

confident me



School Workshops
for Body Confidence

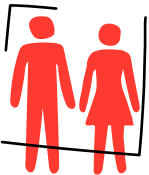


FIVE SESSION

WORKSHOP 2
Media Messages

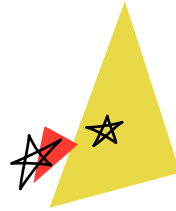


What have we learned?



**It's not worth
trying to match
appearance ideals.**



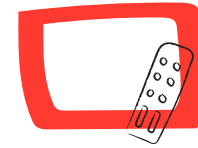


What are we learning today?

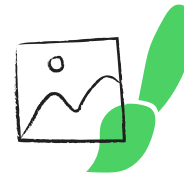


Workshop Group Agreements

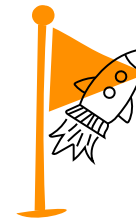
Respect differences
Right to pass
Keep it confidential
Please contribute



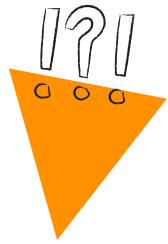
Analyzing the differences between professional media and personal and social media



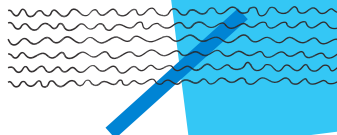
Developing media literacy skills by exploring how images and messages from media often manipulate reality

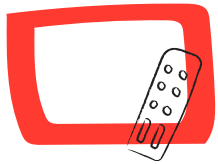


Setting a short-term goal that addresses appearance ideals on social media



What do we mean by media?





Professional media





Personal and social media

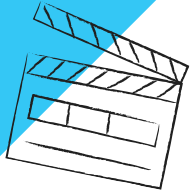


Media messages throughout a day



Video



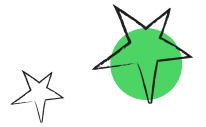
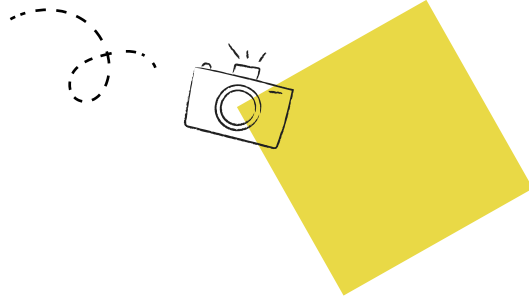


How can images be manipulated?



Video





How can images be manipulated?



