

How does the media affect body image?

Do Now

Date

Do you think this advert is body positive?
Why have you given your answer.



What do you think this quote means?

“Comparison is the thief of joy”

Do you think this advert is body positive? Why?

Yes because it is saying you don't need to change your body to feel ready to go out.








No because it's showing a particular body type, which people could compare themselves to.

“Comparison is the thief of joy”

- cannot be happy if we compare ourselves to others too much
- too busy focusing on what you don't have and ignoring what you do taking
- takes away the joy in your own life and achievements



Lesson ground rules

-  Listen to others without interrupting
-  Be open and honest
-  Respect each others ideas and opinions
-  Encourage and support everyone
-  Think carefully before sharing anything personal about yourself
-  Don't ask personal questions to students or staff
-  Don't share anything personal about other people



How does the media affect body image and the way we relate?

Knowledge





The media can have a strong effect on the way we feel about our own bodies and those of other people.

Life Lesson

I can choose what media I consume, and critically evaluate its impact on me.

Key terms



| | | |
|--------------------|--|---|
| body image |  | a person's subjective picture or mental image of their own body |
| media |  | various channels and tools used to communicate information, news, entertainment |
| self-esteem |  | confidence in one's own worth or abilities |
| unrealistic |  | a wrong idea of what is likely to happen or of what you can really do |

How are bodies represented in the media?



Listen out for

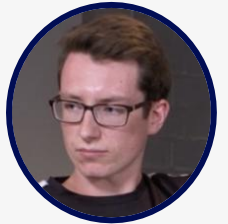
- how films depict bodies
- whether this is realistic
- how social media impacts body image

Video link: <https://vimeo.com/601797826>

Video summary



Movies and TV show boys and girls as having bodies that require such dedication to working out, that they are **unrealistic** for young people to achieve. Girls are also shown as having more mature breasts. Real people don't look for a 'perfect body'.



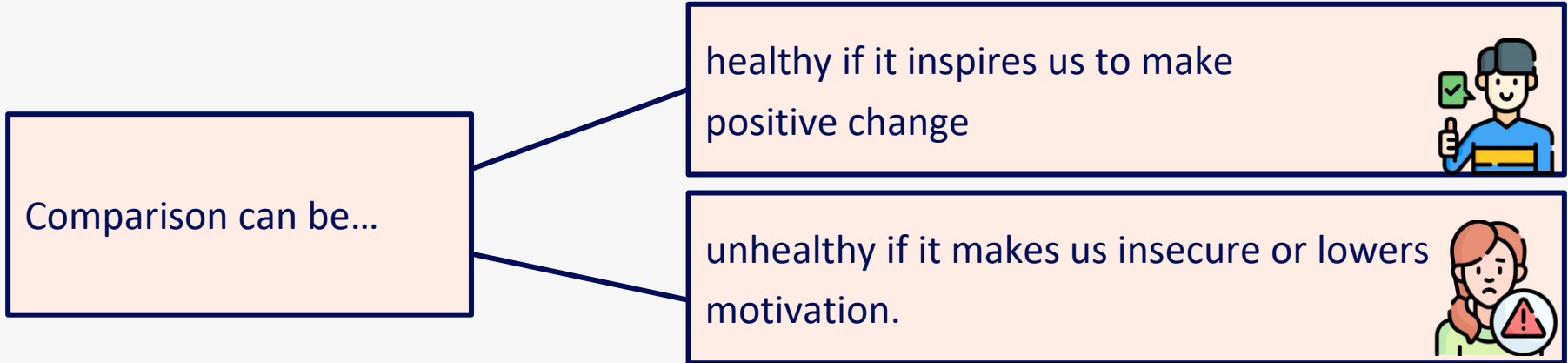
Having a body like those shown in the media require too much time and effort that an ordinary person doesn't have so it isn't realistic.



Movies will often have mature men playing teenagers, so the bodies we see are not realistic or representative of real bodies.

Comparison

It is normal to compare ourselves to others - whether that's those around us or people we see in the media.



 Discuss

What are some examples of healthy and unhealthy comparison?

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Healthy


- exercise tips
- tutorials on hobbies
- inspiration on fashion or makeup
- making choices about our lives
- recipes to get a more balanced diet

Unhealthy

- wishing we looked a certain way
- seeing expensive items and wishing we owned them
- wishing we had another's lifestyle
- people pushing certain careers as the only way to be successful e.g. content creator or cryptocurrency

Unhealthy comparison

Comparison is unhealthy if it makes us feel negatively about ourselves or others around us.



My friend always posts pictures of herself on social media, showing off her body in the gym. I started to feel frustrated that I don't look like she does.

She has such a perfect body and mine is nothing like that. I started to really resent her and feel annoyed at her.

