

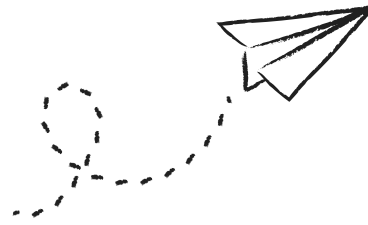
confident me

School Workshops
for Body Confidence

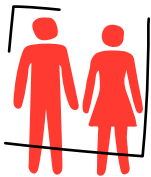


FIVE SESSION

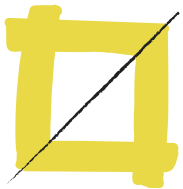
WORKSHOP 3
Confront Comparisons



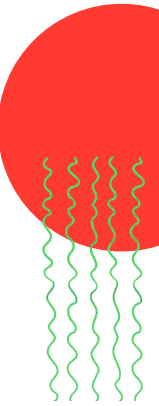
What have we learned?

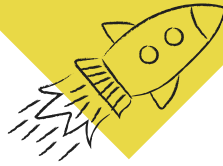
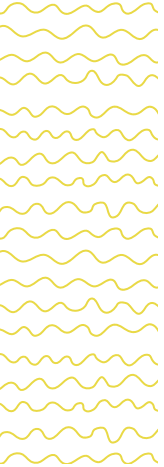


It's not worth trying to match appearance ideals.



Media images are often manipulated.





What are we learning today?



