

# BODY IMAGE

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reach  
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## BODY IMAGE

We recognise that this is a sensitive topic that we all deal with, and that it can be especially relevant & sensitive during all our teenage years, and sometimes earlier. We are available for questions, concerns and or support for you as a staff member as you deliver these sessions (pd@reachmentoring.co.uk). We have also included a [7th video](#) which is not designed for pupils, instead it is aimed at care givers, e.g. parents, youth workers or teachers. These 6 sessions could provide an opportunity to reveal any students whose body image journey is having a significantly negative impact upon them, do not hesitate to contact us or your pastoral care team, about anyone you are concerned about. One of our biggest goals is creating a narrative that we all have a story and a journey and we would love the pupils to know they have space and permission to talk about their story with a safe person.

There are various cultural dangers or norms that are unhelpful in this conversation. We have found that this topic isn't exclusive to one gender or even one age bracket. Our language is powerful and what is funny for one can be life affecting for another. It is worth noting that for a young person to share something about their own appearance (possibly something they hate or are ashamed of) is incredibly vulnerable and the discussion group may not be the best place to share their personal journey. We have tried to facilitate discussion that isn't vulnerable but hopefully creates an opportunity to talk about this topic and that the videos allow space for personal reflection.

We are so excited to give space for our young people to discuss something that is all around them and often dictated to them.

## RESOURCES

[Online videos](#)  
**Worksheets**  
**Pens and large sheets of paper**

## GOALS

Students will:

- understand we all have a story and journey with our body image.
- be encouraged that talking about your journey with a trusted person helps.
- consider the external voices that influence their view of their body and some practical tips.
- consider the power of our words and be encouraged to use their words to celebrate their peers.
- be encouraged to have a celebratory self-talk that helps them accept themselves.

# Session 1

## MY STORY

We would recommend to start with discussion and watch the video at the end of the session. Please note that the video is 11 minutes.

### **Groups**

In groups have students write the various words that surround aspects of body image e.g. weight, height ([worksheet](#)).

### **Groups**

To help pupils have language to continue to talk about this topic explore some helpful terms. Before explaining the terms ([worksheet](#)), have students discuss in groups what they think these terms may mean. Discuss with the class what the terms mean.

### **Watch the Video**

Hopefully the [video](#) will help the students to consider their own journey.

### **Personal Reflection**

Consider inviting the pupils to take 30–60 seconds to quietly think. If a pupil has something they would like to talk about with someone or they can ask to access Reach.

# Session 2

## YOUR SCREEN

### **Groups**

In groups pupils begin to discuss the appearance pressures that are common for their generation ([see PowerPoint on Social Media](#)). What is the ideal woman/man/person? What are the body image myths in our society/culture? Mind-map their thoughts.

### **Groups**

Have pupils mind-map the key sources of body-image myths. Where do they hear these messages?

### [Watch the Video](#)

### **Discuss**

Consider some practical steps ([see PowerPoint on Social Media](#)) pupils can choose to take back their power and altar the external voices. What are some practical steps? Eg: consider following influencers who don't use filters or value 'real', consider following influencers who value body confidence and a wholistic view of health, consider following people who promote mental well-being ([https://instagram.com/drjulie?utm\\_medium=copy\\_link](https://instagram.com/drjulie?utm_medium=copy_link)).

## Session 3

### THE MIRROR – “WORDS CAN STING”

Words are powerful. “Sticks and stones may break my bones but words can never hurt me.” This is a saying I grew up hearing, but it isn’t true. Words can follow us into our older age, both positive and negative.

#### **Independent task: stick person**

- Draw 2 stick men/women – one is you, one is a close friend/family member
- Give yourself 3-4 descriptive labels
- Go with the first ones that come to mind.
- Think about your close friend, give them 3-4 descriptive labels

[Watch the video](#)

#### **Independent Task**

How can you encourage your peers? Think of three people in your life who matter to you. Think of three words that celebrate each person, try to be as specific as possible – make a note on paper or on your phone to send them a text or tell them in person. (It might be helpful to have a collection of adjectives to help the kids choose words.) Encourage the pupils to consider qualities like kindness, funny etc, it doesn’t have to be body image orientated.

## Session 4

### YOUR REALITY

A recent study in Canada proposes that the average person has approximately 6000 thoughts a day. What makes up our thoughts? How many of them are about ourselves or our body image? How many of those thoughts are positive?

#### **Groups**

From the images ([Self-Talk PowerPoint](#)), in groups, discuss what the individual’s self-talk may be? What would be helpful or healthy self-talk? .

#### **Groups**

Like we have discussed already, our reality and our self-talk can be impacted by external voices. Hashtags have very little monitoring. Even a hashtag created with positive intentions can be used by someone else in an unhelpful way and these will now appear on your feed. In groups mindmap what comes to mind when you think of these hashtags? What would you expect to see under these hashtags? How could these hashtags impact someone’s body confidence or self-worth? #instagood #selfie #fitness #bodygoals

[Watch the Video](#)

#### **Independent Task**

Ensure the pupils have privacy. Invite the pupils to take a few quiet moments to reflect on your own self-talk. Write a negative unhelpful common thought you have about yourself? Give a few examples, (if you are feeling brave you could share something you struggled with when you were a teenager.)

Eg: I’m not good enough / You’re not cool / I hate my nose / I wish my...was...

Now write a celebratory thought whether it is about your character, a strength, is body positive or body neutral, that you could repeat and think every time you look in the mirror. Practice saying it for a week.

# Session 5

## LET'S TALK

[Watch the video](#)

### **Group Discussion**

Mindmap key words to describe how you have felt after talking to someone about something important.

What are the reasons that someone may find it difficult to talk about something? What might stop them?

If you were chatting to a friend and wanted to give them space to share about their body confidence - what questions would you ask them? How would you phrase it? How would you respond? What would your tone be? What would your posture be?

[Finish with 6th video - You are Enough.](#)