Comparing myself to her has really affected our friendship and my **self-esteem**.



focused on moments of luxury/ glamour

biased towards conventionally attractive, light skinned people

focused on wealth

heavily edited and curated

The online world tends to be...

manufactured to look better



Discuss

Why does social **media** not give us a full picture of someone's life?



B



Discuss

Why does social **media** not give us a full picture of someone's life?

- only show the best moments
- photos and videos heavily posed, edited and filtered
- influencers and celebrities have money to spend on teams like personal stylists, makeup artists, trainers etc.
- don't always tell the truth

If we watch a lot of content online, it can build up a picture of the world that is not realistic.



Every guy I see online has these toned, muscular and athletic bodies. It started to make me believe that everyone but me had this body type. Even adverts and TV shows only show men looking super athletic. I started to think my body was wrong in some way and that I stood out to others as unattractive.



Do portrayals of bodies in the **media** ever make you question yourself?

You have one minute to think of as many ways to finish this sentence as you can.



If our **body image** is distorted by what we see in the **media** it can lead to...



insecurity



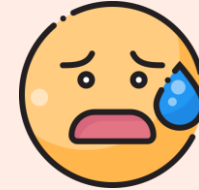
jealousy or resentment
of others



low self-esteem



spending money to make
us look 'better'



a loss of **confidence**



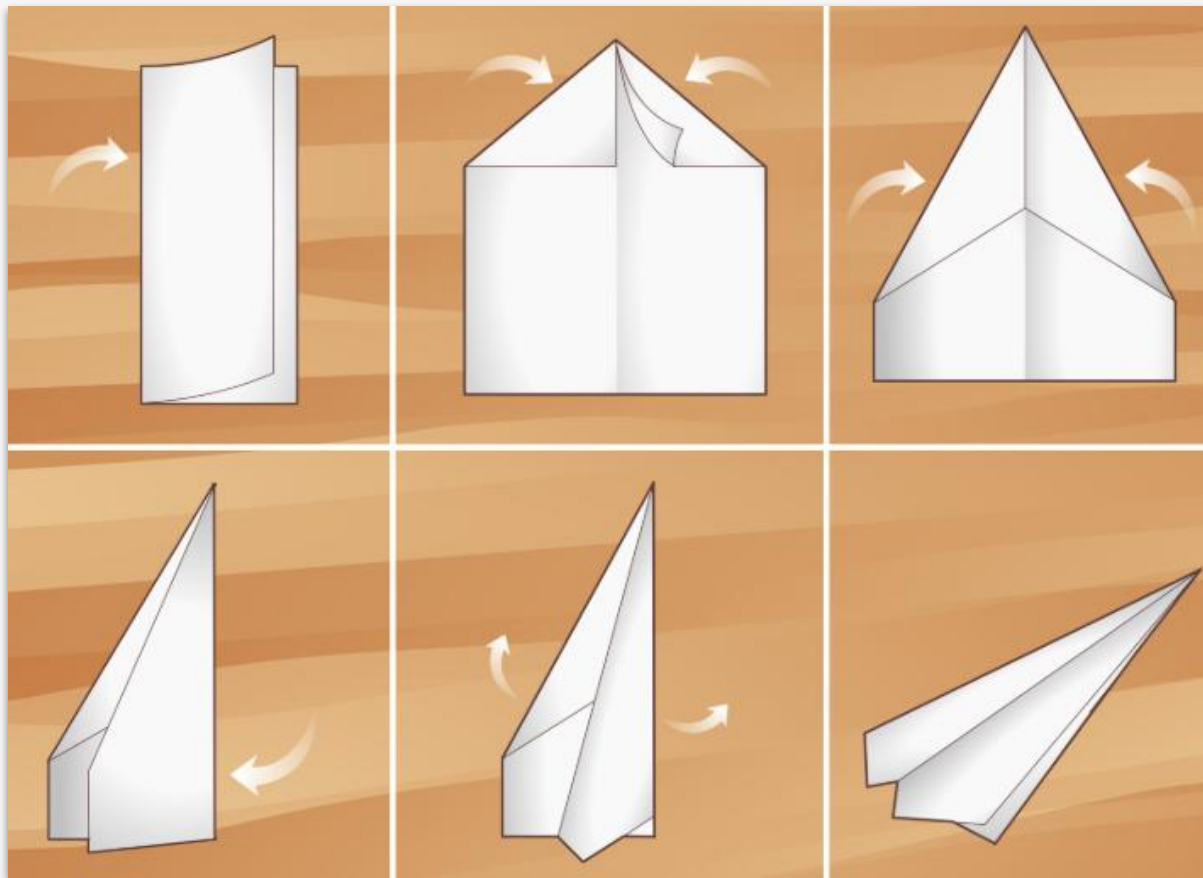
Halfway point

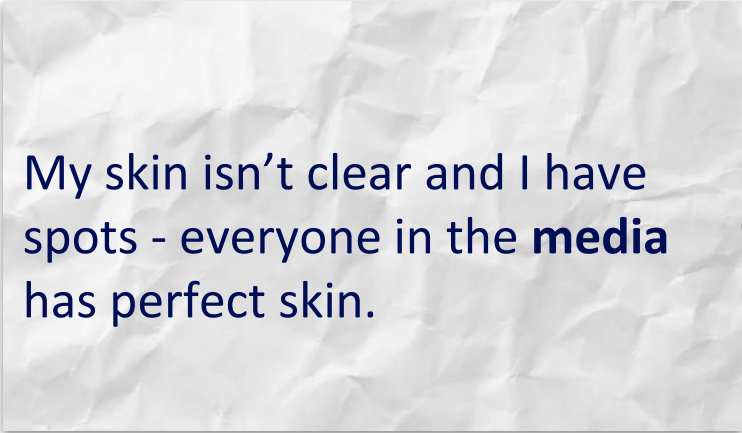
Everyone write down a worry someone might have relating to the **media** and **body image**.

1. Write your worry on a piece of paper.
2. Fold it into a paper plane.
3. Throw your worry across the room.
4. Everyone picks up a worry that lands near them.
5. Read out your worry and give advice to the person who wrote it (don't ask or say who wrote it).

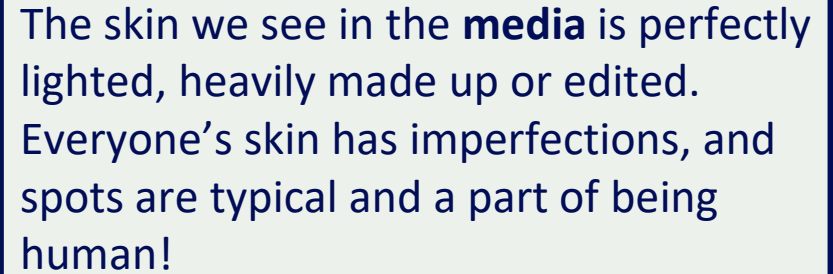


Activity - how to make a paper plane






My skin isn't clear and I have spots - everyone in the **media** has perfect skin.



The skin we see in the **media** is perfectly lighted, heavily made up or edited. Everyone's skin has imperfections, and spots are typical and a part of being human!

The **media** doesn't just change what we see, it changes how we love, judge and tolerate each other.

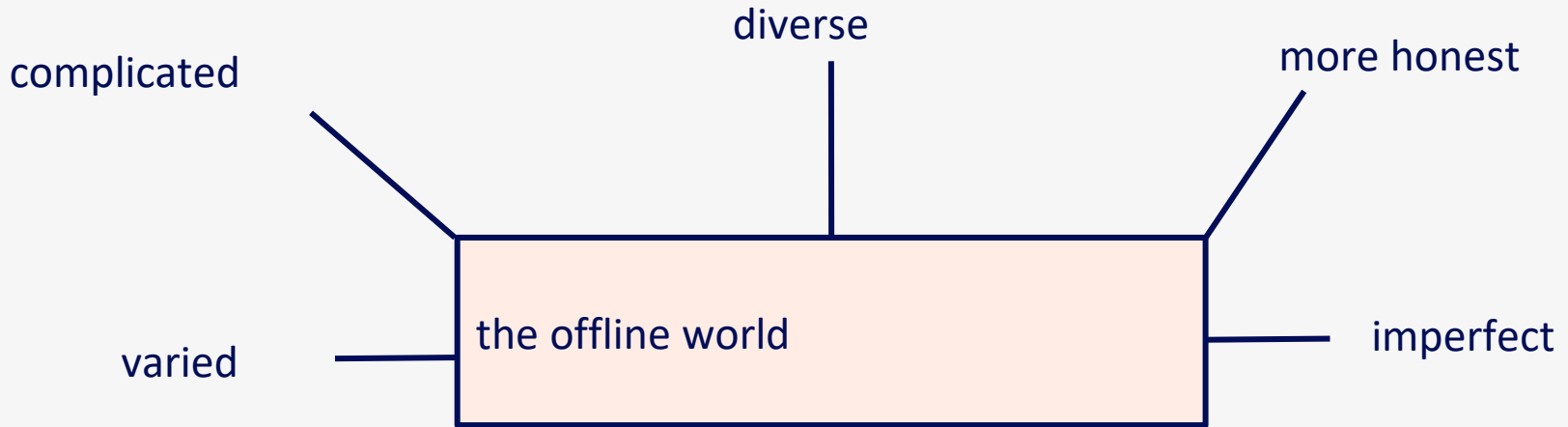


I watch a lot of dating shows. When I'm older, I want a partner who looks the same way as the men on TV, with abs, perfect hair and lots of money.

