

Appearance Ideals

Confident Me:

School Workshops for Body Confidence

workshop
1 of 5

Dove
self-esteem
project



What are our workshop ground rules?

- Respect diversity
- Ask questions
- Keep it confidential
- Please contribute



What are we learning today?

- Introducing appearance ideals
- Sources of appearance ideals
- Appearance pressures
- Challenging appearance pressures



What do we mean by
appearance ideals?

What do we mean by appearance ideals?



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

What are today's appearance ideals?

Worksheet 1.01
Appearance Ideals
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.

11 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, shiny hair



12 What can trying to match appearance ideals cost you in time, money and emotion? Write your ideas below.

Time: _____
Money: _____
Emotions and feelings: _____

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

Worksheet 1.02
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.

11 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.

Big, good hair



12 What can trying to match appearance ideals cost you in time, money and emotion? Write your ideas below.

Time: _____
Money: _____
Emotions and feelings: _____

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



How are appearance ideals constantly changing?





Where do we find out about appearance ideals?



What appearance pressures do we face?



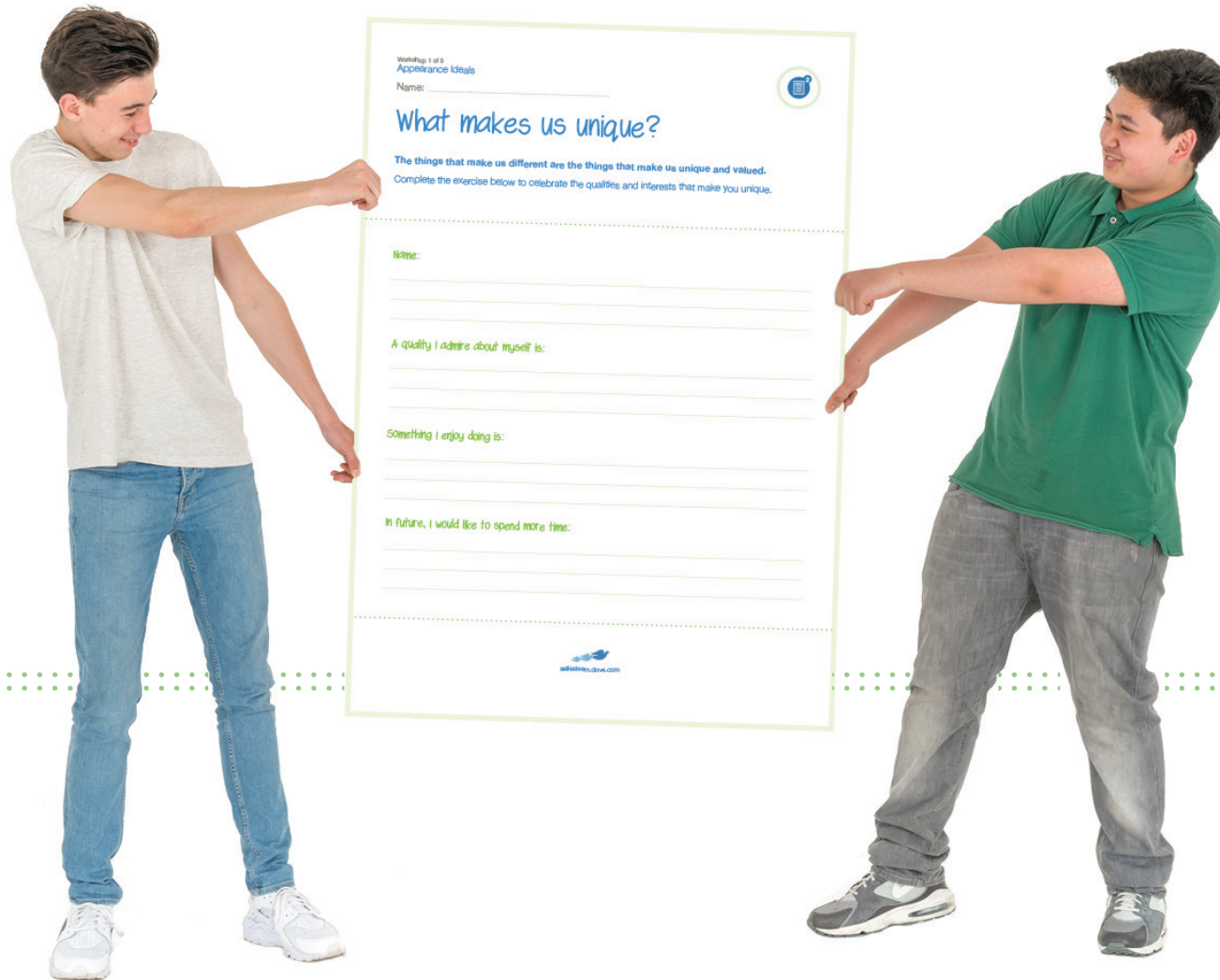
What appearance pressures do we face?



