

# VIBE

Session Title: Body Image

Duration: 3 x 45 minute sessions

## Resources:

- Whiteboard / flip chart & pens
- Assorted art supplies
- Selection of celebrity magazines & scissors
- Means of displaying YouTube videos

## Aims:

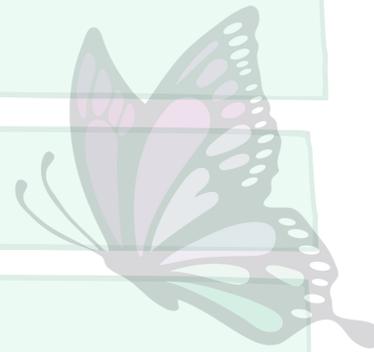
- To examine the impact of social media on body image
- To celebrate difference
- To build body confidence

## Outcomes:

- Learners will be able to explain the links between social media and body image
- Learners will be able to point to features which make them unique

## At a Glance:

- Session 1 : Self-Image  
(creative task & discussion of key themes)
- Session 2 : A Perfect Woman?  
(magazines, video & discussion)
- Session 3 : Role Of Media  
(video & discussion)



# VIBE

Session Title: Body Image

Timings: 45 minutes

Subject: Self-Image

## Resources:

- Assorted art supplies

## Activity:

### Icebreaker activity

- Ask girls to arrange themselves in a line, without speaking, according to their:
  - Height
  - Hair length

### Individual Activity

Draw a picture of yourself.  
Write down 5 (or more) things that you like about your body.

### Group discussion

Each girl to show their picture to the rest of the group and explain what they have put down.

- Discuss the following:
  - How easy / difficult was it to come up with 5 things? Why?
  - How did you feel saying what you liked about yourself to the rest of the group?
  - Are girls used to saying things they like about their bodies? Why?

# VIBE

Session Title: Body Image

Timings: 45 minutes

Subject: A Perfect Woman?

## Resources:

- Whiteboard/flipchart & pens
- Selection of celebrity magazines & scissors
- Means of displaying YouTube videos
- <https://www.youtube.com/watch?v=4qHa97xU3yY> (Body Image Trends)

## Activity:

In Pairs

- Go through the magazines and find pictures of 'perfect' women. What is it that you like or think is attractive to others about them?

Group Discussion

Feedback to group – list all the attributes of the 'perfect woman' on the board.  
Is this description even possible?

Do you think this is what has/will always be considered attractive?

- Watch Body Image Trends video

Group Discussion

What do you think now you have seen the video?

# VIBE

Session Title: Body Image

Timings: 45 minutes

Subject: Role Of Media

## Resources:

- Whiteboard/flipchart & pens
- Means to play YouTube videos
- <https://www.youtube.com/watch?v=y7PSMSNLcDg> (Body Evolution - Before & After)

## Activity:

Group Discussion

Where do we get our ideas of what we should look like and the perfect body type from?

Expected suggestions (prompt if necessary): magazines/advertising/social media

Do we think these images are real?

Expected suggestions (prompt if necessary): No some photoshopped

Can you always tell if/what part of an image has been photoshopped ?

Play Video

Body Evolution-Model Before and After

What about videos/pictures ?

Do the girls know that people can also be altered in videos or do they think it is just photographs?

Final task

Write on the board one thing you will do to challenge negative thoughts about your appearance