

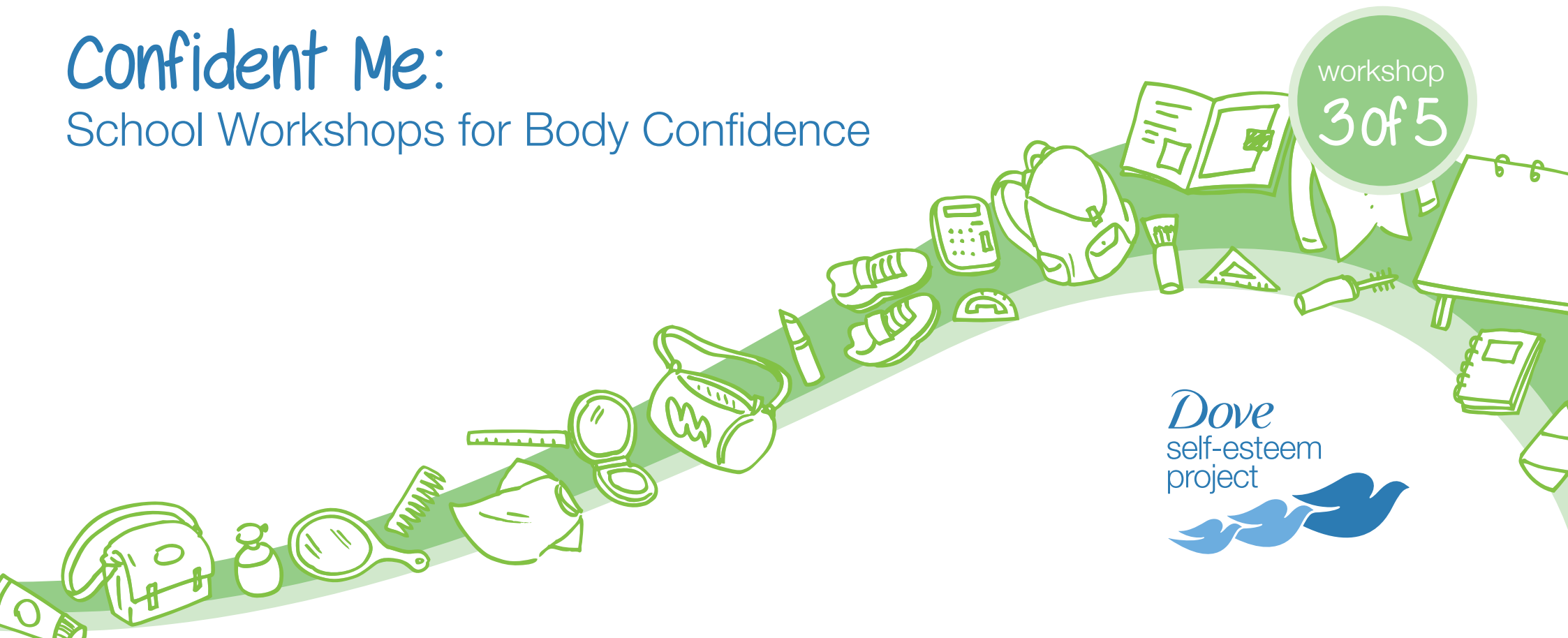
Confront Comparisons

Confident Me:

School Workshops for Body Confidence

workshop
3 of 5

Dove
self-esteem
project



What have we learned?

It's not worth trying to match appearance ideals.

Media images are often manipulated.



What are we learning today?

- The comparison process
- Negative consequences of comparing
- The 'whirlpool of comparisons'
- Changing our scripts



What are our workshop ground rules?

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

What ideals are portrayed in the media?



How do we compare with those around us?



How do we compare our looks?

Are the people we
compare with usually:

better
looking?

Do people usually compare
the features they:

like?

dislike?

How do we compare our looks?

Are the people we
compare with usually:

better
looking?

not as
good looking?

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How do we compare our looks?

Are the people we
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What happens when people compare looks?



How do you confront comparisons?

1.1 What happens when people compare looks?

Circle the adjectives to describe your classmate.

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?

Consider 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?

Place your signs below.

Feelings:

Thoughts:

Behavior:



1.1

What is the impact of these comparisons?



