

# Media Messages

## Confident Me:

School Workshops for Body Confidence

workshop  
2 of 5



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self-esteem  
project



# What have we learned?

It's not worth  
trying to match  
appearance ideals.



# What are we learning today?

- What are media messages?
- Purpose of media messages
- Manipulation of media messages
- Remixing responses



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## What are our workshop ground rules?

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

# What do we mean by media?



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Professional media



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Professional media



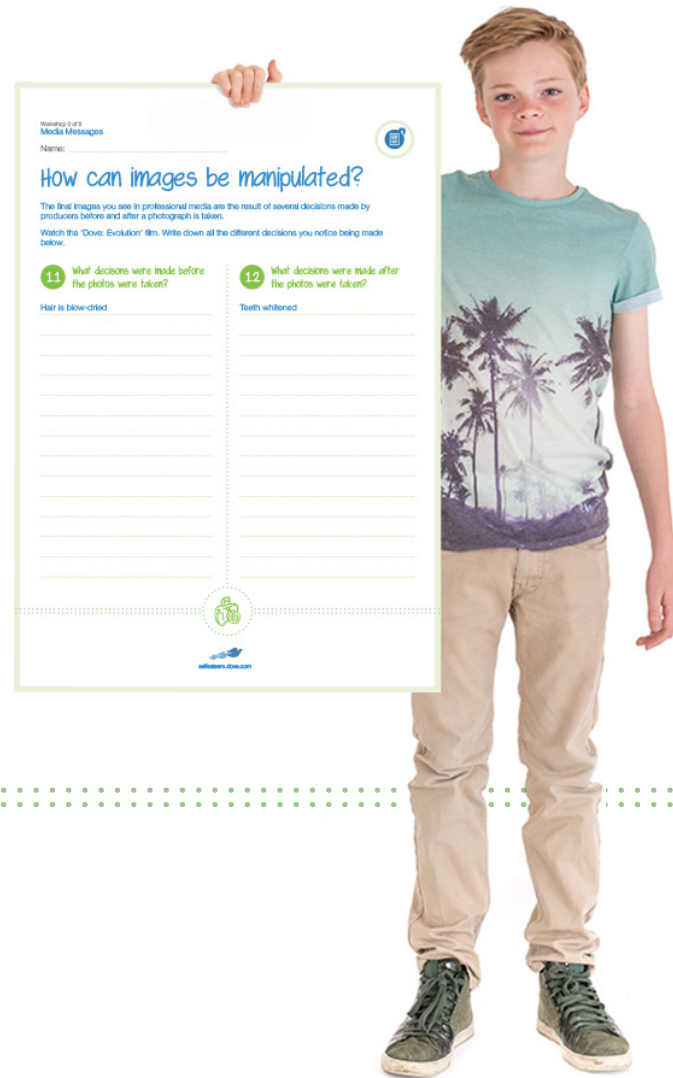
Personal media



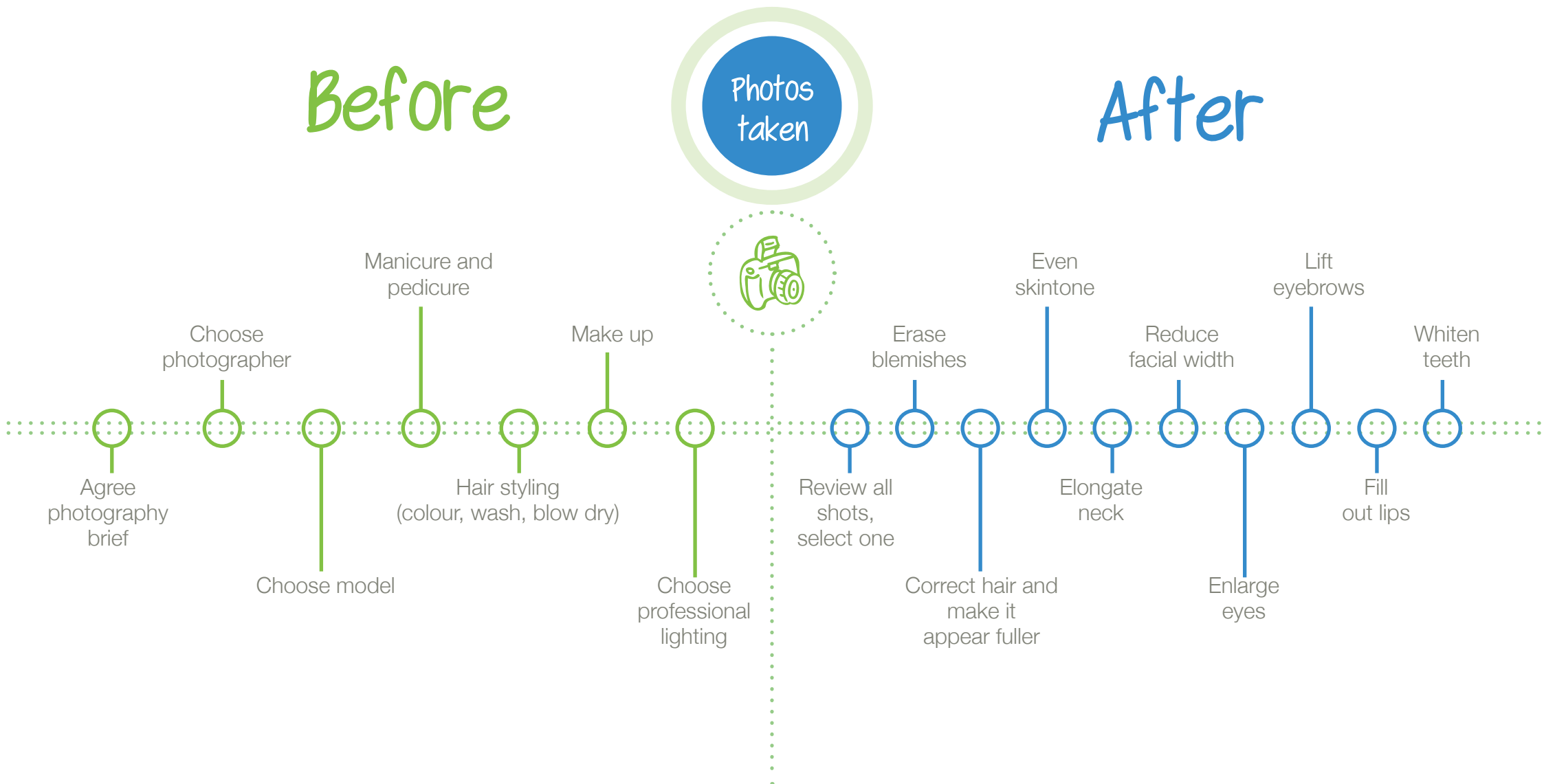
# How can images be manipulated?



