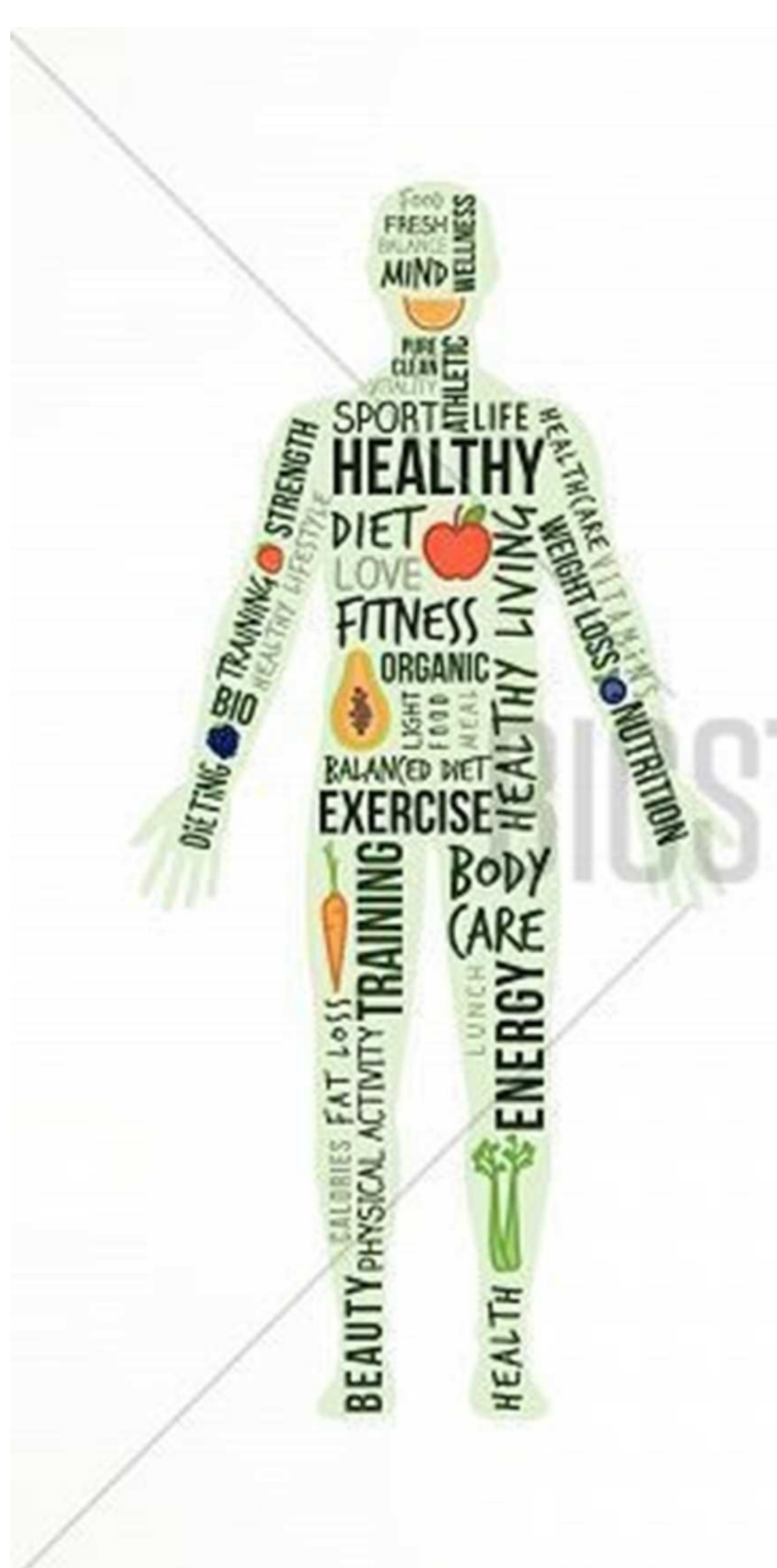


Unit 4: Body Image

What does body image mean?

Let's fill our bodies with positivity!



www.bigstock.com

This is an example of what it will look like but instead of just healthy words, we're going to use positive words about us!