Feelings

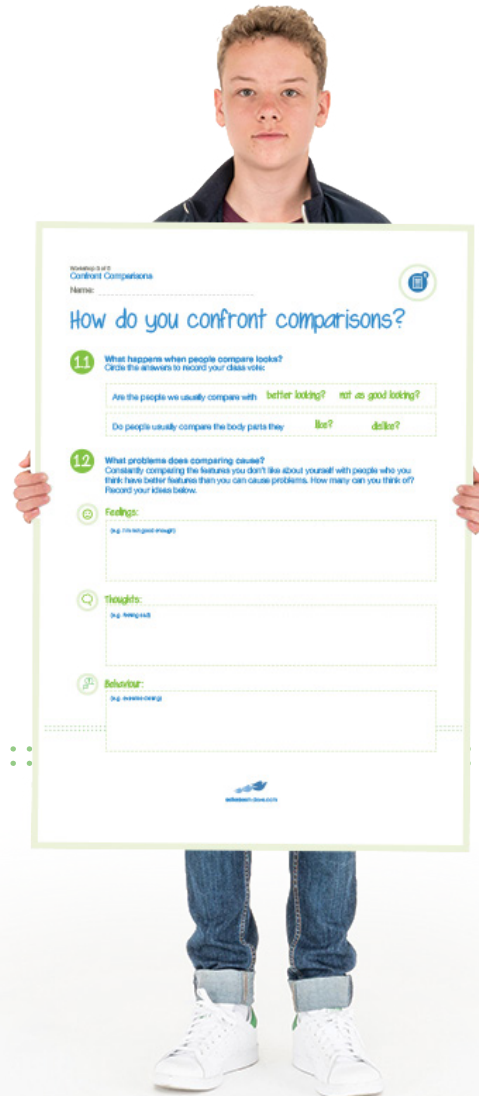


Thoughts

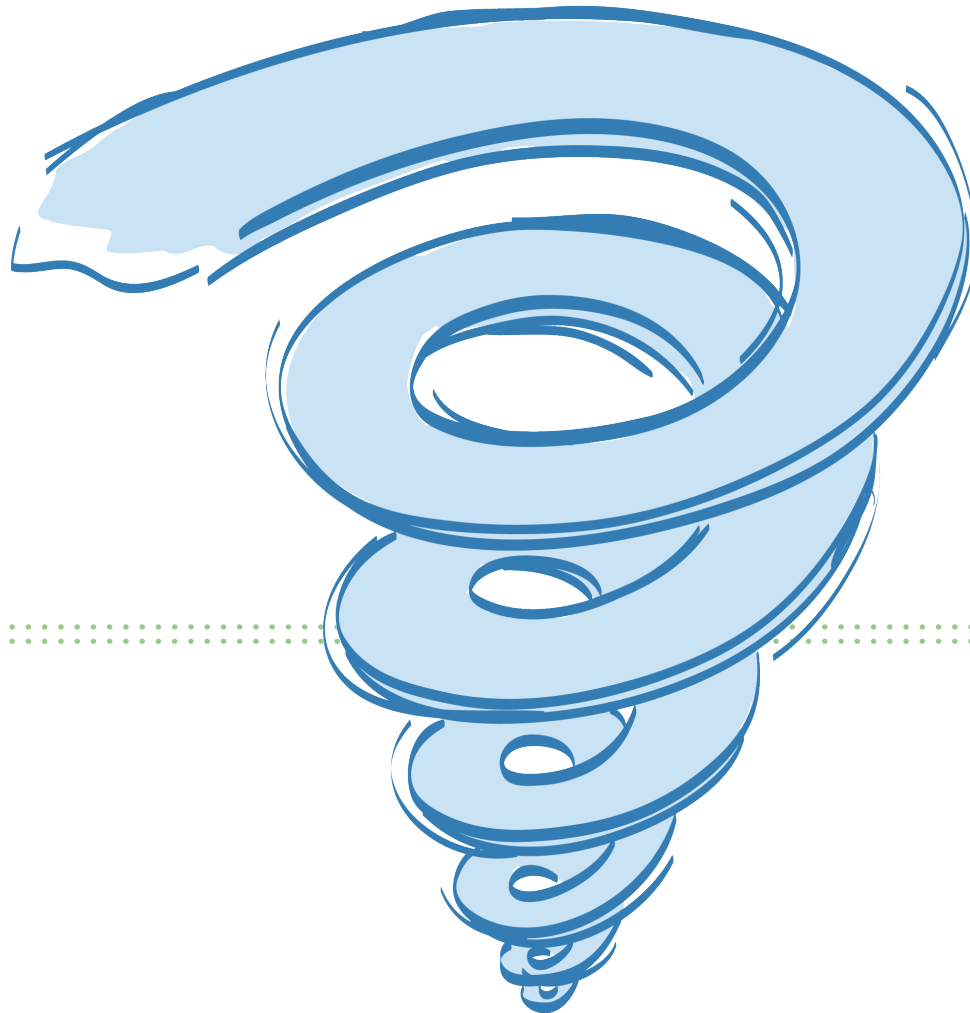


Behaviour

