

Part 2

The media and body image

This lesson reflects on the kind of images young people see online and how that can affect the way they see their own and others' bodies.

It explores the term "body image" by looking at: how different people are portrayed both on social media and in ads; how sexiness is used to sell products; and how body image varies across cultures and generations.

A video of young people turns the topic personal when they confess their own body image insecurities, and the lesson ends with an uplifting exercise.

Preparation



Post-it notes,
internet access,
audio/video,
whiteboard,
speaker for
music



Presentation,
Teacher's notes
Worksheet



≈ 45 minutes

Goals



- Discuss how different people are portrayed in the media
- Debate and discuss how feminine and masculine attributes are treated differently
- Recognise the portrayal of people in the media may not be representative of real life
- Understand images and pictures can be changed to portray what we deem as perfection



- A better understanding of how body image is portrayed
- Recognise how it might make young people feel
- They can feel ok about their own body

Slides 7 & 8

In 2015, designers from around the world were [asked](#) to take the same photo of a woman and retouch it to make her more attractive to the citizens of their country.

The goal was to better understand potentially unrealistic beauty standards and how they vary around the world.

Some kept the woman largely as herself, while others made her look like a new person altogether. China and Italy returned the thinnest Photoshopped figures, while Spain returned the heaviest.

“Beauty cannot be judged objectively, for what one person finds beautiful or admirable may not appeal to another,” the experiment concluded. “And the range of depictions found in our study appears to confirm this notion.”

Does culture impact body image?

THE TASK:
-Photoshop this woman to make her more attractive to the citizens of your country...”



ORIGINAL



- Ask students what they notice.
- Compared to the original picture, Spain made the fewest adjustments; while China made the the largest changes

Slide 9

The embedded video - **What Happens When Strangers Get Real About Body Image** - shows young people telling a stranger of their own age what they tell themselves about their bodies. It is insightful and moving.

Show the video and then run through a debrief to help everyone reflect on any insights they may have gained.

Discussion startpoints:

- What did you take away from the video?
- What can we learn from this?

What happens when strangers get real...



STRANGERS & BODY IMAGE

BBC

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Show the body image video (5 mins)



[Video](#)