Let's talk about what the expectations are:

Filling our Body with Positivity



Level 4:

-body is FILLED with a variety of words, images, AND color.

-both positive words and positive images are used.

What are some examples of positive images?

www.bigstock.c

Level 3:

-missing one of the requirements (words, images, color) or body isn't quite filled.

What might a level 2 or level 1 look like?

Activity:

1. On a piece of paper, describe your face as if you were telling someone how to draw you. Put your name at the top of this paper and do not show anyone.
2. Give Miss Padayachee your descriptions.
3. Complete the reflection questions about your poster. These questions will be handed in for marks.

Activity:

1. On a piece of paper, describe your face as if you were telling someone how to draw you. Put your name at the top of this paper and do not show anyone.
2. Give Miss Padayachee your descriptions.
3. Miss Padayachee will give you a typed list of descriptions. Your job is not to guess who it is, your job is to draw the face how it is described.

Activity:

1. On a piece of paper, describe your face as if you were telling someone how to draw you. Put your name at the top of this paper and do not show anyone.
2. Give Miss Padayachee your descriptions.
3. Miss Padayachee will give you a typed list of descriptions. Your job is not to guess who it is, your job is to draw the face how it is described.
4. When you are finished, Miss Padayachee will tell you the name of a person to draw. You can look at that person and draw their face.

You weren't the only ones who did this activity.

Let's take a look.

<https://www.youtube.com/watch?v=litXW91UauE&t=352s>

So what is body image?

What is the difference between healthy and unhealthy body image?

So what is body image?

Body image is the mental picture you have of your body. It includes the feelings you have about how you look and how you think other people see you.

What is the difference between healthy and unhealthy body image?

Healthy body image is when you feel relaxed about your body. You accept that bodies come in different shapes and sizes and know there are good things about your own body.

Unhealthy body image involves thinking a lot about how you see yourself or others see you and you may have negative feelings about your body or be uncomfortable with your body.

Did our posters focus on positive body image or negative body image?

We want to encourage ourselves to have a healthy body image. Remember that you are the only you out there and you are unique. There is an inside you and an outside you. Both are important and both are you.

You are going to answer a few questions to see if you have a healthy body image or unhealthy body image. When you are done and you determine which one you have, you can rip this paper up if you like. Nobody, including me, needs to see your answers to these questions. It's just for you to know. If you determine you have a healthy body image, congratulations! Keep up the positivity! If you determine you don't have the healthiest body image, that is okay, you are not alone, and this unit we are going to work together to help us accept and respect our bodies more.

Questionnaire: How's Your Body Image?

How do you decide what to wear in the morning?

For example, if I'm teaching phys. ed. that day, I wear clothes I can move more freely in and wear runners with.

Are there any stereotypes or pressures that influence what you wear in the morning?

For example, as a female teacher in Montreal where the females wore uniforms that involved wearing skirts, I would wear a skirt too. I didn't have to, but because the other females were, I would.

Does how we feel about our bodies affect what we wear?

What influences our body image?

