

Banish Body Talk

Confident Me:

School Workshops for Body Confidence

workshop
4 of 5

Dove
self-esteem
project



What have we learned?

It's not worth trying to match appearance ideals.

Media images are often manipulated.

Avoid comparing, value what makes you unique instead.



What are we learning today?

- Introducing body talk
- Exploring examples of body talk
- Problems with body talk
- Avoiding body talk



What are our workshop ground rules?

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

How do we talk about appearance?



What is body talk?

Body talk refers to any conversation or comment that reinforces and keeps appearance ideals and pressures going.



How do we use body talk?



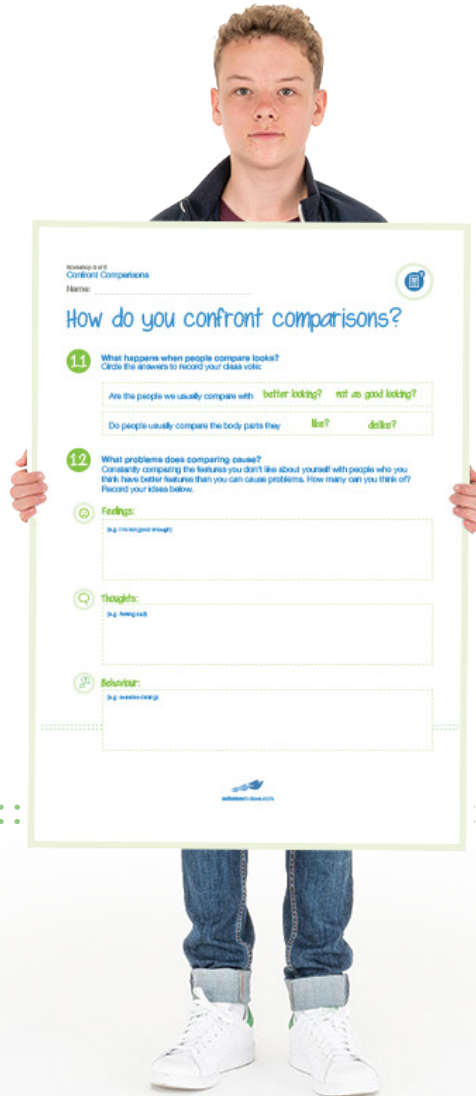
How do we use body talk?



How do we use body talk?



How do we use body talk?



Worksheet 8.1.1
Confront Comparisons

Name: _____

How do you confront comparisons?

1.1 What happens when people compare looks?
Circle the answers to record your class vote.

Are the people we usually compare with **better looking?** **not as good looking?**

Do people usually compare the body parts they **like?** **dislike?**

1.2 What problems does comparing cause?
Constantly comparing the features you don't like about yourself with people who you think have better features than you can cause problems. How many can you think of? Record your ideas below.

Feelings:
(e.g. not intelligent enough)

Thoughts:
(e.g. feeling sad)

Behaviour:
(e.g. withdrawing)





How do we use body talk?



How do we use body talk?



What is the impact of body talk?



What is the impact of body talk?



How can we challenge body talk?

Worksheet 1
Banish Body Talk

Name: _____

How can we challenge body talk?

Write scripts to present a role play. Label yourselves Person A and Person B.
Place the conversation below and practice changing the conversation away from appearance.

Person A	Person B
Plays the role in bold and lead to Person B.	Reacts to Person A, changing the conversation away from appearance.
1 You're making me sweat and need to go to the gym. Person A: "You look like you're really going!" Person B replies: ...	2 Your friend posts an old photo of you on their social media. Person A: "You look like you're really going!" Person B replies: ...
3 You're with friends and see someone in the street. Person A: "Look at that person's body!" Person B replies: ...	4 Your friend posts on social media. Person A: "You look like you're really going!" Person B replies: ...
5 Your friend shares the selfies from a friend's social profile. Person A: "You look like you're really going!" Person B replies: ...	6 You're getting changed for a friend. Person A: "You look like you're really going!" Person B replies: ...

Feeling stuck?

You could change the conversation by the Person B taking their appearance out of the conversation. Let's try that.

You could also try changing roles, or acting out a different situation.



What have we learned today?



Body talk is any conversation about appearance.



Body talk can cause problems for our self-esteem.



Avoid body talk and focus on other qualities instead.

How will you be a champion for change?



