

WHAT I KNOW NOW



What would you say to your younger self to warn against the negative effects of chasing the appearance ideal and convince yourself not to pursue it?

Write a letter, or take a more creative approach (a vlog, blog, podcast, animation, video, song or comic), to tell your younger self:

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Please bring what you create to the next session and share it with the group.

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IN THEIR SHOES SCENARIO CARDS



ACTIVITY SHEET



Summer is almost here, and I can't wait to go to the pool. My body isn't exactly ready, though – I better work on that!

People always tease me for being the shortest person in the class. Even though I usually laugh with them about it, sometimes their jokes hurt. I wish I was taller.

I can't go away this weekend – I have nothing to wear and need to save for new clothes.

The bullying will never stop unless I change my looks. I hate my body so much – when I think about it, it just makes me sad.

I hate visiting my cousin. She's always making comments about my weight. She's probably right; I should try to lose weight.

All my friends are in relationships. I'm sure I would be too, if I were better looking. I keep trying new products, but nothing seems to make my acne go away!

I am not as pretty as people say I am. Sure, I'm thin, but am I thin enough? I got made fun of before and it stopped when I lost weight, but will it start again?

I think I'll skip that party. I know I haven't been out with my friends in a while, but they'll be happier without me there anyway. They're probably embarrassed to be seen with me; I'm just too fat.

I like my hair, but it looks so different from my friends' and someone always has something to say about it.

It's only three months until prom. Think I better go on that diet plan, otherwise I'll never look good.

I was going to go for a swim, but I changed my mind once I saw how stupid my body looked in swim shorts. But to be healthy I need to exercise.

I know I'm never going to make friends if I don't stop being so shy, but when people notice me, I always feel like they're judging how bad I look.

How can I get out of gym class today? The idea of having to change in front of everyone makes me feel sick.

I used to play soccer for fun, but my legs are too hairy now. If I played in shorts, everyone would notice. Everyone else seems to be having fun though.

My friend told me I'm putting too many selfies on Instagram and commenting about my looks. She says it's getting boring listening to me complain about how ugly I am and thinks I'm fishing for compliments, but I'm not!

All my friends keep saying I should lose weight, and other kids call me fat. I really hate myself. Nothing's going to change unless I fix my body.

I'm just going to say I forgot to do my homework. I can't stand up in front of everyone and give a presentation; they'll notice how much weight I've gained compared to other students in my class. I'll sit in the back and stay quiet.

Other people always comment about how strange it is that I wear so much makeup. I don't care – They haven't seen the weird birthmark that I have below it.



MIRROR TALK



ACTIVITY SHEET



You're unique and you're amazing! How often do you appreciate that? Take some time to recognize 10 things you love about yourself.

Find a quiet, private space with a mirror. Look at yourself in the mirror and list...

To help you get started...

What would someone who loves and cares about you notice? What parts of your body are the most helpful to you every day? Start with smaller details about yourself, then try to think bigger from there. If finding five points feels hard, just start with three for each list.



What I like about myself that I can't see in the mirror, because it comes from the inside:

01

02

03

04

05



What I like about my body that I can see in the mirror:

01

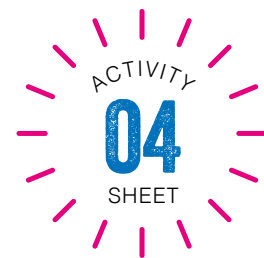
02

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BODY TALK BINGO CARDS



ACTIVITY SHEET



I definitely have to lose weight before the summer.	My thighs are so big.	Do I look fat in this?	I feel so ugly right now.
You'd be so pretty if you lost some weight.	Do I look fat in this?	I wish I was as good-looking as you.	He's made no effort. He looks so pale and skinny.
Everyone else is so much taller than last year.	You're so muscular – how did you do it?	Buy it a size smaller – it'll be good motivation.	I hate my acne, I wish I had clear skin.
They're too fat to be dating that person.	Have you been on a diet?	They're huge – they must be so unhealthy.	No one will date me if I don't get in shape.
They're huge – they must be so unhealthy.	I definitely have to lose weight before the summer.	My thighs are so big.	They have so much body hair. Haven't they ever heard of shaving?
You think you're fat? Look at me!	I feel so ugly right now.	I wish I was as good-looking as you.	I can't eat that – it will make me fat.
You think you're fat? Look at me!	He's made no effort. He looks so pale and skinny.	I can't eat that – it will make me fat.	Buy it a size smaller – it'll be good motivation.
You're so muscular – how do you do it?	No one will date me if I don't get in shape.	Did you see the girl he's dating? She's such a whale.	You'd be so pretty if you lost some weight.
My new haircut looks so stupid. I bet everyone's laughing at it.	I lost weight since trying this new diet. You should try it too. You'd look so much better.	I lost weight since trying this new diet. You should try it too. You'd look so much better.	They're too fat to be dating that person.



