



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. I'm not good enough)



Thoughts:

(e.g. feeling sad)



Behaviour:

(e.g. extreme dieting)





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Can you catch yourself?

Work in pairs to prepare a role play. Label yourselves **Person A** and **Person B**.
Read the situations below and practise how to respond without making comparisons.

Person A

Imagine yourself in any of the four situations below. Explain to **Person B** what you imagine you might wish to change about your appearance after being in that situation.

Person B

Respond to **Person A**. Explain why we should not compare ourselves to people we see in the media or real life. Tell them why it is not realistic or fair to compare ourselves to these people.

1

Your friend has bought a new outfit...



2

You are watching this popular television programme...



3

You are passing this bus stop going home from school...



4

You are viewing the latest music video on your friend's phone...



Feeling stuck?

Person A: Wow, look at them; they look great! I wish I had their because

Person B: We shouldn't bother to compare ourselves because

Remember why we want to challenge these images – how do they make us feel?

You could also try swapping roles or selecting a different situation to act out.



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How will you change your script?

Change your script and generate new responses to avoid comparisons.

Write down the different ways that you can challenge the process of making appearance comparisons in both yourself and others. Try to remember these and practise them. Soon, they will feel normal! Try to come up with at least three ideas for when you compare and three ideas for when others compare.



When I compare my appearance:

- I can 'catch myself' and change my thoughts
-
-
-
-
-
-
-
-

When I hear my friends compare their appearance:

- I can change the topic
-
-
-
-
-
-
-
-

Feeling stuck?

Think back to the ideas you shared in class.



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Going further

Comparisons: main messages to remember

Every single person is unique so comparing the way we look to others is not helpful or realistic and can have negative consequences for ourselves and others around us.

Even though it might feel natural or automatic to compare, we can become trapped in a 'downward spiral' of comparisons that can bring others down with us.

By avoiding comparing people based on their looks and focusing instead on being the best possible version of ourselves, we will improve our own self-esteem and body confidence, and help to create a more diverse, interesting and productive world.



How will you take action to make appearance less important for yourself and others, helping everyone to break free from the 'whirlpool of comparisons'? 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.

Practise staying alert for when you or your friends compare your appearance to others, and try to stop the comparison.

Remember to change your internal script and use one of the alternatives you have role played and rehearsed.

Celebrate your own positive qualities by writing a short statement, list, or poem called 'There's more to me', capturing what you feel good about and would like others to recognise.

Ready for the next workshop, be aware of other ways you talk about appearance (your own or other people's).

*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!*