

How do you confront comparisons?



1.1

What happens when people compare looks?

Circle the answers to record your class vote.

Are the people we usually compare ourselves to...

better looking?

not as good-looking?

Do people usually compare the body parts they...

like?

dislike?

1.2

What problems does comparing cause?

Constantly comparing the features you don't like about yourself with those of people who you think are better than you can cause problems. How many can you think of? Record your ideas below.

Emotions: (e.g., feeling down)

Thoughts: (e.g., I'm not good enough)

Actions: (e.g., extreme dieting)



Semi-scripted role play



Jennifer and Shana are on Instagram looking at photos of their friends.

Shana mentions how she wishes her hair was straighter and that she was taller just like her classmate Crystal. Finish the semi-scripted role play below.

Make sure the following criteria are met within the role play:

- ☐ The definition of appearance ideals is included.
- ☐ At least two positive influences/ comments are included.
- ☐ At least two harmful impacts of appearance ideals are included.
- ☐ A respectful tone is used.
- ☐ Determine which type of media defines Instagram and state whether the app is an internal or external influence.

Your role play will be scored using the performance checklist below.

Jennifer:

Hey, I heard Crystal posted some Instagram photos from her weekend in the city. Let's check them out!

Jennifer:

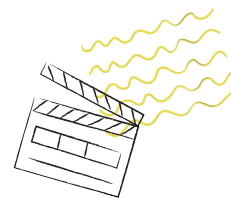
.....

Shana:

I already saw them. She's so pretty. I wish I looked more like her. I wish my hair was straight and I was taller.

Shana:

.....



...and so on until the script is complete.

Semi-Scripted Performance Checklist (for teacher or peers to use on each other)

Skill	Present? (Yes/No)
Defines appearance ideals.	
Two harmful impacts of appearance ideals are listed.	
States whether the influences within this scenario are external or internal.	
At least two positive influences/comments are included.	
Uses a respectful tone within the script.	



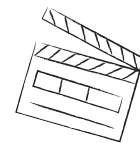
Semi-scripted role play



Abdul and Joey are shooting hoops after school.

Abdul keeps missing the basket and tells Joey if only he were taller, he'd be a much better player. Joey laughs and says he wishes he could bulk up more; he hates being so skinny. Finish the semi-scripted role play below. Make sure the following criteria are met:

- ☐ The definition of appearance ideals is included.
- ☐ At least two harmful impacts of appearance ideals are included.
- ☐ Determine which, if any, type of media is present and whether it is an external or internal influence.
- ☐ At least two positive influences/ comments are included.
- ☐ A respectful tone is used.



...and so on until the script is complete.

Your role play will be scored using the performance checklist below.

Abdul:
Man! I could be such a better player if I were only a few inches taller!

Abdul:
I know we are still growing, but I wish my growth spurt would just get here!

Joey:
I hear you, man. I wish I could gain weight. I'm so thin, I get knocked onto the ground no matter what sport I play!

Joey:
.....

Abdul:
.....

Semi-Scripted Performance Checklist (for teacher or peers to use on each other)

Skill	Present? (Yes/No)
Defines appearance ideals.	
Two harmful impacts of appearance ideals are listed.	
States whether the influences within this scenario are external or internal.	
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Uses a respectful tone within the script.	



Going further

What actions will you take to make appearance less important for yourself and others, and help everyone break free from the whirlpool of comparisons?

Record your answers below.



Taking action for yourself

What I did:

How I felt:

Taking action for others

What I did:

How I felt:

Things you could do

Practice staying alert for when you or your friends compare your appearances to others, and try to stop the comparisons.

Remember to change your internal script and use one of the alternatives you have role-played and rehearsed.

Celebrate your own positive qualities by writing a short statement, list or poem that begins with the statement "There's more to me..." Capture what you feel good about and would like others to recognize.

In preparing for the next workshop, be aware of other ways you talk about appearances (your own or other people's).

Confront Comparisons: Main messages to remember

- Every single person is unique, so comparing the way we look to others is not helpful, nor is it realistic. It can have negative consequences for ourselves and others around us.
- Even though it might feel natural or automatic to compare ourselves to others, we can become trapped in a whirlpool of comparisons that can bring others down with us.
- By avoiding comparisons based on looks and instead focusing on being the best possible version of ourselves, we will improve our own self-esteem and body confidence, and help create a more diverse, interesting and productive world.



How will you change your script?



Change your script and generate new responses to avoid comparisons.

Write down the different ways that you can challenge the process of making appearance comparisons in both yourself and others. Try to remember these and practice them. Soon, they will feel natural! Try to come up with at least three ideas for when you compare and three ideas for when others compare.

When I compare my appearance...

I can “catch myself” and change my thoughts.

When I hear my friends compare their appearance...

I can change the topic.



Feeling stuck?

Think back to the ideas
you shared in class.

