

Part 3

The media and celebrities

We move the previous lesson on body image forward by exploring how different types of people are portrayed - and compare it to reality.

Celebrity culture and social media often create an unrealistic, almost perfect, image of people's lives that young people can feel the need to emulate. Slides showing Before and After pictures highlight the effort that goes into creating the perfect shot.

Learners are encouraged to reflect on what they see online and how it affects young people's view of their own and other's bodies. The final exercise asks them to consider ways to improve the situation.

Preparation



Post-it notes,
internet access,
audio/video,
whiteboard



Presentation,
Teacher's notes
Worksheets



≈ 45 minutes

Goals



- Discuss the role that celebrities and influencers have in maintaining unrealistic portrayals
- Recognise that the portrayal of celebrities in the media might not be representative of real life
- Explore how images and pictures can be changed to portray what we deem as perfection



- Brainstorm ways in which young people can counteract the influence of unrealistic images in the media

Slides 6-11

It's a well-documented fact that celebrities doctor their images to make them look more perfect.

Young people can spend hours ensuring that their selfie is picture-perfect, often deleting and amending pictures. There are ways to [spot a photoshopped image](#).

Psychologist Dr Linda Papadopoulos gave a talk on the [pressure of the 'selfie'](#).



- Get into pairs and review the images
- Note the similarities and differences
- Why is this important? What impact does it have on them/others?



Whiteboard

Do you think all celebrities are **really perfect?**



Work in pairs to spot as many differences as you can.

Write down the side of your paper A-E.

You have 30 seconds on each slide.

6

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A



B



8

C



9

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Slide 12

Take a moment to take notes from the students about what they noticed in the pairs of pictures.

All the pictures on the left were the originals, and the right were photoshopped. What conclusions can they draw from the before and after pictures?

Consider sharing a story about one of the images.

One example: Kiera Knightley was transparent about the fact that they photoshopped larger breasts on her body for her movie poster for the film King Arthur. "Those things weren't really mine," she [told reporters](#).

What did you **see?**

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The first set of images, with the most dramatic change, came from a [video](#) showing what is routinely done to enhance photographs.