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# Why is professional media often created in this way?



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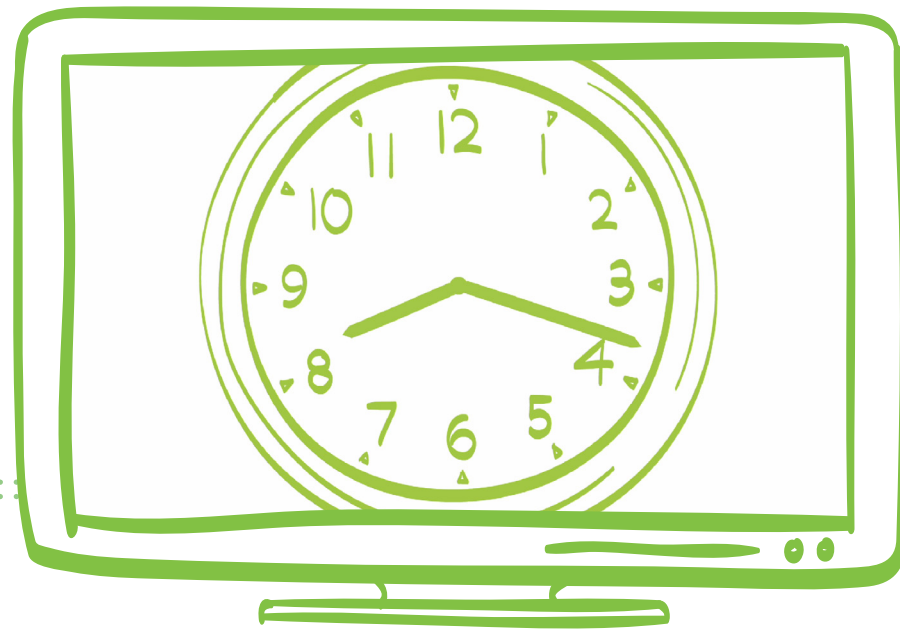
- Promise
- Feelings
- Actions
- Results
- Fix



# How would it feel to have your image manipulated?



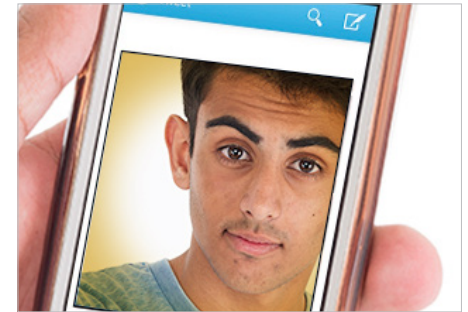
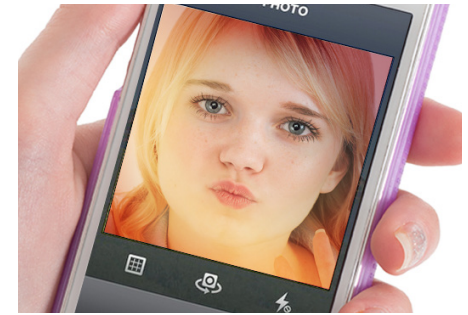
# What is the impact of media messages?



# What is the impact of media messages?



# What is the impact of messages and images on social media?



# How can we remix our responses to media messages?



# What have we learned today?



Media images are often manipulated.



We can remix our responses to media messages.



It is harmful to compare real people to media images.

# How will you be a champion for change?



# Congratulations!

You've now completed **Workshop 2** of  
**Confident Me: School Workshops for Body Confidence.**

The next workshop is:  
**Confront Comparisons.**



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# Going further

