

ACTIVITY:

BODY IMAGE DEFINITIONS

LEARNING AIMS:

- To inform students of key 'body image' words and their definitions

TIME:

20 Minutes

RESOURCES:

- Body image words printed/written on paper
- Pens/pencils

ACTIVITY DESCRIPTION:

Split the group of students into 5 smaller groups. Hand each group a different word from the list below. Ask each group to come up with a definition for their word (5 mins). Next rotate the sheets so that each group has a new word to define. Continue until each group has completed every word. Finish with a discussion, before reading out definitions listed below.

Body Image words and definitions:

BODY IMAGE - Describes our idea of how our body looks and how we think it is perceived by others. This can include our thoughts and feelings about our height, weight, shape, skin colour and our appearance and attractiveness more broadly. Body image isn't just about how we look or what our bodies can do; it also includes our feelings and how we interpret our body's value. It includes how you feel about what your body looks like and how you feel about what your body can do.

BODY CONFIDENCE - this term is used to describes how positive people feel about their body, their sense of body and self, and the extent to which their personal value is tied up with their physical appearance.

SELF-ESTEEM - is the beliefs you have about yourself - what you think about the type of person you are, your abilities, the positive and negative things about you and what you expect for your future.

BODY IMAGE MYTH - is society's idea of what a 'perfect' boy or girl / person should look like. It is a myth because it is impossible for anyone to achieve, and it is not true that there is only one way to look beautiful.

BODY TALK - is how we talk about our bodies. The body image myth will often influence this conversation and perpetuate negative thoughts and unrealistic expectations on ourselves. Every time we make a comment that compares the way people look with the image myth, we keep it going! For example, 'you look great! Have you lost weight?', etc.