What is the impact of these comparisons?



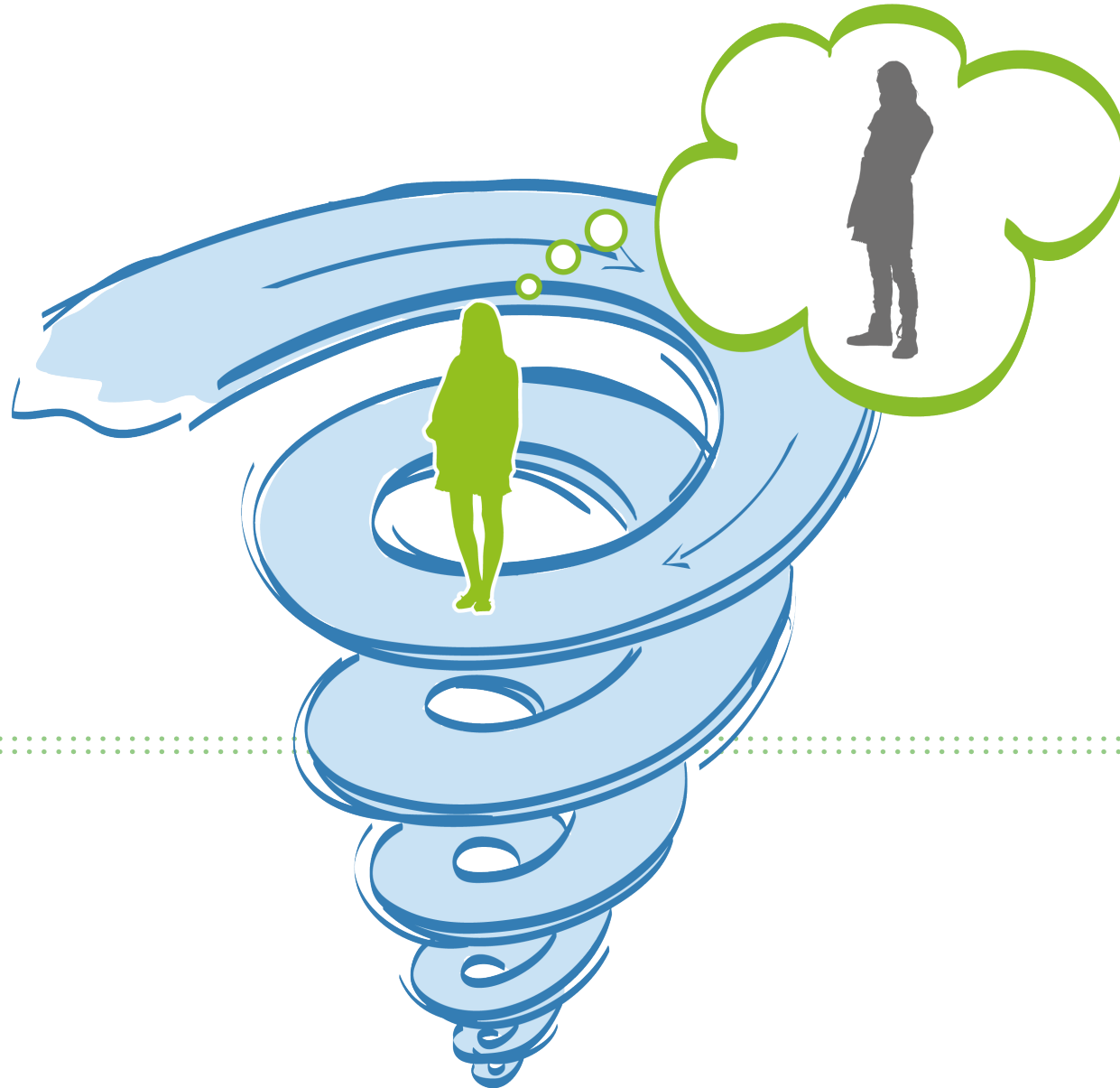
The 'whirlpool of comparisons'



