

# Year 8 MY Curriculum

body image

# Objective: To learn about issues of body image

## Outcomes:



- Explain the pros and cons related to “body image”.
- Promoting a positive body image.



- Describe the different factors that play a part in body image.
- Being more thoughtful and kind about body image.



- Identifying positive and negative body image.
- Feeling comfortable with our own body image.

# Rules

Respect privacy. We can discuss examples but do not use names or descriptions that identify anyone, including ourselves.

Listen to others. It is okay to disagree with each other, but we should listen properly before making assumptions or deciding how to respond. When disagreeing, challenge the statement not the person.

No judgement. We can explore beliefs and misunderstandings about a topic without fear of being judged.

Choose level of participation. Everyone has the right to choose not to answer a question or join discussion. We never put anyone 'on the spot' (no personal questions or pressure to answer).

## Task 1: How has the “ideal” appearance changed over the years?

Focus on the image of the people rather than their fashions?

How has the “Ideal” appearance changed over time?

What does it tell you about body image and appearances?



<https://www.youtube.com/watch?v=DWlvxsV4hSQ> - manual link for video “dove appearance ideals”

# What is “Negative Body Image”?

According to the Mental Health Foundation in 2023, young people in Britain are developing more and more issues with their “body image” than ever before- **unhappy with their body appearance or “negative body image”**.

In a survey of over 2,000 students, **35% of 13-19 year olds** often worried about the way they looked.

**46%** of girls and **25%** of boys felt that pressure or negativity ‘often’ and ‘always’.

“Negative Body Image” and their appearance is the **third biggest worry for British teenagers** behind (1. Success at school, 2. Job opportunities).

[Mental Health Foundation 2023 stats](#)

# What influences our own sense of “body image”?

**What sorts of things/ people influence how we think about our own appearances?**

Round Robin task:

On a blank piece of paper, students take it in turn to write down their ideas and continue going around until they have all exhausted their ideas.

All students should be thinking of possible answers when they are waiting for the paper to come round to them so that they can immediately add their point.

They can then discuss some of the issues raised by their answers.



# What influences our own sense of “body image”? REVIEW

**What sorts of things/ people influence how we think about our own appearances?**

Did you consider:

Comments from family (positive or negative)

Comments from friends

Social Media - trends / fashions

Role Models/ your favourites

Advertising - their vision of “perfect”

Films/ TV shows (appearance of heroes)



Should we compare ourselves to the “ideal” images presented by advertising, media or film?

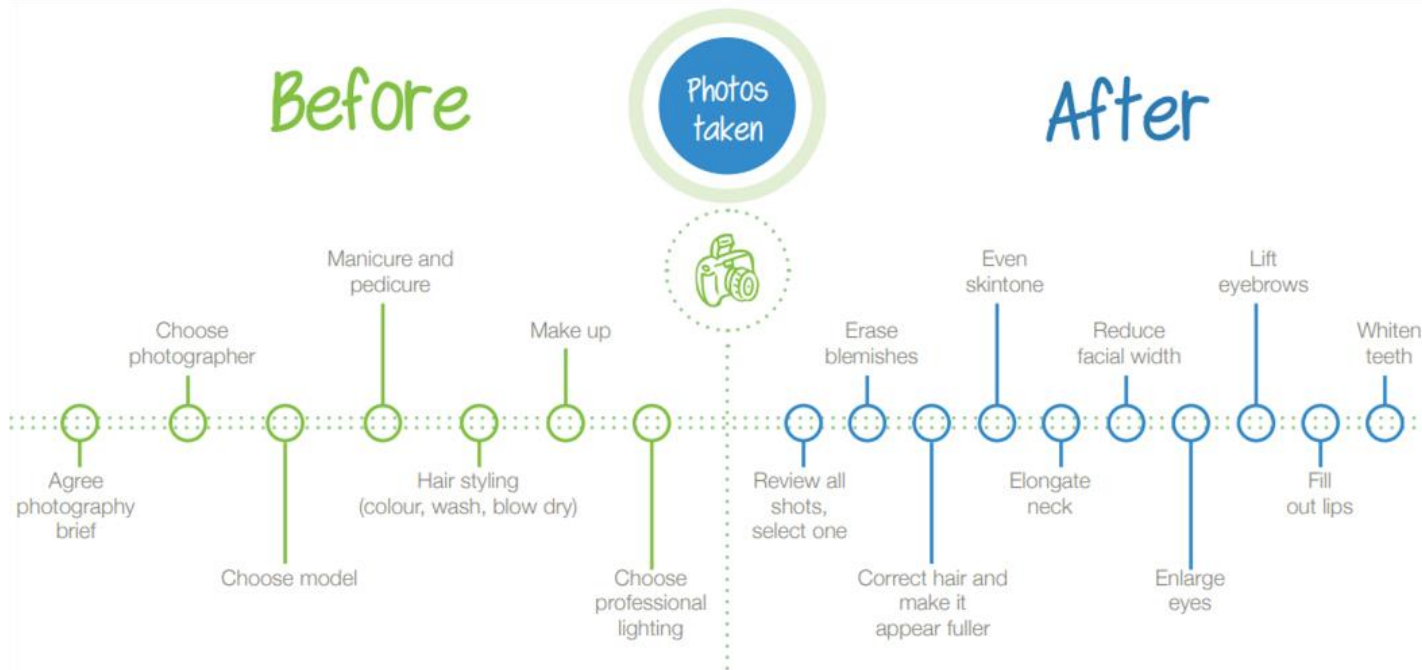
<https://www.youtube.com/watch?v=KN2yunRynks> Manual link for video “Dove Evolution”





# Why shouldn't we believe what we see online?

What can people do to enhance images?