Worksheet

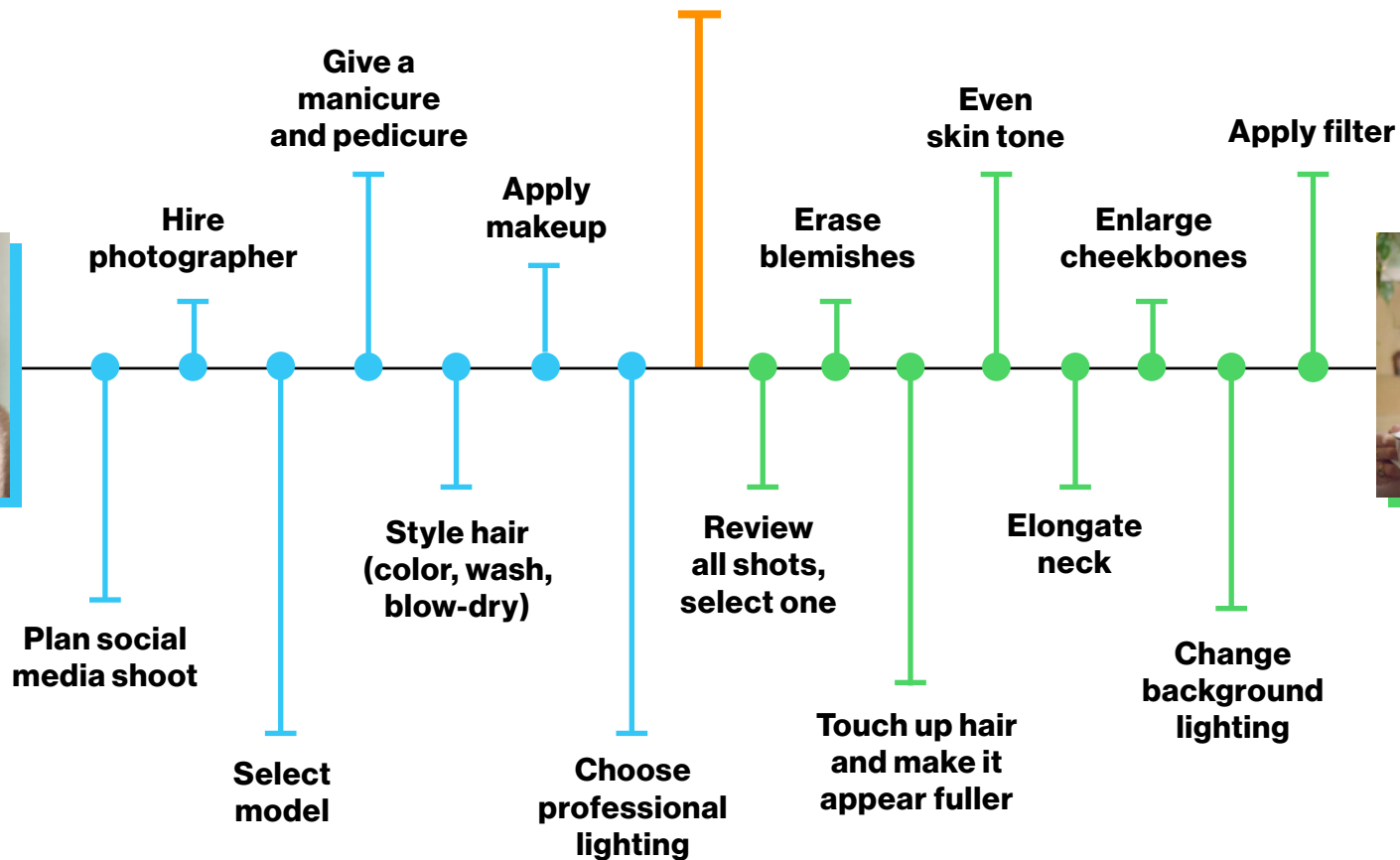
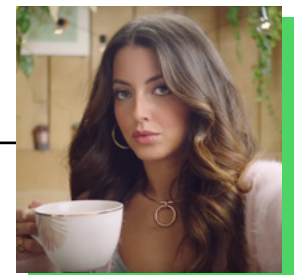
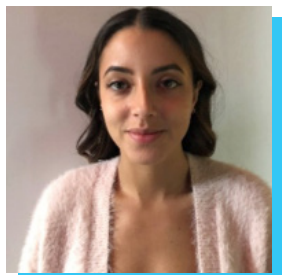
How can images be manipulated?