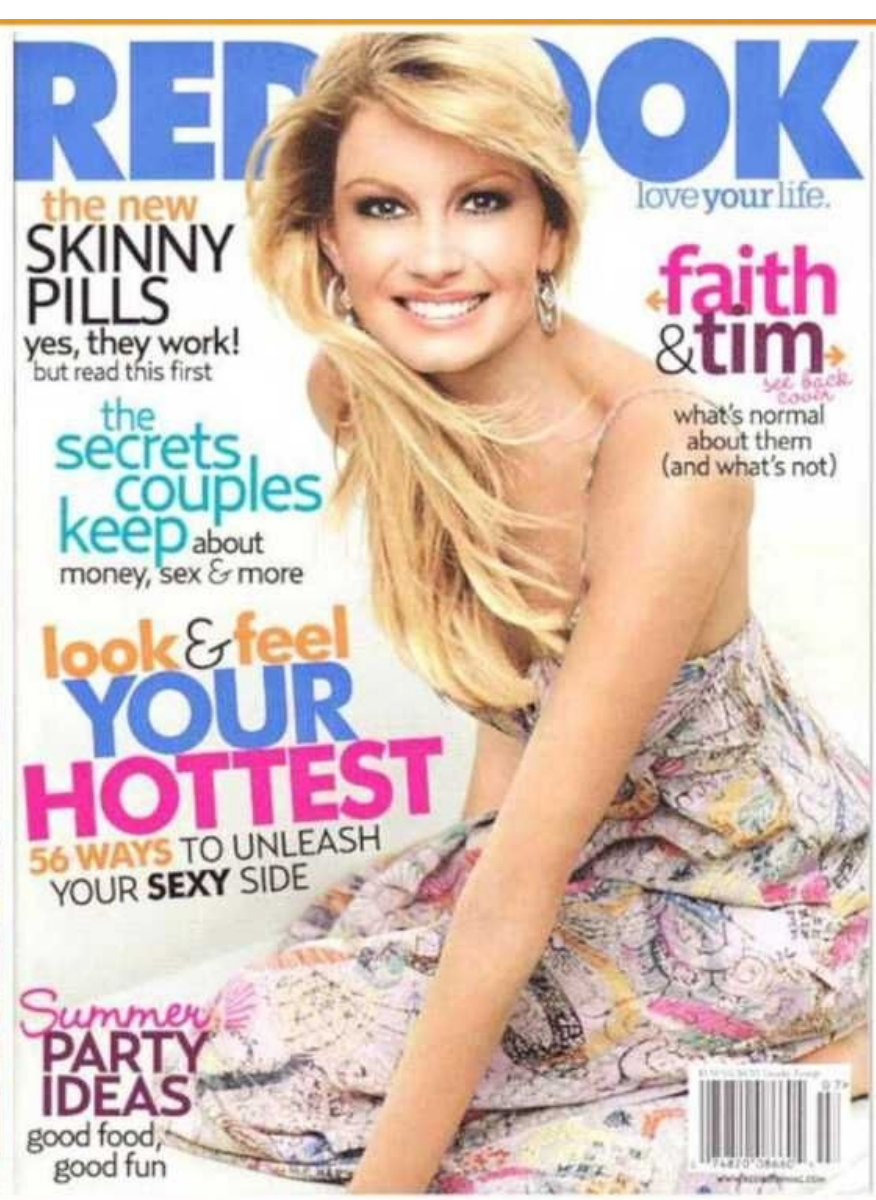
Where do we get the idea of how to dress in the morning?

Where do we get the idea of what we "should" look like?

Where do we see body stereotypes?

How does the media affect our body image?

What types of media are there?



<https://www.youtube.com/watch?v=wpM499XhMJQ>

Answer Question 1 and 2 on your handout.

1. Why do you think companies alter the way people look in their advertisements?

2. How do you think these advertisements could affect a viewer's body image?

3. What do you think could be done to make advertisements more inclusive?

https://www.youtube.com/watch?v=_XOa7zVqxA4&t=83s



Answer Question 4 on your handout.

4. How could these advertisements affect a viewer's body image?

5. Which type of advertisement did you prefer?

Are males also affected by body image? Are they also affected by photoshopped advertisements?

In the photo shopped photos of women, we noticed they made them more thin, taller, longer legs, nicer hair, longer necks, perfect make up, nice eyebrows, etc.

What do you think they'd photo shop a man to look like?

Different countries and cultures have different ideas of what the "ideal male body" looks like.

A team did an experiment. They took a photo of someone (who agreed to have their picture sent around the world) and sent it to graphic designers around the world with the message: "Photoshop and retouch this man to make him more attractive to the people of your country."