Workshop Group Agreements

- Respect differences
- Right to pass
- Keep it confidential
- Please contribute



The comparison process



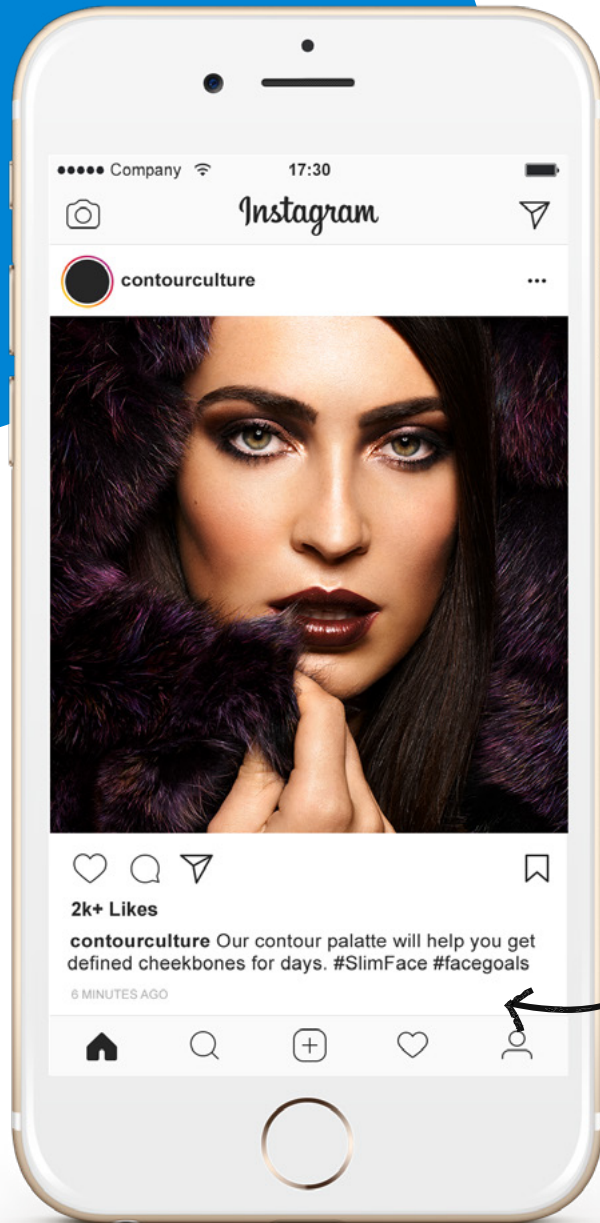
Negative consequences of comparing



The whirlpool of comparisons



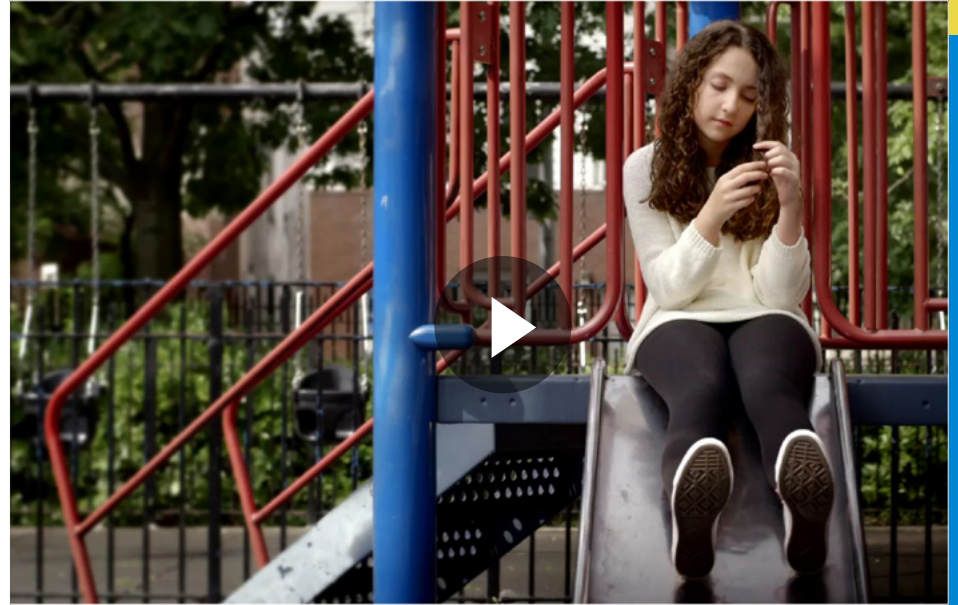
Changing our scripts



What ideals are portrayed in the media?



How do we compare with those around us?



Video



How do we compare our looks?

**Are the people we usually
compare ourselves to:**

better looking?

