self esteem than physical attractiveness as judged by others.
- People with negative body image have a greater likelihood of developing an eating disorder and are more likely to suffer from feelings of depression, isolation, low self-esteem, and obsessions with weight loss.
- Your view of yourself and your body is an opinion, not a fact.

# In what ways can people be different from each other?

Different complexion

Height

Religion/Culture

weight

Different body build

Relationship status

Eye colour

Hair colour/style

Likes/Dislikes

Different abilities

Home life

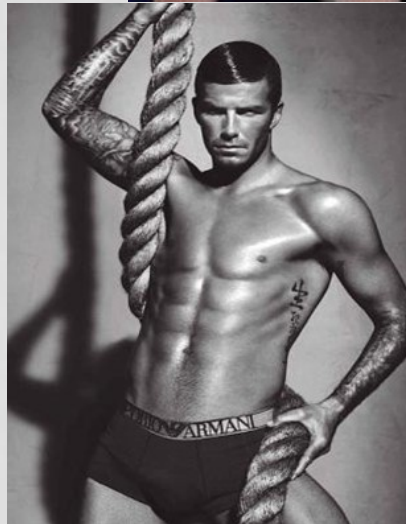
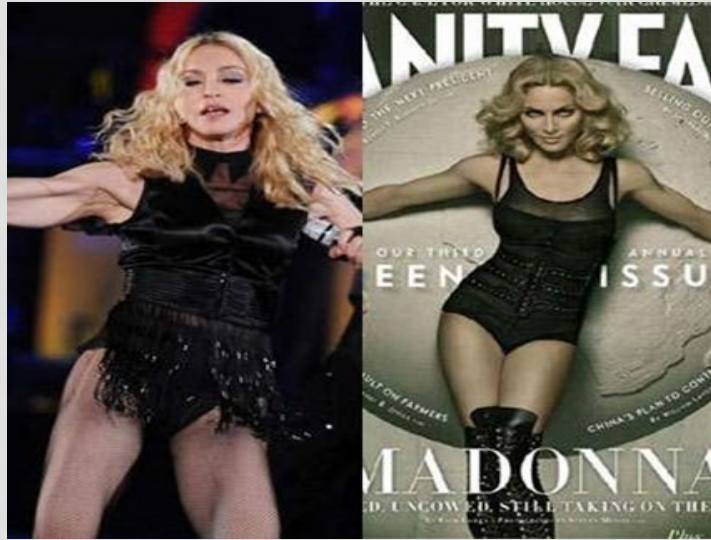
Personality

Different interests

# Body image influences?



# WHAT YOU SEE ISN'T ALWAYS WHAT YOU GET...



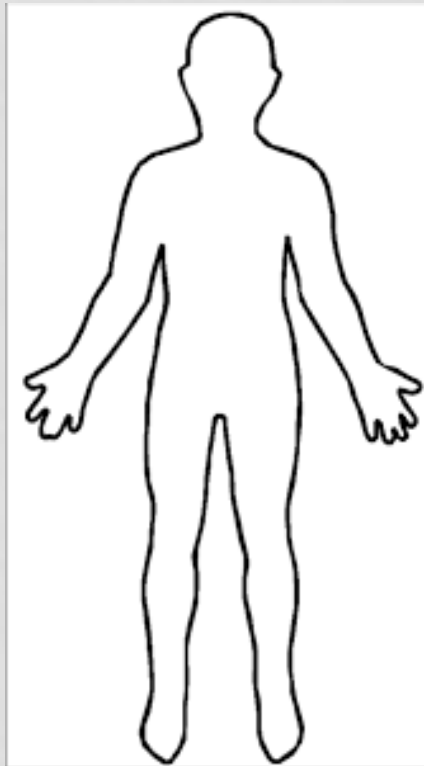


This is Barbie. Throughout the years, she has been the center of much controversy, because feminists claim she represents an unrealistic, unhealthy and unfair standard of beauty, leading to a "crisis" for young girls and their self-esteem.



This is  
He-Man.

# BODY IMAGE WHERE DO WE FEEL PRESSURE TO CHANGE?



In your groups draw or label the areas on the female body where we can sometimes feel pressure to change. E.g. Glossy hair, bigger breasts, six pack, chest hair.....

Feedback the areas of the body which you feel young people have pressure to look a certain way.



# BODY IMAGE

Remember, body image is:

- How we see ourselves
- How we think other see us
- How we would like others to see us
- Body image is how you choose to see your body. You need to remember to accept yourselves for who you are!
- Do not compare yourself to others
- Media images are almost always airbrushed!
- Celebrate our bodies, the health of our bodies, thank our bodies every day for allowing us to do the activities we love - and just 'be'!

<https://youtu.be/iYhCn0jf46U> (Dove Evolution)