What is the impact of these appearance pressures?



What else can we value?



What have we learned today?

People have always
faced pressures to
look a certain way.

Trying to match
appearance ideals
can cause problems.

We can learn to value
other qualities instead.

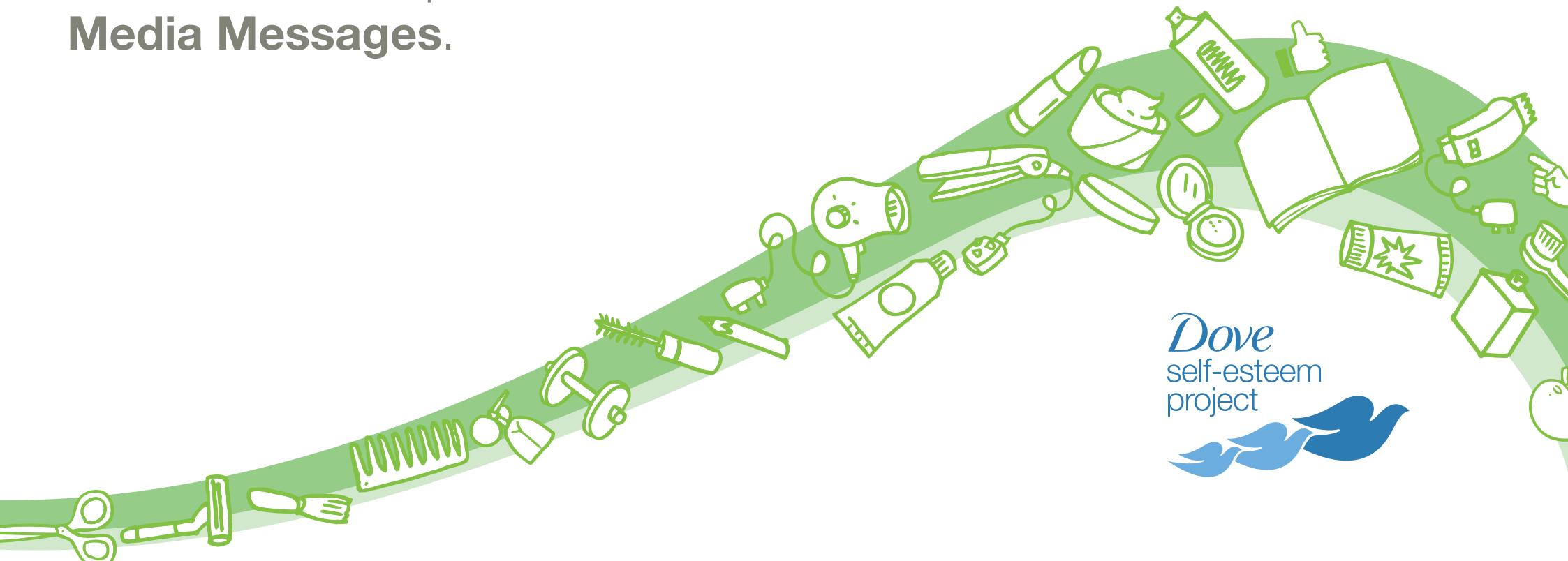
How will you be a champion for change?



Congratulations!

You've now completed **Workshop 1** of
Confident Me: School Workshops for Body Confidence.

The next workshop is:
Media Messages.



Going further

Working with
Appearance Ideals

Name: _____

Going further

Appearance Ideals sends messages to remember:

Trying to match appearance ideals can be harmful. They are based on opinion, not fact, and are changing all the time. They make 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 present yourself and others more focusing on appearance ideals? Record your answers below.

Taking action for yourself

What I do: _____

How I feel: _____

Taking action for others

What I do: _____

How I feel: _____

★ Things you could do:

Give out a random act of complimenting someone's up, surprise a friend with a non-appearance-related compliment.	Give out three best good things instead of spending time, money and/or emotional energy on trying to match appearance ideals.
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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!

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