not as
good-looking?

**Do people usually
compare the features they:**

like?

dislike?



Group Discussion

How do we compare our looks?

**Are the people we usually
compare ourselves to:**

better looking?

not as
good-looking?

**Do people usually
compare the features they:**

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dislike?



Group Discussion

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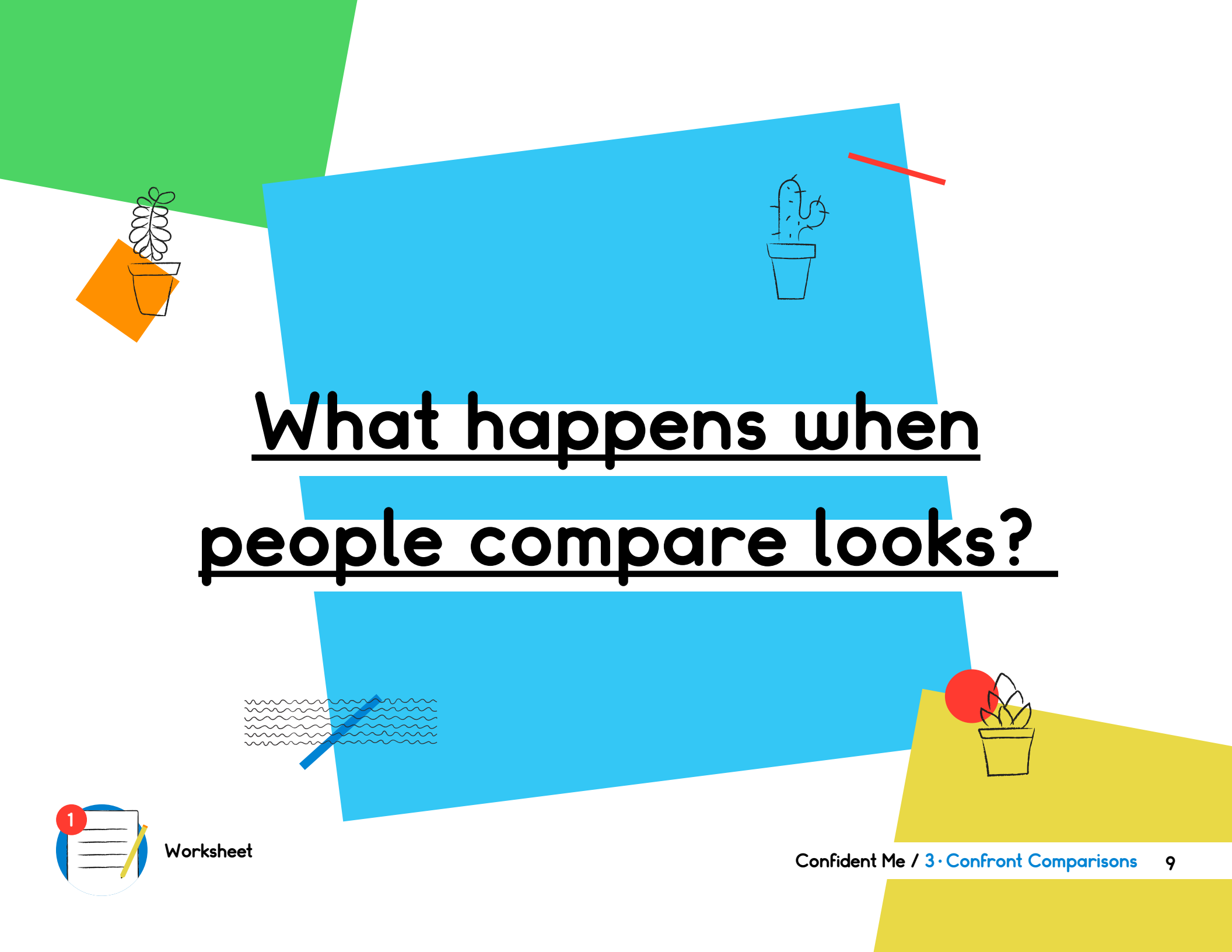
**Do people usually
compare the features they:**

