

ACTIVITY:

WOULD YOU RATHER

LEARNING AIMS:

- To explore the range of factors that affect body image and how young people see themselves
- To encourage young people to look at how they see themselves and how they like others to see them, exploring what's important to them and why

TIME:

20+ minutes (depending on length of discussion).

RESOURCES:

- List of statements (provided below)
- Pen/paper to record responses

ACTIVITY DESCRIPTION:

Designate opposite sides of the room as A or B. Read aloud each statement in turn (see below) and invite the students to move to the side of room which represents the option they would prefer. Once students have chosen a side, encourage the group to discuss their choice; what influenced their decision, what do they understand by the question (e.g. what is a 'real friend', what is a 'false compliment'), what do they think of other people's choices and opinions, and would they change their mind after hearing other people's points of view?

EXAMPLE: Would you rather have 5 real friends or 5000 Facebook friends? The left side of the room is option A (5 real friends) and the right side of the room is option B (5000 Facebook friends).

Would you rather...

- See yourself as beautiful or have everyone else see you as beautiful
- Look good or feel good
- Be happy or be seen as happy
- Have a nasty comment said to your face or written about you on social media
- Be socially active or academically inclined
- Have three real friends or one thousand followers
- Feel good about an unfiltered photo of yourself, or receive many likes for a filtered photo
- See filtered or unfiltered content on social media
- Have one genuine, positive comment said to you or many false compliments on a post

