

What I know now



What would you say to your younger self to warn against the negative effects of chasing the appearance ideal and convince yourself not to pursue it?

Write a letter, or take a more creative approach (a vlog, blog, podcast, animation, video, song or comic), to tell your younger self:

- > What the appearance ideal is.
- > All the different costs attached to pursuing it.
- > Why it's not worth chasing.

Please bring what you create to the next session and share it with the group.



Mirror time

You're unique and you're amazing! How often do you appreciate that?
Take some time to recognize 10 things you love about yourself.

Put on clothes that let you see your body shape and find a quiet, private space with a mirror. Look at yourself in the mirror and list...



What I like about myself that I can't see in the mirror,
because it comes from the inside:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

To help you get started...

What do you think your
friends would say they liked
about you?

Start with smaller details
about yourself, then try to
think bigger from there.

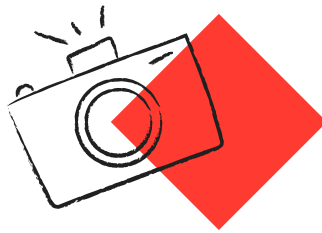
If finding five points feels
hard, just start with three for
each list. Feel OK? Can you
try to think of just two more
things for each list?

What I like about my body that I can see in the mirror:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



Media detectives



The appearance ideal is fake because:

It's not worth chasing the appearance ideal because:



In her shoes scenario cards



Choose the scenarios that feel more relevant for your group,
or come up with your own.

Summer is almost here, and I can't wait to go to the pool. My body isn't exactly bikini ready, though – I better work on that!	It's only three months until prom. Think I better go on that diet plan my mom gave me, otherwise I'll never look good in a dress.
I think I'll skip that party. I know I haven't been out with my friends in a while, but they'll be happier without me there anyway. They're probably embarrassed to be seen with me; I'm just too fat to wear dresses.	I'm just going to say I forgot to do my homework. I can't stand up in front of everyone and give a presentation; they'll notice how much fatter I am than the other girls in my class. I'll sit in the back and stay quiet.
I like my hair, but it looks so different from my friends' and someone always has something to say about it. I think I should save up to get it done at the salon.	I can't go to school today; everyone knows what happened with Alex last night. I should just back off, but it makes me feel good about myself, like I'm desirable, at least for a while. I just wish the feeling lasted.
The bullying will never stop unless I change my looks. I hate my body so much – when I think about it, I want to hurt myself.	How can I get out of gym class today? The idea of having to change in front of everyone and wear those tight shorts makes me feel sick.
I hate visiting my cousin. She's always making comments about my weight and how big my boobs are. She's probably right; I should try to lose weight.	Another detention for wearing too much makeup. I don't care – I'm not changing it or everyone will see my acne.
All my friends are in relationships. I'm sure I would be, too, if I were thinner. My mom says I'm exercising too much, but it's the only way I can look good enough for someone to like me.	My friend told me I'm putting too many selfies on Instagram and commenting about my looks. She says it's getting boring listening to me complain about how ugly I am and thinks I'm fishing for compliments, but I'm not!
I am not as pretty as people say I am. Sure, I'm thin, but am I thin enough? I got made fun of before and it stopped when I lost weight, but will it start again?	All my friends keep saying I should lose weight, and other kids call me fat. I really hate myself. Nothing's going to change unless I fix my body.
My friends think I don't eat, when I eat a lot! My mom says I'll gain weight if I eat too much, but I don't want my friends to think I have a disease or something.	I was going to go to the party, but I changed my mind once I saw how bad that dress looked on me.
I can't go away this weekend – I have nothing to wear and need to save for new clothes.	I know I'm never going to make friends if I don't stop being so shy, but when people notice me, I always feel like they're judging how bad I look.



In his shoes scenario cards

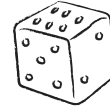


Choose the scenarios that feel more relevant for your group,
or come up with your own.

Summer is almost here! I need to start working on my abs and get ready for those beach parties.	It's only three months until prom. Think I better go for more workouts at the gym. I'll never look good enough otherwise.
I think I'll skip that party. I know I haven't been out with my friends in a while, but they'll be happier without me there. Anyway, I'm just too fat to wear my new shirt. They'd probably be embarrassed to be seen with me.	I'm just going to say I forgot to do my homework. I can't stand up in front of everyone and give a presentation. They'll notice how much shorter I am than the other boys in my class. I'll sit in the back and stay quiet.
I like my hair, but it looks so different from my friends' and someone always has something to say about it. It gets so greasy so quickly.	I can't go to school today since I messed up shaving my face. I don't want everyone laughing at me.
The bullying will never stop unless I bulk up. I hate my body so much – when I think about it, I want to hurt myself.	How can I get out of gym today? The idea of having to change in front of everyone and wear that tight top makes me feel sick.
I hate visiting my cousin. He's always making comments about my weight. He's probably right; I should try to lose weight.	I'm not going to answer any questions in class today because I don't want everyone to stare at my face. Why do I have to get acne?
All my friends are in relationships. I'm sure I would be, too, if I were more muscular. My dad says I'm exercising too much, but it's the only way I can look good enough for someone to like me.	I used to play football for fun, but my legs are so much hairier than everyone else's, so I've stopped now. Everyone else seems to be having fun, though.
I'm not as good-looking as people say I am. Sure, I'm muscular, but am I muscular enough? I got made fun of before and it stopped when I bulked up, but will it start again?	All my friends keep saying I should lose weight and tone up. I really hate myself. Nothing's going to change unless I fix my body.
My friends think I don't eat, when I eat a lot! My mom says I'll gain weight if I eat too much, but I don't want my friends to think I have a disease or something.	I was going to go for a swim, but I changed my mind once I saw how stupid my body looked in swim shorts. But I can't afford not to work out.
I can't go out this weekend. I need to save up for new sneakers. Mine are so old, my friends always make fun of me.	I know I'm never going to make friends if I don't stop being so shy, but when people notice me, I always feel like they're judging how bad I look.