QUICK COMEBACK STATEMENT GRID



ACTIVITY SHEET



I wish I looked more like you.

He will never get a girlfriend – he's just too short.



Did you see that boy?
He was so skinny, the wind could've blown him away!

Did you see that girl? She was so skinny, you could almost see through her!

All these photos of me show my braces. I don't want anyone seeing them.

It's a great outfit, but it'd look so much better on you than me. I'm too big to pull it off.

They would look awesome...
If only they got rid of their acne.

There's no way I can go out now – my hair looks awful.



“BEHIND THE LENS” PHOTOS



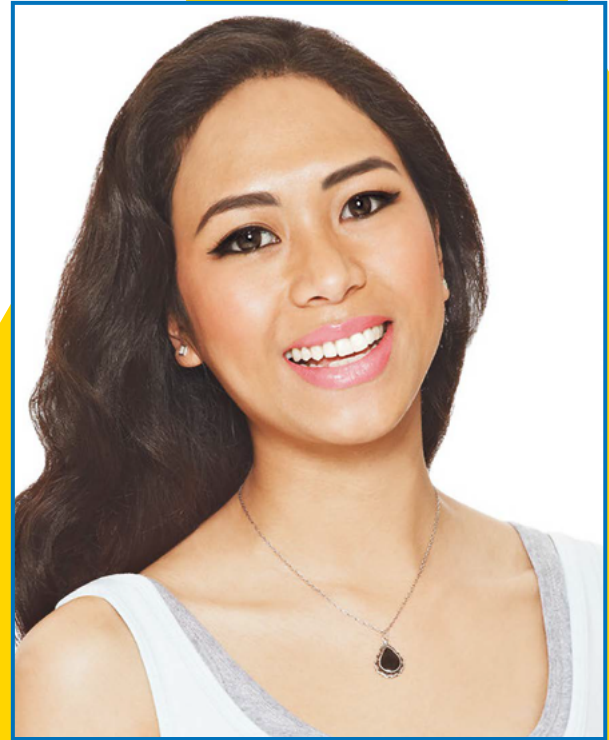
ACTIVITY SHEET



Before



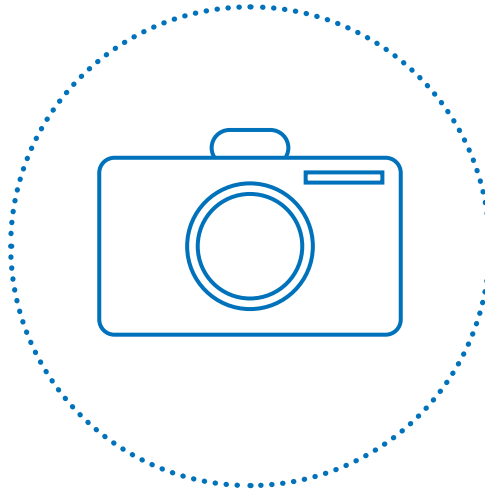
After



MEDIA DETECTIVES



PERSONAL CHALLENGE



Appearance ideals are impossible to achieve because:

It's not worth chasing the appearance ideal because:

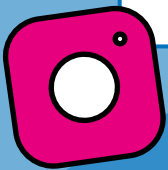





TRUE TO ME CERTIFICATE



HAS COMPLETED THE TRUE TO ME PROGRAM.

By participating in True to Me, this participant has:

- + Practiced teamwork and built positive relationships with their peers.
 - + Applied critical thinking skills to the topical issue of body confidence and the media.
 - + Developed leadership skills by identifying a positive change they can make to create a more body-confident community, and implemented that change.
 - + Practiced speaking out and using different forms of communication and creative arts to convey the message.
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