

ACTIVITY:

CELEBRITY PICTURE MATCH

LEARNING AIMS:

To inform students that celebrities also suffer from body image issues

TIME:

15 minutes

RESOURCES:

- Pictures and statements provided

ACTIVITY DESCRIPTION:

Students match the celebrity pictures to the statements provided (5 mins). Teachers then reveal which celebrities said what and discuss reactions with the group.



South Tyneside Council



The best start in life



CELEBRITY PICTURE MATCH - TEACHER RESOURCE

ROBERT PATTINSON

Suffers from body dysmorphia - an anxiety disorder that causes a person to have a distorted view of how they look

"I don't have a six-pack and I hate going to the gym. I've been like that my whole life. I never want to take my shirt off"

JAMES CORDEN

"I could never understand when I watch romantic comedies. The notion that for some reason unattractive or heavy people don't fall in love.

If they do, it's in some odd, kooky, roundabout way - and it's not. It's exactly the same."

SAM SMITH

Lost almost 50lb in a year, negative body image has been something he has struggled with since childhood.

"I want to be a voice for that: just because I've lost weight doesn't mean that I'm happy and content with my body. Because of the media, and because of what I feel I should look like, it's always going to be a battle in my head."

LADY GAGA

Has suffered from bulimia and anorexia since 15.

"My weight/loss/gain since I was child has tormented me. No amount of help has ever healed my pain about it. But YOU have."

KATY PERRY

"Bad skin really made me want to hide. I'd wear makeup to bed or stay in if I had a bad breakout,"

JONNIE PEACOCK – ATHLETICS

"I lost my leg aged five...Now I'm 1.9 seconds behind Usain Bolt."

SELENA GOMEZ

Was criticised online and in media about her weight while struggling with the effects of a long term illness on her physical and mental health. Her response was:

"It hurt my feelings because I never experienced that before... But I didn't want that to be my story, so I said, 'I don't care what you think.' I'm learning that you can be comfortable and still look beautiful."

She is realistic that body confidence doesn't happen overnight, and isn't always easy to maintain every single day.

"Some days, I like what I see," she said. "Other days, I'm like, 'I'm not even going to bother.'"

LITTLE MIX / JESY NELSON

Have faced their share of body insecurity, made worse by public scrutiny of the way they look.

"It's hard to take when you're young, but now we're more confident. We're happy to be how we are, and don't care if we put on a couple of pounds."

JESSICA ENNIS-HILL – OLYMPIC GOLD MEDALLIST ATHLETE

Olympic Gold medallist who's abs have been voted most desirable in Britain but was accused of being 'fat' in the run up to the 2012 Olympics.

ANNA WATKINS – OLYMPIC GOLD MEDALLIST ROWER

Used to feel quite self-conscious of her muscly shoulders but now feels she can be proud, rather than ashamed, of her athletic physique.

"I've got quite muscly shoulders and I wouldn't normally wear a vest-top, but now I feel proud to show them"




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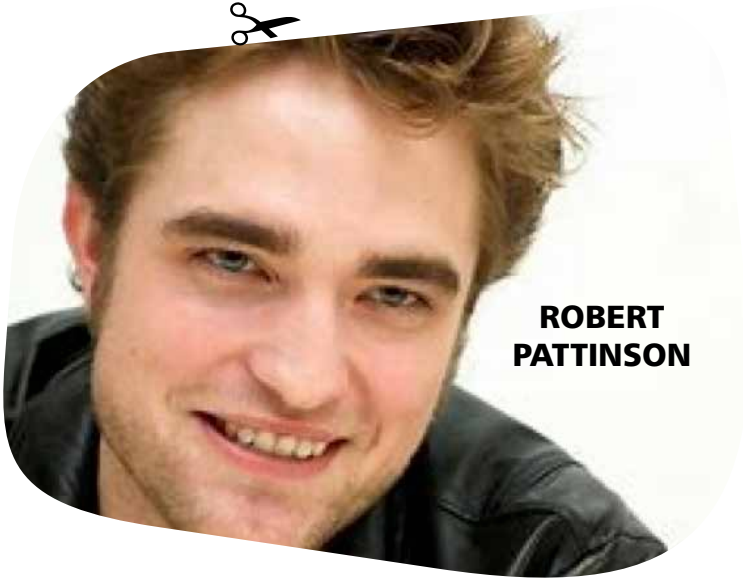
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