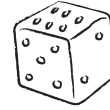
Body talk bingo cards



<p>I've put on so much weight.</p>	<p>I'm way too fat to be eating this.</p>	<p>Do I look fat in this?</p>	<p>I feel so ugly right now.</p>
<p>You'd be so pretty if you lost some weight.</p>	<p>Do I look fat in this?</p>	<p>I wish I was as pretty as you.</p>	<p>Her butt looks way too big in that skirt.</p>
<p>You look amazing! How much weight have you lost?</p>	<p>I need to lose 10 pounds.</p>	<p>Buy it a size smaller – it'll be good motivation.</p>	<p>You better choose something baggy to hide those love handles.</p>
<p>She's a bit too heavy to be dating that guy.</p>	<p>She's really let herself go...</p>	<p>You look great. Have you lost weight?</p>	<p>She's too fat to be wearing that dress.</p>
<p>She's huge – she must be so unhealthy.</p>	<p>I definitely have to lose weight before the summer.</p>	<p>My thighs are so big.</p>	<p>No one will date me if I don't drop a few pounds.</p>
<p>You think you're fat? Look at me!</p>	<p>I'm trying to get rid of everything that jiggles, except my boobs.</p>	<p>I've been doing really well on this diet – you should try it.</p>	<p>I can't eat that – it will make me fat.</p>
<p>You think you're fat? Look at my love handles!</p>	<p>Can you believe how much she's let herself go?</p>	<p>She has gained so much weight since last year.</p>	<p>I hate my flat chest.</p>
<p>You're so thin – how do you do it?</p>	<p>I wish I could be as skinny as you!</p>	<p>Did you see the girl he's dating? She's such a whale.</p>	<p>Wow, look at the size of her!</p>
<p>I look disgusting at this weight.</p>	<p>I've got to start eating clean – it's so much better for you. Want to join? You'd look so much better.</p>	<p>I am way too fat to wear a bikini.</p>	<p>Have you been on a diet?</p>



Body talk bingo cards



<p>I've put on so much weight.</p>	<p>I'm way too fat to be eating this.</p>	<p>His hairstyle has no style.</p>	<p>I feel like I stick out right now.</p>
<p>You'd be hot if you lost some weight.</p>	<p>Do you like my six-pack?</p>	<p>I wish I was as fit as you.</p>	<p>He looks so small standing next to those other guys!</p>
<p>You look amazing! How often do you work out?</p>	<p>I need to lose 10 pounds.</p>	<p>You can get away with buying a tighter T-shirt.</p>	<p>You better choose something baggy to hide that stomach.</p>
<p>He's a bit too heavy to be dating that girl.</p>	<p>He's really hairy. Doesn't he know what a razor is?</p>	<p>You look great. Have you lost weight?</p>	<p>He's too fat to be wearing those shorts.</p>
<p>You don't have any biceps!</p>	<p>I've got to lose weight before the summer.</p>	<p>I need to work on my abs.</p>	<p>No one will go out with me if I don't beef up.</p>
<p>You think you're fat? Look at me!</p>	<p>I'm trying to tone up everything.</p>	<p>I've been doing really well on this workout – you should try it.</p>	<p>I can't eat that – it will make me fat.</p>
<p>You think you're fat? Look at my gut!</p>	<p>He's made no effort. He looks so pale and skinny.</p>	<p>Everyone else is so much taller than last year.</p>	<p>I hate my skinny body.</p>
<p>You're so muscular – how do you do it?</p>	<p>I wish I could be as thin as you!</p>	<p>Did you see the girl he's dating? She's such a whale.</p>	<p>Ha, look at his hairy face!</p>
<p>I look disgusting at this weight.</p>	<p>I'm going to try that new gym. You should join, too. You'd look so much better.</p>	<p>I am way too fat to wear swim shorts.</p>	<p>Have you been on a diet?</p>



Quick comeback statement grid

3

I wish I looked more like you – you've got the most amazing long, slim legs.

She will never get a boyfriend – she's just too big.

That singer has really let herself go. She used to have a lovely slim figure.

Did you see that girl? She was so skinny, you could almost see through her!

All these photos of me show my braces. I don't want anyone seeing them.

It's a gorgeous dress, but it'd look so much better on you than me. I'm too flat-chested to pull it off.

She'd be so pretty if she wasn't covered in acne. Someone should buy her some makeup.

There's no way I can go out now – I haven't straightened my hair.



Quick comeback statement grid

3

I wish I looked more like you – you're super muscular.

He will never get a girlfriend – he's just too short.

That singer has really let himself go. He used to have such huge muscles.

Did you see that boy? He was so skinny, the wind could've blown him away!

All these photos of me show my braces. I don't want anyone seeing them.

I'd love to wear a tight T-shirt and show off my pecs, but it's never going to happen for me.

He'd look awesome if he wasn't covered in acne. He should grow his hair longer!

There's no way I can go to the beach – I don't have anything to hide my hairy arms.



"Eyes don't lie?" photos



Before

After



True to Me certificate



_____ has completed the True to Me program.

By participating in True to Me, she/he has:

- Practiced teamwork and built positive relationships with her/his peers.
- Applied critical thinking skills to the topical issue of body confidence and the media.
- Developed leadership skills by identifying a positive change she/he can make to create a more body-confident community, and implemented that change.
- Practiced speaking out and using different forms of communication and creative arts to convey the message.