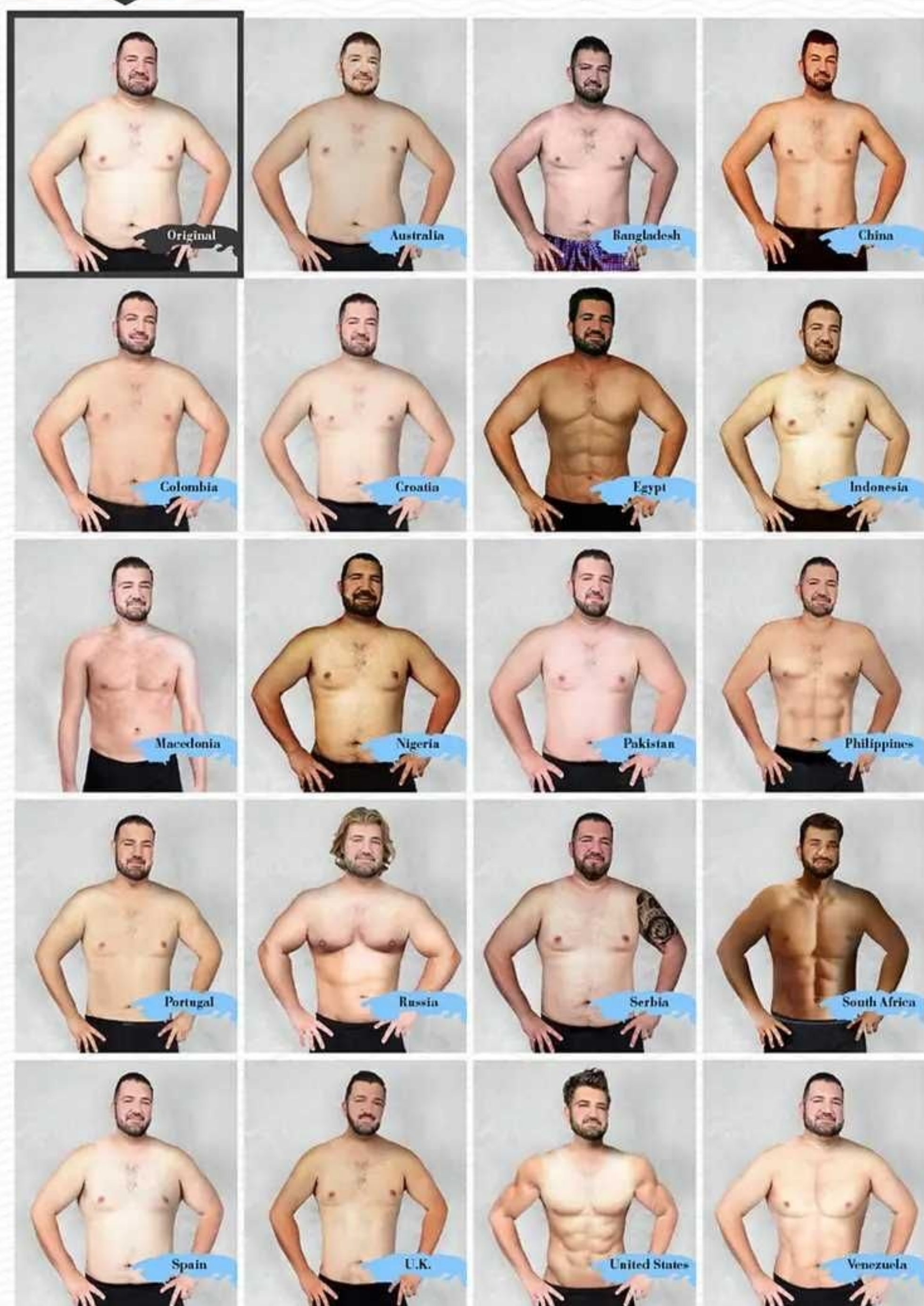
Perceptions of Perfection

PART II: MEN

Fit with their culture's perceptions of beauty and an ideal male form

Here is what they sent us

This is what we sent them



We will be talking more about advertisements in our next unit called Safe Practices and Advertisements.

We have seen advertisements that build us up, and advertisements that tear us down. This exists with tv shows, movies, and songs as well.

Song Assignment:

Choose a song that you feel promotes positive body image or empowers you to be true to who you are, rather than what you look like. *The song must be school appropriate.

Your task is to listen to the song and provide a written explanation of what this song means and why it is an important message.

You have the choice to present this to the class by playing the song for your classmates to hear and reading them your paragraph. If you would not like to present, you can provide Miss Padayachee the song title and your paragraph.



Body Image
xample poster.c