like?

dislike?



Group Discussion



What happens when people compare looks?



Worksheet



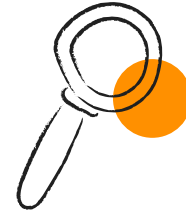
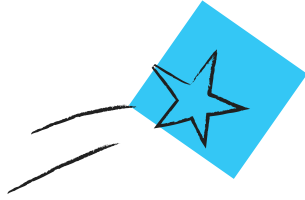
What is the impact of these comparisons?

Emotions / Thoughts / Actions



Group Discussion





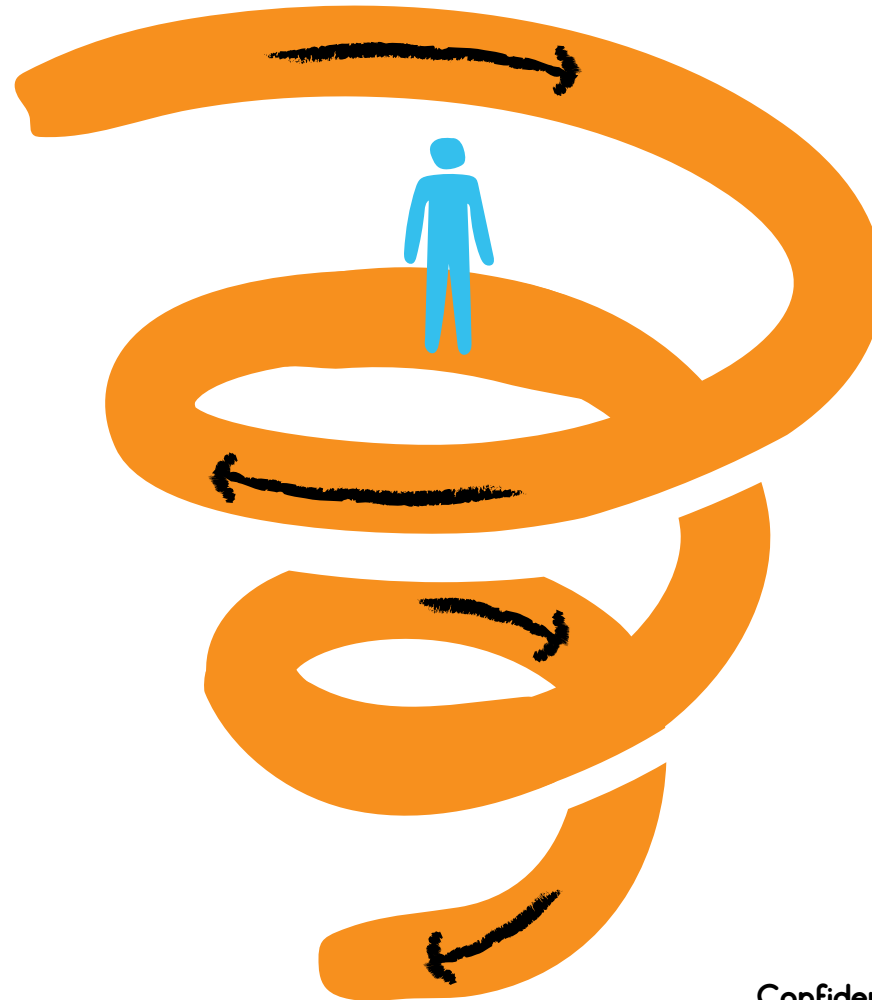
External influences

Influences of Social Media (+/-)

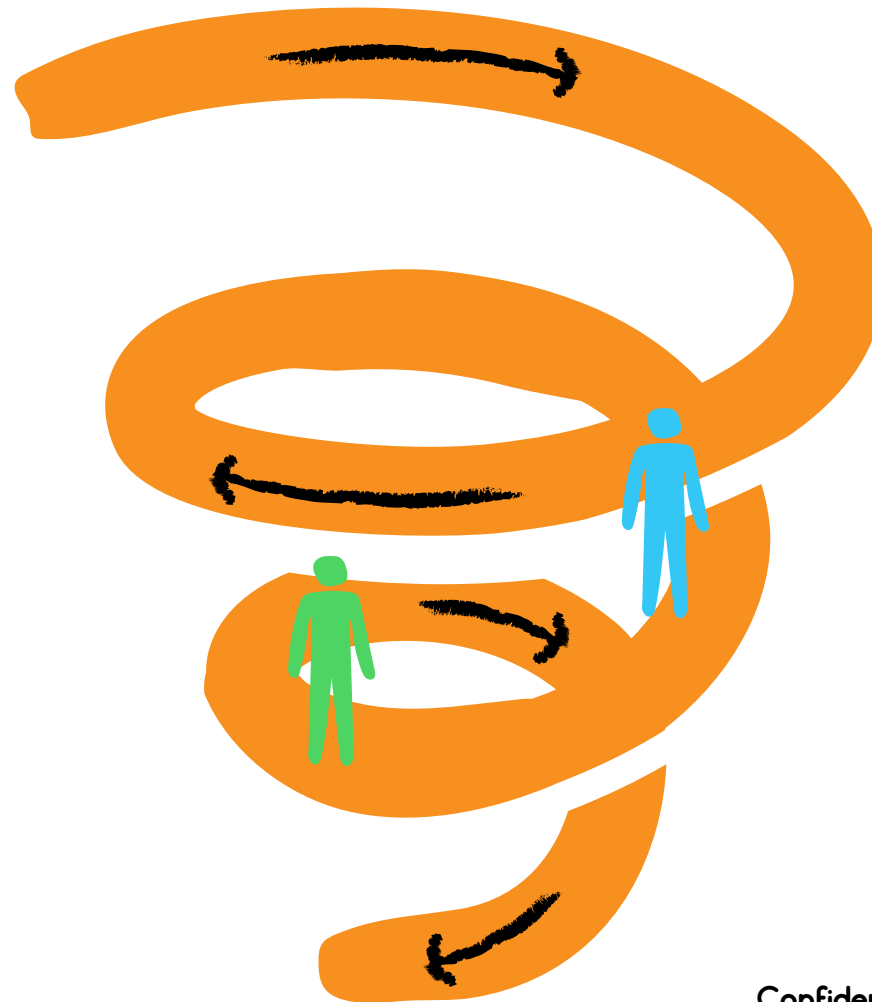
Impact of Media Messages emotions, thoughts, actions

