Handout 1

Personal Challenge

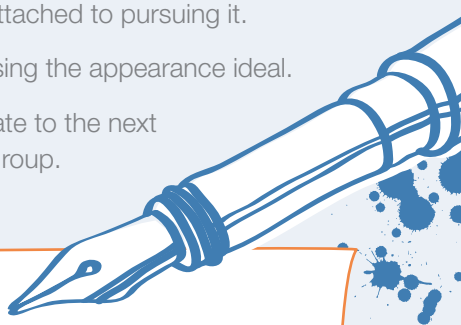
What I Know Now

What would you say to your younger self to show them the negative effects of chasing the appearance ideal, and convince them not to pursue it?

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

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

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



Girl Version

Handout 2

In Her Shoes scenario cards

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

Summer is on its way, I can't wait to start working on my tan. My body isn't exactly bikini ready, though – I better work on that!

It's only three months until the end-of-year prom. Think I better go on that diet plan my mum gave me; I'll never look good in a dress otherwise.

I think I'll give the party a miss. I know I haven't been out with my friends for a while, but they'll be happier without me there, anyway. I'm just too fat to wear dresses; they're probably 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. Everyone will notice how much fatter I am than the other girls in my class. I'll sit at the back and stay quiet.

I like my hair, but it looks so different to my friends' and someone always has something to say about it. I think I should save up to get it chemically straightened.

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 doing gym today? The idea of having to get changed 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 because of wearing too much make-up. I don't care – I'm not changing it or everyone would see my spots.

All my friends are in relationships. I'm sure I would be too, if I were thinner. My mum 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. And 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 suggesting I 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 mum 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 when I saw how badly that dress looked on me.

I can't go away this weekend, I need to save for my boob job. I want to be able to have surgery as soon as I turn 18; I'm just not going to feel good about myself until I've got decent breasts.

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.

Boy Version

Handout 2

In His Shoes scenario cards

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

Summer is on its way, I need to start working on my abs and get ready for those beach parties!

It's only 3 months until the end-of-year prom. Think I better go for more workouts in the gym. I'll never look good enough otherwise.

I think I'll give the party a miss. I know I haven't been out with my friends for 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. Everyone will notice how much shorter I am than the other boys in my class. I'll sit at the back and stay quiet.

I like my hair but it looks so different to my friends' and someone always has something to say about it. It gets so greasy so quickly.

I can't go to school today as I've made a right mess of shaving my face. I don't want everyone laughing at me.

The bullying will never stop unless I bulk out. 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 get changed 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 question in class today because I don't want everyone to stare at my spots. Why is it me that gets spots?

All my friends are in relationships. I'm sure I would be too if I was 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. And, 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 suggesting I 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 mum 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 when I saw how stupid my body looks in swim shorts, but I can't afford to work out more.

I can't go out this weekend. I need to save for some more weights. I'm just not going to feel good about myself until I've got huge biceps.

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.

Handout 3

Personal Challenge

Mirror Time

You're unique and you're amazing.

How often do you appreciate that?
Take some time to recognise 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 think of…

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

1 .....

2 .....

3 .....

4 .....

5 .....

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

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

Girl Version

Handout 4

Body Talk Bingo cards

I've put on so much weight.	I'm way too fat to be eating this.
You'd be so pretty if you lost some weight.	Do I look fat in this?
You look amazing! How much weight have you lost?	I need to lose 10 pounds.

Do I look fat in this?	I feel so ugly right.
I wish I was as pretty as you.	Her bum looks way too big in that skirt.
Buy it in a size smaller – it'll be good motivation for you.	You better choose something baggy to hide those love handles.

She's a bit too heavy to be dating that guy.	She's really let herself go...
She's huge – she must be really unhealthy.	I've definitely got to lose weight before the summer.
You think you're fat? Look at me!	I'm trying to get rid of everything that jiggles, except my boobs.

You look great. Have you lost weight?	She's too fat to be wearing that dress.
My thighs are so big.	No one will date me if I don't drop a few pounds.
I've really been doing well on this diet – you should try it...	I can't eat that – it will make me fat.

You think you're fat? Look at my love handles!	Can you believe how much she's let herself go?
You're so thin – how do you do it?	I wish I could be as skinny as you!
I look disgusting at this weight.	I'm going to try that new diet. Want to join? You'd look so much better.