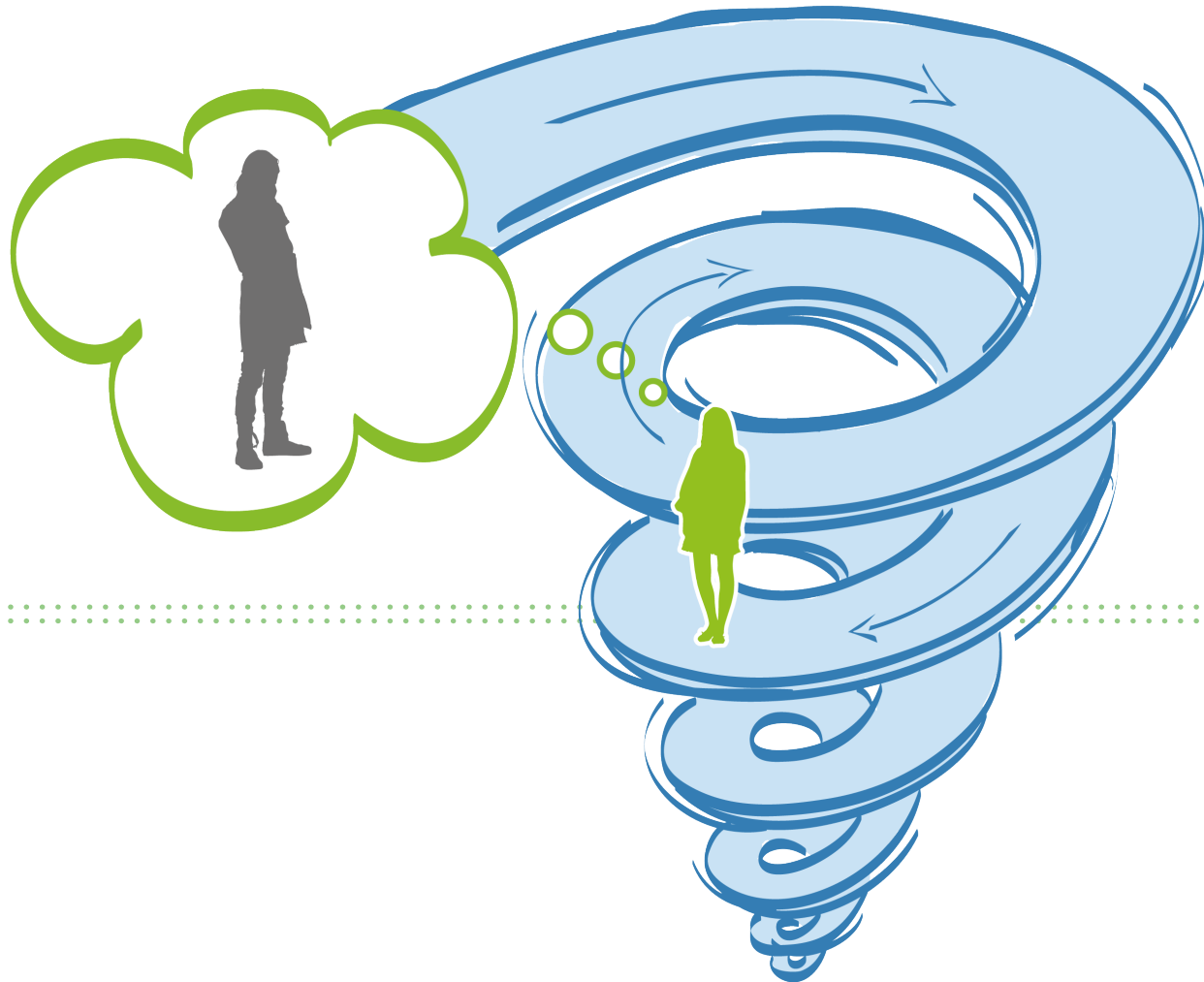
The 'whirlpool of comparisons'



The 'whirlpool of comparisons'



The 'whirlpool of comparisons'



The 'whirlpool of comparisons'



What can we do instead?