Impact of Body Talk

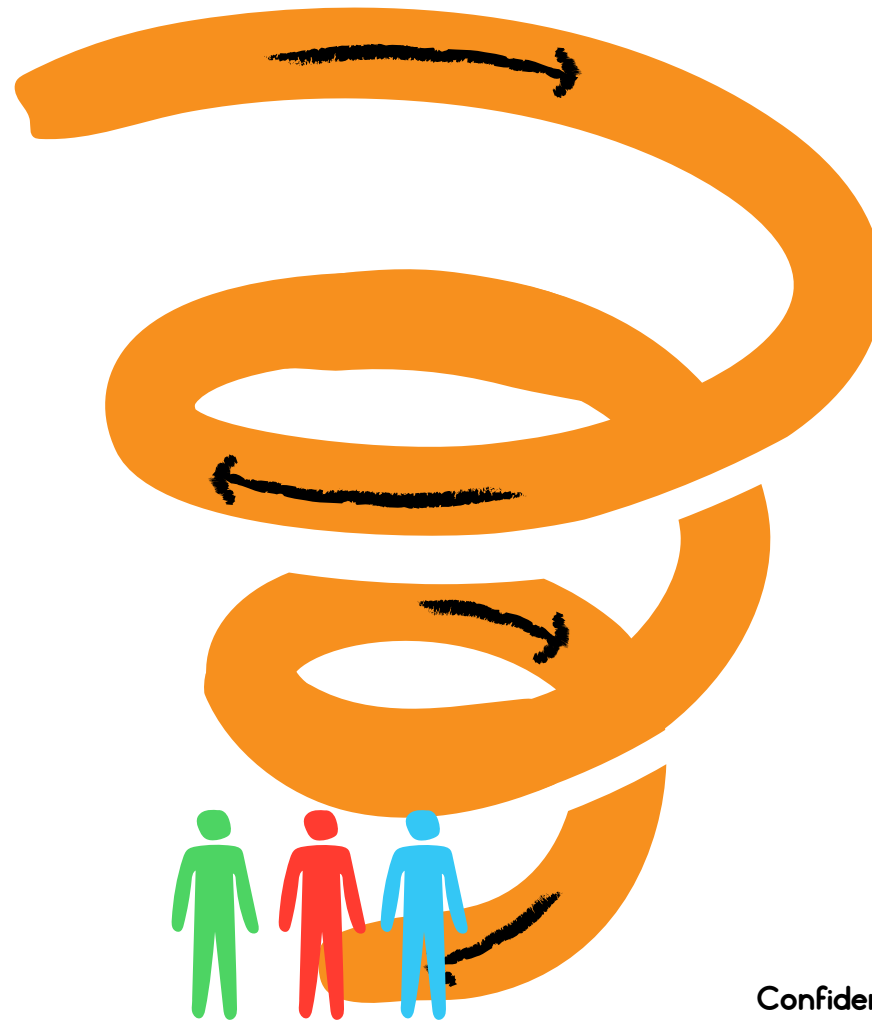
The whirlpool of comparisons



The whirlpool of comparisons



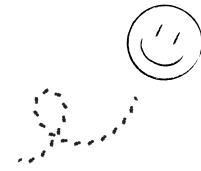
The whirlpool of comparisons





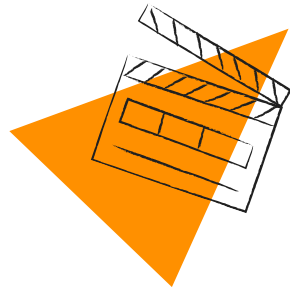
What can we do instead?

- Compliment ourselves and others on things that aren't about appearance
- Focus on the good things about ourselves and others
- Keep to the facts
- Enjoy each other's company instead of being critical
- Celebrate ourselves and our friends



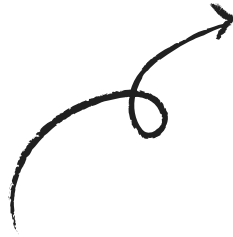


Semi-scripted role play



Worksheet





What have we learned today?



**Comparing the way
we look to others is
human nature.**



**Making comparisons
can have negative
consequences.**



**We can challenge the
process of making
comparisons.**



Congratulations!

You've now completed

Workshop 3 of Confident Me:
School Workshops for
Body Confidence

The next session is:

Workshop 4 / Banish Body Talk



Going further



Going Further Sheet



How can we change the script?



Extension Activity

“

That's actually massively retouched.
No one really looks like that.

Everyone's so different
– we're not supposed
to look the same.

You are so good at art –
you could totally sell your
stuff one day.

There are plenty of
people who don't have
rock-solid abs who
are doing just fine.

”



How will you change your script?



Video

