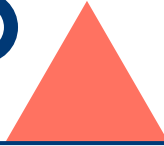


# Appearance Ideals

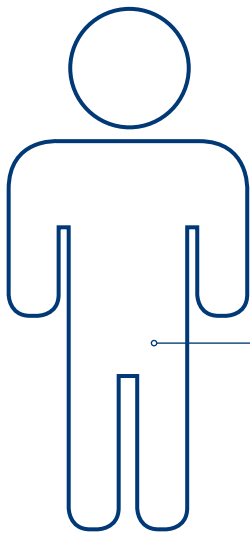


Name:



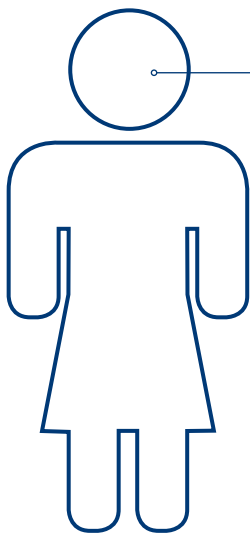
Label the body below with as many features as you can that make up today's appearance ideals.

**What are appearance ideals for males?**



— Six-pack abs

**What are appearance ideals for females?**



— Long hair

**What can trying to match appearance ideals cost someone?**

**Time** (e.g., late for school because of spending too much time styling hair)

---

---

---

---

---

---

---

---

**Money** (e.g., buying all the latest 'must-have' products)

---

---

---

---

---

---

---

---

**Emotions** (e.g., not feeling good enough)

---

---

---

---

---

---

---

---

# Challenging Appearance Pressures (Private Reflection)



Name:



What could you do to show that you don't agree with the way professional media emphasises an unrealistic 'ideal' way to look?

---

---

What could you or others do differently on social media when creating or sharing pictures, films and messages?

---

---

How could changing your behaviour help people to feel better about the way they look?

---

---

## Feeling stuck?

How could you let companies know that you are unhappy with the unrealistic images they use to sell products? Could you use social media to let others know you are unhappy? How would you do this?

Think about what you could do differently when you comment on your friends' photos? Could you change the type or style of photos you choose to upload?

How might it feel to see more realistic, unedited photos on social media? Would this reduce the appearance pressures people face?

## Be a Champion for Change!

Work by yourself. Write down one thing you will start doing, or do differently, to champion what is 'real' in yourself and others as a result of today's workshop.

I pledge to

---

---

---

## Feeling stuck?

Think about what will help you challenge the pressure you and your friends feel to look a certain way. Try to choose a simple action

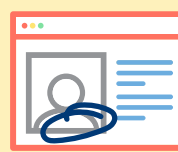
**Celebrate your individuality and the diversity of the people you know. We are all one of a kind!**



Pressure to look a certain way comes from the world around us.



It's important to remember images of people that we see in all types of media aren't always real.



It's unfair for people to compare themselves to this media.