 Discuss

What do you think about this attitude?

In contrast to the world shown in **media**, the real world is:



Reflect

Has the online world ever changed your expectations of the offline world?

We can challenge the biases we may develop through the **media**.

“Everyone has toned, perfect bodies”.

The real world has imperfections, there is no ‘right’ way to look.

Can you do the same for this comment?

“Success means having lots of money and an attractive partner”

Success looks different for everyone. There is no one way to achieve it.



Discuss

How can we help support other people to feel better about their bodies?



How can we help support other people to feel better about their bodies?

- avoid negative comments about anyone's bodies - the things we hear people say about others can impact our own **self-esteem** and body image
- compliment people for more than just their appearance e.g their skills, humour, dress sense
- challenge **unrealistic** or harmful expectations when we see or hear them
- not comparing other people

Activity - group work option



Split into 3 groups. Each group will have a different type of **media** content.

Imagine that the type of **media** your group is looking at is **the only thing** you see online or on TV. How would this impact how you see the world?

Example:

Type of **media**:

Luxury lifestyle influencers

This would make you...

Imagine that success and happiness relies on wealth and material possessions.

Activity - types of media

Each group analyses one of the following types of media:

Gym/ fitness influencers



Beauty influencers



Reality TV - dating shows



Activity - worksheet option



Looking at the media on the previous page, imagine this is the only thing you see online or on TV.

How would this impact how you see the world?

Type of media _____

This would make you....

If someone only saw this content, they might think...

Gym/ fitness influencers

- the average body is heavily toned and strong
- “normal bodies” are abnormal and unattractive.

Beauty influencers

- daily, heavy makeup wear is essential
- need to spend lots of money to look good

Reality TV - dating shows

- to find a meaningful relationship, you have to have a certain body type
- love is based on physical attraction alone.

How could someone respond to the things they see online in a positive way?

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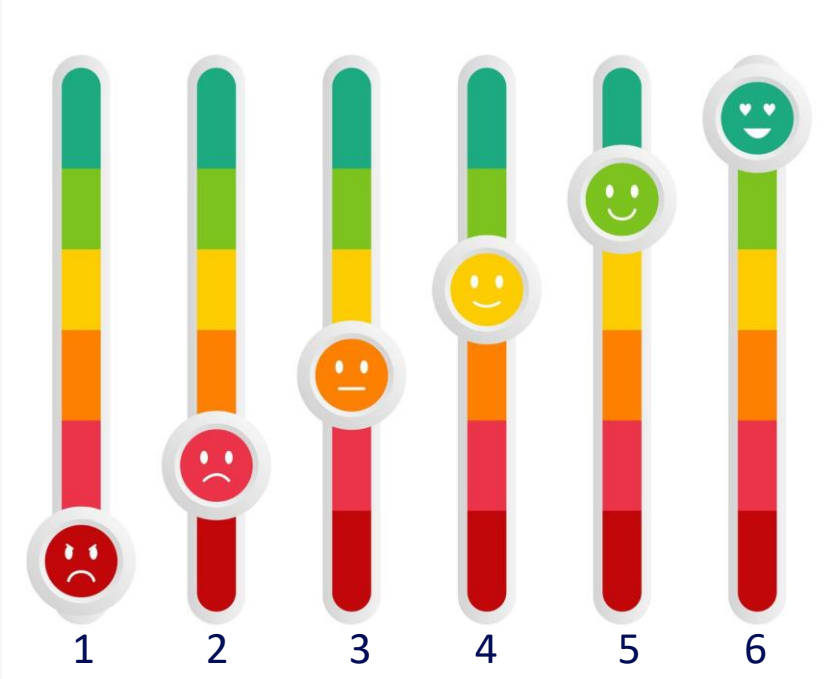
- notice insecurities that it brings up
- talk about them
- take inspiration, but act in a healthy and balanced way: eat a more balanced diet and exercise in moderation
- notice when someone is trying to sell you something, and think critically about whether you really need it

How could you challenge this comment, to make it more balanced?

“Everyone else’s life is better than mine”

Everyone’s life has ups and downs, and everyone has flaws. No one is perfect.

How confident do you feel about this topic?



not confident at all

very confident

Where to get support



childline

ONLINE, ON THE PHONE, ANYTIME

We're here for you,
whatever's on your mind.
We'll support you. Guide
you. Help you make
decisions that are right for
you.

Find out more on the
[Childline website](#)



Offers information and
support to anyone
experiencing an eating
disorder.

Find out more on the
[Beat website.](#)



You can get more
information about
healthy lifestyles on the
NHS website.

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