She has gained so much weight since last year.	I hate my flat chest.
Did you see the girl he is dating? She's such a whale.	Wow, look at the size of her!
I am way too fat to wear a bikini.	Have you been on a diet?

Boy Version

Handout 4

Body Talk Bingo cards

I've put on so much weight.	I'm way too fat to be eating this.
You'd be buff if you lost some weight.	Do you like my six-pack?
You look amazing. How often do you work out?	I need to lose 10 pounds.

His hairstyle has no style.	I feel like such an eye-sore right now.
I wish I was as hench / fit as you.	He looks so small standing next to those other lads!
You can get away with buying a tighter T-shirt.	You better choose something baggy to hide that stomach.

He's a bit too heavy to be dating that girl.	He's really hairy. Doesn't he know what a razor is?
You don't have any biceps!	I've definitely got to lose weight before the summer.
You think you're fat? Look at me!	I'm trying to tone up everything.

You look great. Have you lost weight?	He's too fat to be wearing those shorts.
I need to work on my abs.	No one will go out with me if don't beef up.
I've really been doing well on this workout – you should try it...	I can't eat that – it will make me fat.

You think you're fat? Look at my gut!	He's made no effort. He looks so pale and weedy.
You're so muscular – how do you do it?	I wish I could be as slim as you!
I look disgusting at this weight.	I'm going to try that new gym club. Want to join? You'd look so much better.

Everyone else is so much taller than last year.	I hate my skinny body.
Did you see the girl he is dating? She's such a whale.	Ha! Look at his hairy face!
I am way too fat to wear swim shorts.	Have you been on a diet?

Girl Version

Handout 5

Quick Comeback statement grid

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 spots. Someone should buy her some make-up.

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

Boy Version

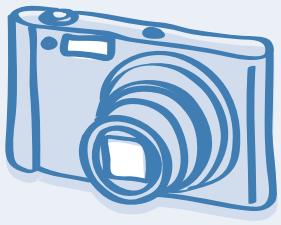
Handout 5

Quick Comeback statement grid

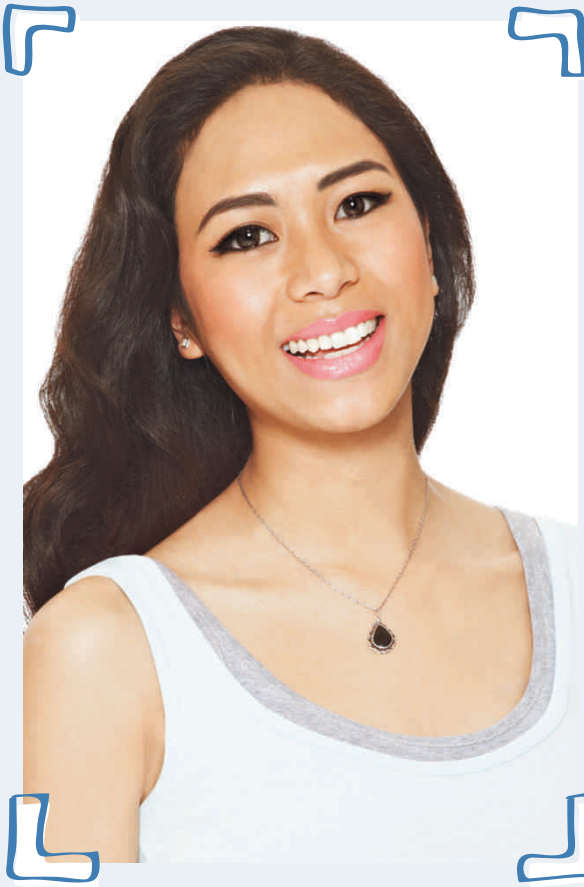
I wish I looked more like you; you've got the most amazing toned body.	He will never get a girlfriend – he's just too short.
That singer has really let himself go. He used to have such huge muscles.	Did you see that boy? He was so skinny he could almost be blown over!
All these photos of me show my braces. 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 spots. He should grow his hair longer!	There's no way I can come to the beach – I don't have anything to hide my hairy arms.

Handout 6

Eyes Don't Lie? photos



before



after

Handout 7

Personal Challenge

Media Detectives

The appearance ideal is fake because:

It's not worth chasing the appearance ideal because:

True to Me Certificate

has completed the True to Me
five-session programme.

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

- Practised team work 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.
- Practised speaking out and using different forms of communication and creative arts to put across a message.

Dove
self-esteem
project