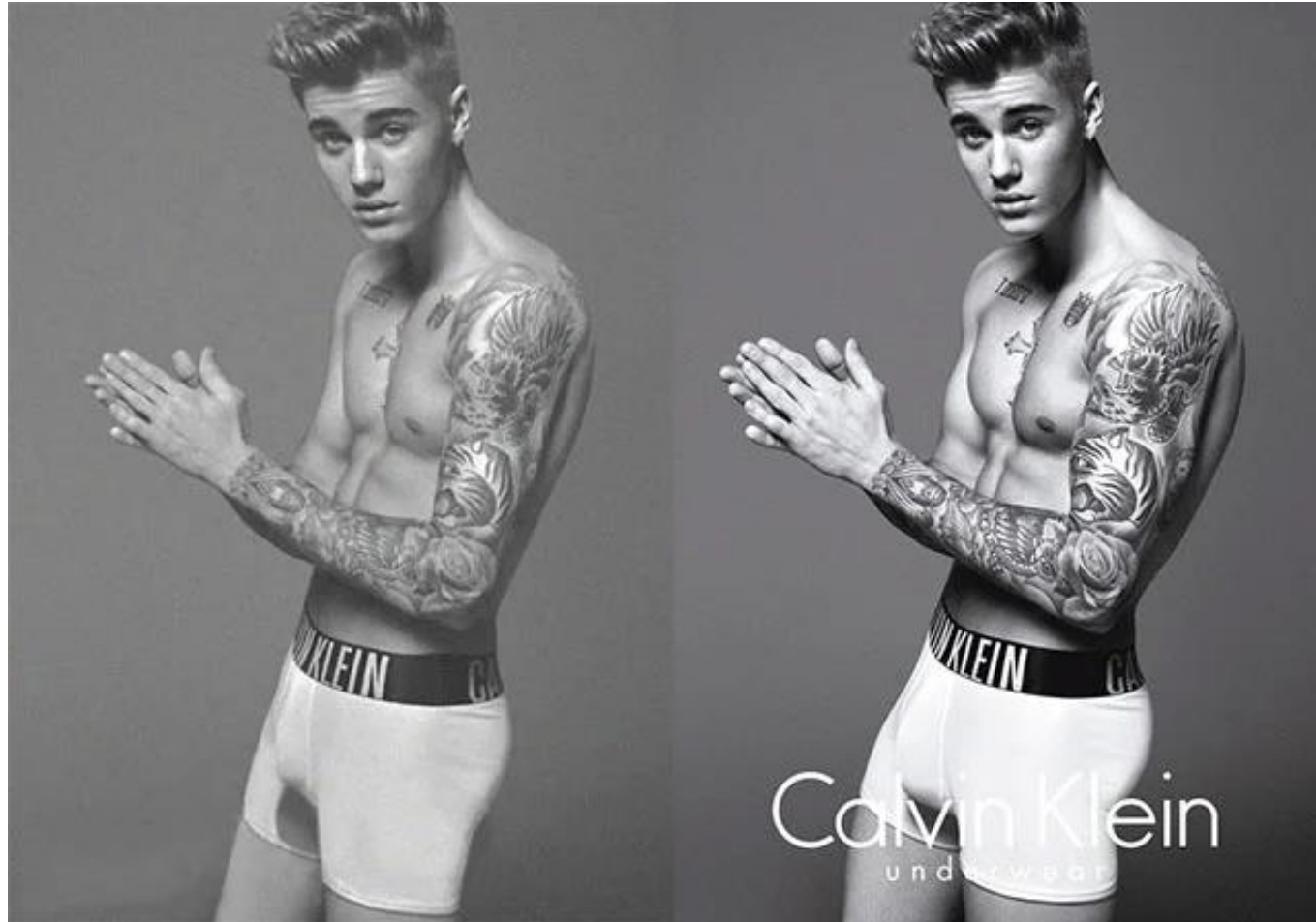
## Some celebrities don't need the gym - because they have... photoshop

In 2015, Justin Bieber became the face (and body) for Calvin Klein underwear.

But do you notice the difference between the real photo (left) with no added effects and the advertising poster (right) that was released?

**Circle the differences.**

**EXT: Does it matter that the advertising photo has had some “additions”?**



## Some celebrities don't need the gym - because they have... photoshop

Did you spot the differences made by photoshop?

