



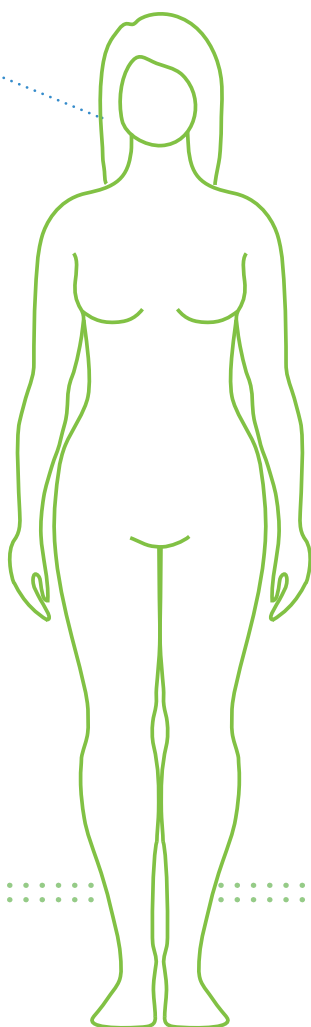
Name:

What are appearance ideals for girls?

Appearance ideals: the way our culture tells us is the ideal way to look at a certain moment in time.

- 1.1** Label the body below with as many features as you can that make up today's appearance ideals for girls. We've provided an example to get you started.

Long, glossy hair



- 1.2** What can trying to match appearance ideals cost you in time, money and emotions? Write your ideas below.



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 and feelings:

(e.g. not feeling good enough)

What's the result of spending all this time, money and emotion trying to match appearance ideals?



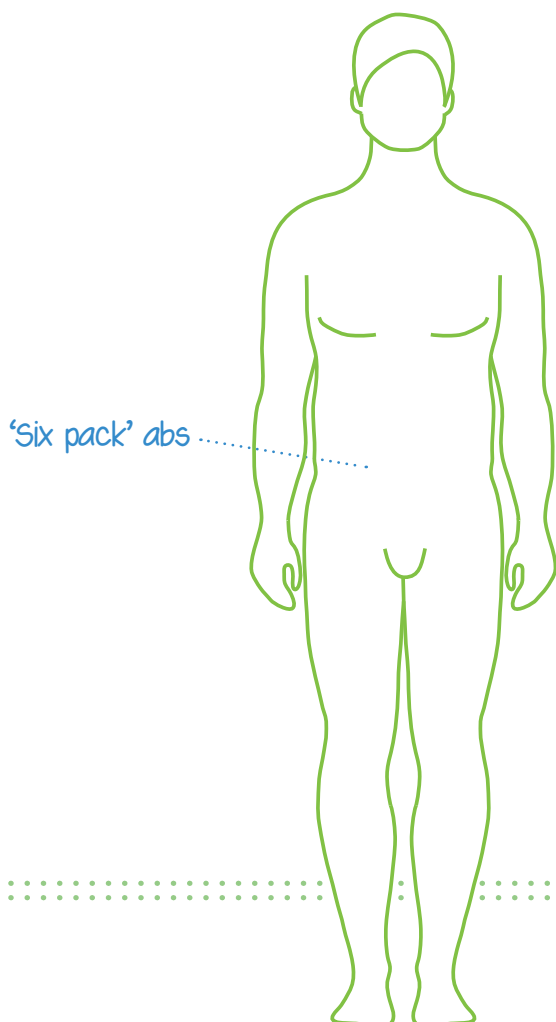


Name:

What are appearance ideals for boys?

Appearance ideals: the way our culture tells us is the ideal way to look at a certain moment in time.

- 1.1** Label the body below with as many features as you can that make up today's appearance ideals for boys. We've provided an example to get you started.



- 1.2** What can trying to match appearance ideals cost you in time, money and emotions? Write your ideas below.



Time:

(e.g. spending too much time getting ready in the morning and being late for school)



Money:

(e.g. paying for gym membership and transport to and from the gym)



Emotions and feelings:

(e.g. feeling down)

What's the result of spending all this time, money and emotion trying to match appearance ideals?





Name:

What makes us unique?

The things that make us different are the things that make us unique and valued.

Complete the exercise below to celebrate the qualities and interests that make you unique.

Name:

.....

.....

.....

A quality I admire about myself is:

.....

.....

.....

Something I enjoy doing is:

.....

.....

.....

In future, I would like to spend more time:

.....

.....

.....



Name:

Going further

Appearance ideals: main messages to remember

Trying to match appearance ideals can be harmful.

They are based on opinion, not fact, and are changing all the time. This makes them unrealistic and actually impossible for most people to live up to.

The way you look is not a measure of your worth. Rather than focusing on appearance, value other qualities within yourself and your peers, and celebrate your real successes in life!



What action could you take to make appearance less important and to prevent yourself and others from focusing on appearance ideals? Record your answers below.

Taking action for yourself

What I did:

.....

How I felt:

.....

Taking action for others

What I did:

.....

How I felt:

.....



Things you could do:

Carry out a random act of complimenting someone e.g. surprise a friend with a non-appearance-related compliment.

Carry out three feel-good things instead of spending time, money and/or emotional energy on trying to match appearance ideals.

Celebrate your individuality and the diversity of the people you know.
Aim to be the best you can be – you are one of a kind!