- Compliment ourselves and others on things that aren't about appearance
- Focus on the good things about ourselves and others
- Keep to the facts
- Enjoy each other's company instead of being critical
- Celebrate ourselves and our friends



How can we change our script?

Everyone's so different
- we're not supposed to
look the same.

You are so good at art
- you could totally sell
your stuff one day.

That's massively
retouched, no-one can
actually look like that.

There's plenty of people who
don't have rock solid abs
who are doing just fine.



How can we change our script?

Workshop 8 of 8
Confront Comparisons
Name: _____

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	Person B
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.	Respond to Person A . Explain why we shouldn't compare ourselves to people we see in media or real life. Tell them why it is not majestic 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 they are meant to challenge! Being 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?



What have we learned today?

Comparing the way
we look to others is
human nature.

We can challenge
the process of
making comparisons.

Comparing can
have negative
consequences.

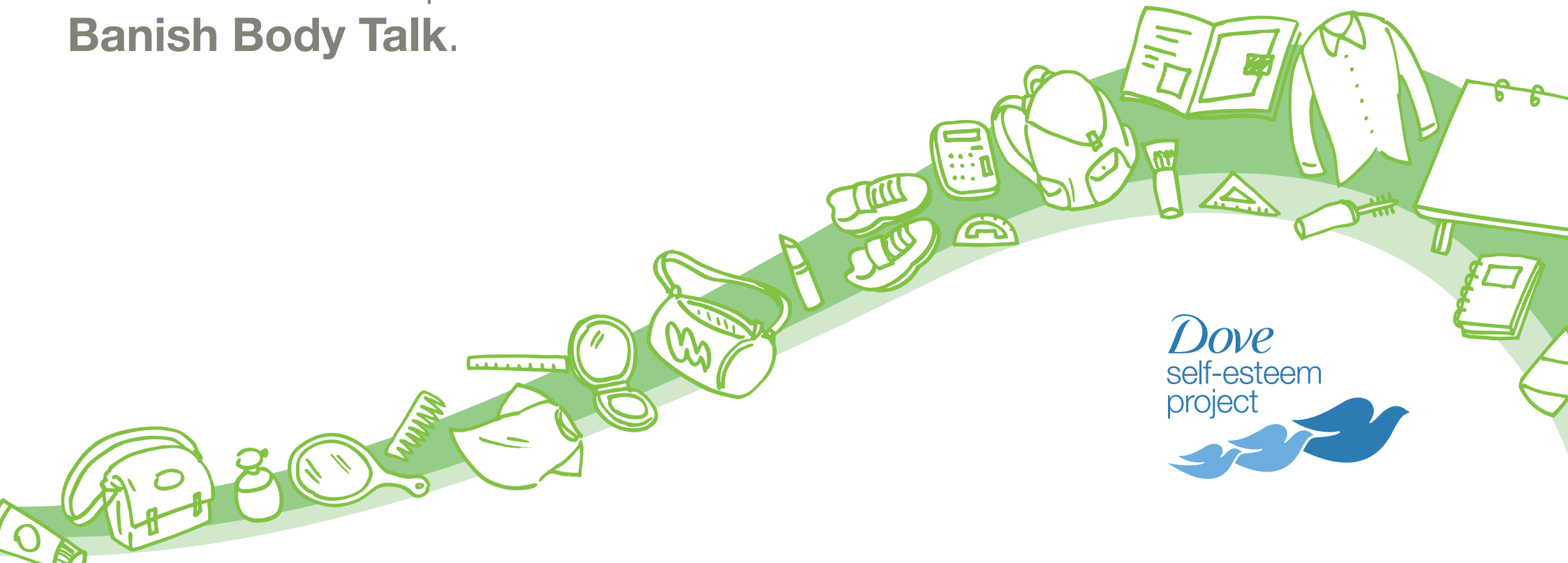
How will you be a champion for change?



Congratulations!

You've now completed **Workshop 3** of
Confident Me: School Workshops for Body Confidence.

The next workshop is:
Banish Body Talk.



Going further