Smaller ears;

Deeper cheekbones;

Bigger pectorals/ chest;

Bigger arms/ biceps;

Darker tattoos;

More muscly back/ laterals;

Bigger "front bulge";

Rounder "rear"/ bottom.





## **Why are some people so obsessed with selfies?**

In 2022, ITV news calculated that the average Brit is taking 450 selfies a year.

**Why do people do it?**

# Why are we so obsessed with selfies?

**Did you consider?**

Boost to **self-esteem**

Hits/ Likes on Social Media trigger **endorphins** (happy hormones) which can be **addictive**

**Narcissism** - many humans love looking at themselves

Creating **memories** with **family & friends**

**Advertising** - copying/ following a vision of “perfect”

Fashion - **following the trend** of what everyone else does



# Self - Confidence

Learning to appreciate yourself and others

**Task 1:** On one piece of paper/ post-it - **write down 3 things that other students would say about you if they had to describe you.**

**Task 2:** Think about a friend of yours in the class. **Write down their name** on a DIFFERENT bit of paper/ post-it and **3 ways that you would describe them.**



# Self Confidence

Learning to appreciate yourself and others

Sometimes we don't appreciate ourselves enough and find it easier to pick out our faults instead of our positives.

Feeling body confident can be more than just about our surface appearance but how your personality and character shines through.



# Recall Quiz: 2 mins to recap key terminology



## Appearance Ideals

What our society or culture tells us is the ideal way to look at a certain moment in time



## Appearance Pressures

Pressures we feel to look like an appearance ideal and be beautiful, handsome, glamorous and attractive



## Personal Goal

Something you plan to change or achieve



## Body Confidence

The way we think and feel about our looks and how we behave as a result



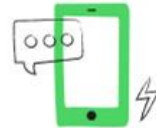
## Media

Messages, images, videos and films that are communicated in different ways



## Manipulation of Media

The way images in the media are carefully prepared, selected, airbrushed and digitally altered



## Personal & Social Media

Images, messages, videos and films produced by you and your friends, and shared in person, online and via social networks



## Professional Media

Images, messages, videos and films produced by businesses and communicated through channels such as TV programs, magazines, advertising, films and music videos



# Are Hollywood Actors as “shredded” as the movies suggest?



Henry Cavill (Superman & The Witcher) reveals what actors have to do to look like the superheroes they portray.

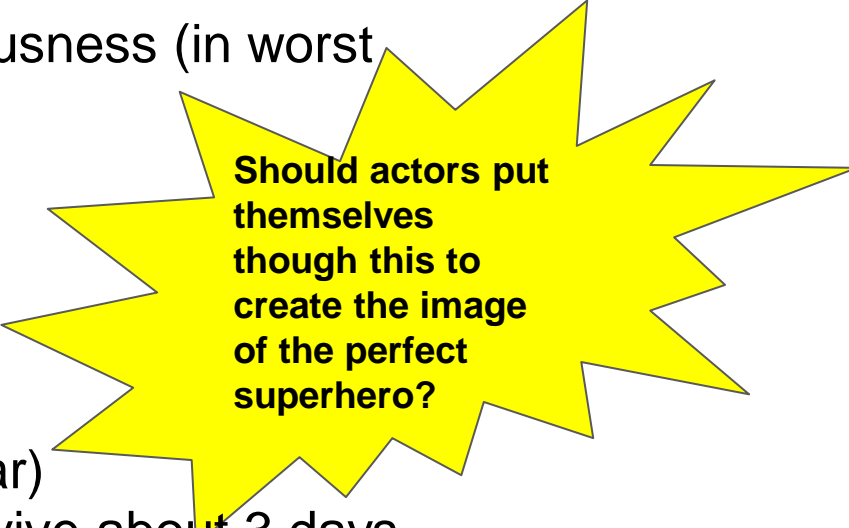
Actors will train for months to prepare for these roles, which is positive.

But the last few days of dehydration are a **serious health risk**.

In the same way, we know they are actors and cannot really fly or shoot lasers from their eyes, we also need to realise that their bodies in films are “fake” in that they are not a realistic goal (unless you are trying to die of thirst!).

# What are the side effects of dehydration (after 24 hours)

1. Bad Breath
2. Dark, smelly urine
3. Headaches leading to loss of consciousness (in worst cases)
4. Tiredness/ Inability to concentrate
5. Bad temper/ mood swings
6. Muscle weakness and cramps
7. Constipation
8. Dry Skin
9. Potential kidney damage (if it is regular)
10. Hospitalisation (human body can survive about 3 days without water- Henry Cavill described 24-36 hours without water)



**Should actors put themselves through this to create the image of the perfect superhero?**

# REVIEW: What have we learnt today?

1. What learning will you take away from today's lesson?
2. How should you look at yourself?
3. How can you be more **body confident**?
4. What **key terms** have we come across in this lesson?



If learning was like a Till Receipt in a shop- what are you taking away from today's lesson?