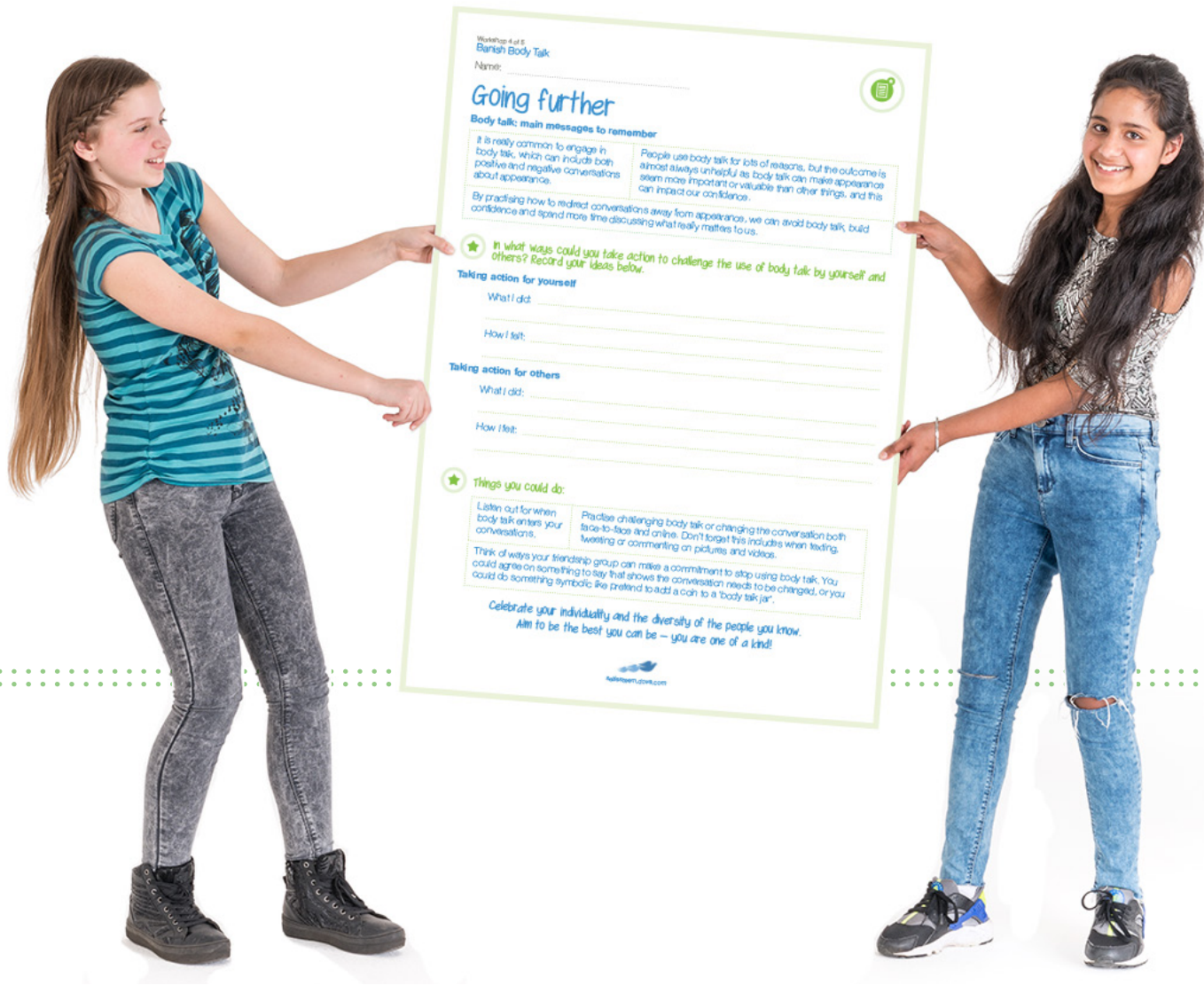
Congratulations!

You've now completed **Workshop 4** of
Confident Me: School Workshops for Body Confidence.

The next workshop is:
Be the Change.



Going further



Worksheet 4 of 5
Banish Body Talk
Name: _____

Going further

Body talk: main messages to remember

It is really common to engage in body talk, which can include both positive and negative conversations about appearance.

People use body talk for lots of reasons, but the outcome is almost always unhelpful as body talk can make appearance seem more important or valuable than other things, and this can impact our confidence.

By practising how to redirect conversations away from appearance, we can avoid body talk, build confidence and spend more time discussing what really matters to us.

★ **It what ways could you take action to challenge the use of body talk by yourself and others? Record your ideas 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:**

Listen out for when body talk enters your conversations.

Practice challenging body talk or changing the conversation both face-to-face and online. Don't forget this includes when texting, tweeting or commenting on pictures and videos.

Think of ways your friendship group can make a commitment to stop using body talk. You could agree on something to say that shows the conversation needs to be changed, or you could do something symbolic like pretend to add a coin to a 'body talk jar'.

*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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