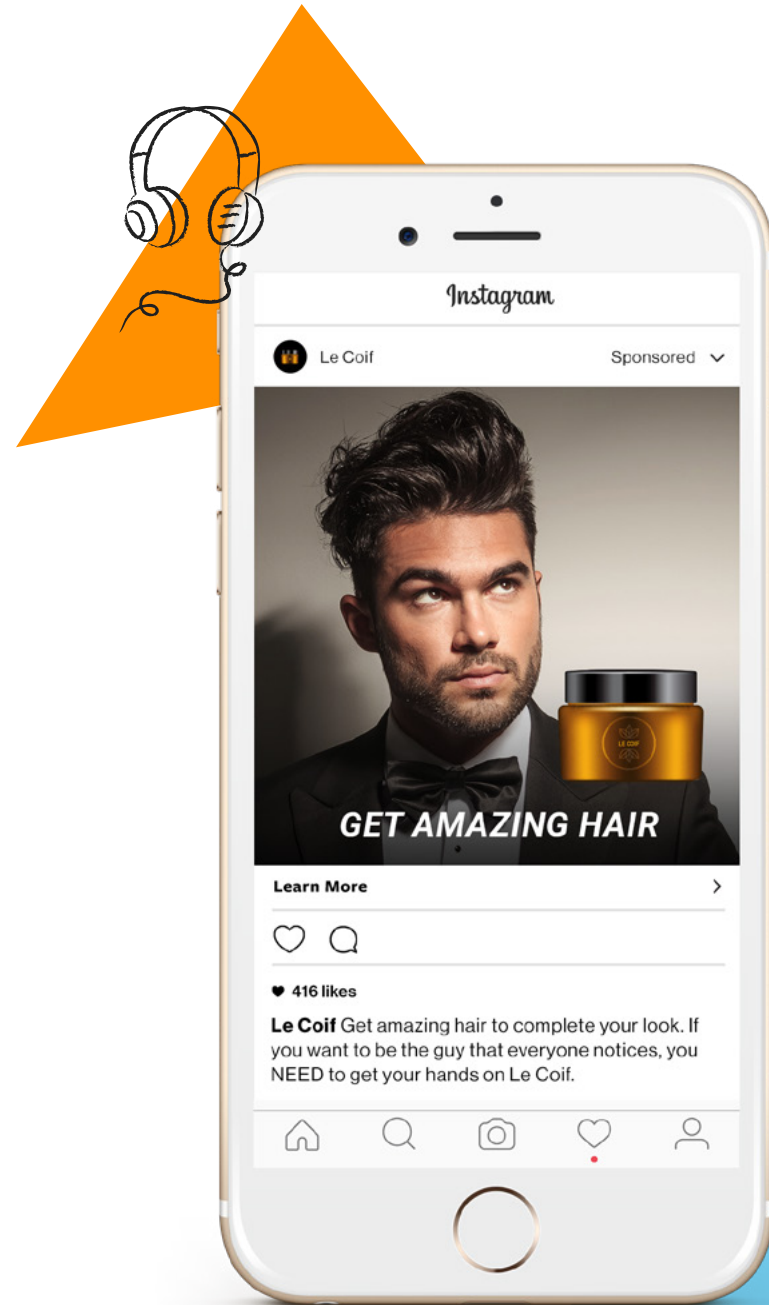
Before

photos taken

After

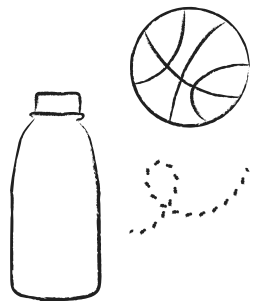


Why is
professional
media often
created in
this way?



Why is professional media often created in this way?

Promise / Feelings / Actions / Results / Fix



Extension Activity Sheet



How would it feel
to have your image
manipulated?

What is the impact of messages and images on social media?



External influences

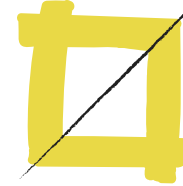


Influences of Social Media (+/-)

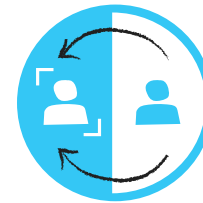
Impact of Media Messages emotions, thoughts, actions

Impact of Body Talk

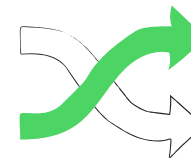
What have we learned today?



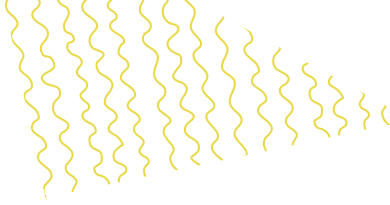
Media images are often manipulated.



It is harmful to compare real people to media images.



We can control our responses to media messages.



How to write a SMART goal:

Specific

Focus on just one very clear goal.

Measurable

Set a condition so you can tell when your goal is met.

Attainable

Be sure it is something that is not too far out of reach.

Realistic

Set a goal that requires effort but is possible.

Time

Give yourself a time limit.

Writing a SMART goal



SMART Goal Example

I will get my homework done before I use technology to talk with friends after school, for the next week, consistently, every day.



Worksheet



Congratulations!

You've now completed

Workshop 2 of Confident Me:
School Workshops for
Body Confidence

The next session is:

Workshop 3 / Confront Comparisons

Going further



Going Further Sheet