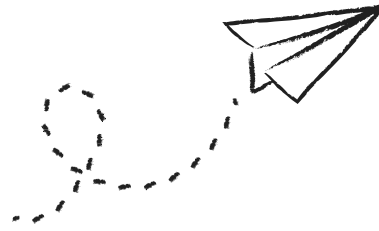


confident me



Confront Comparisons

And

Banishing Body talk.





How do
we compare
with those
around us?



How do we compare our looks?

Are the people we
compare with usually:

better
looking?

not as
good-
looking?

Do we usually compare the
features of our appearance
that we:

like?

dislike?

How do we compare our looks?

Are the people we
compare with
usually:

better
looking?

not as
good-
looking?

like?

dislike?

Do we usually compare the
features of our appearance
that we:



How do we compare our looks?

Are the people we
compare with usually:

better looking?

not as
good-looking?

Do we usually compare the
features of our appearance that we:

like?

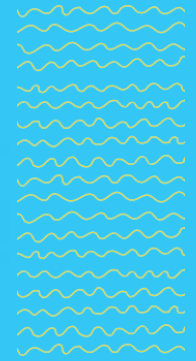
dislike?





What is the impact of these comparisons?

Feelings / Thoughts / Behaviour



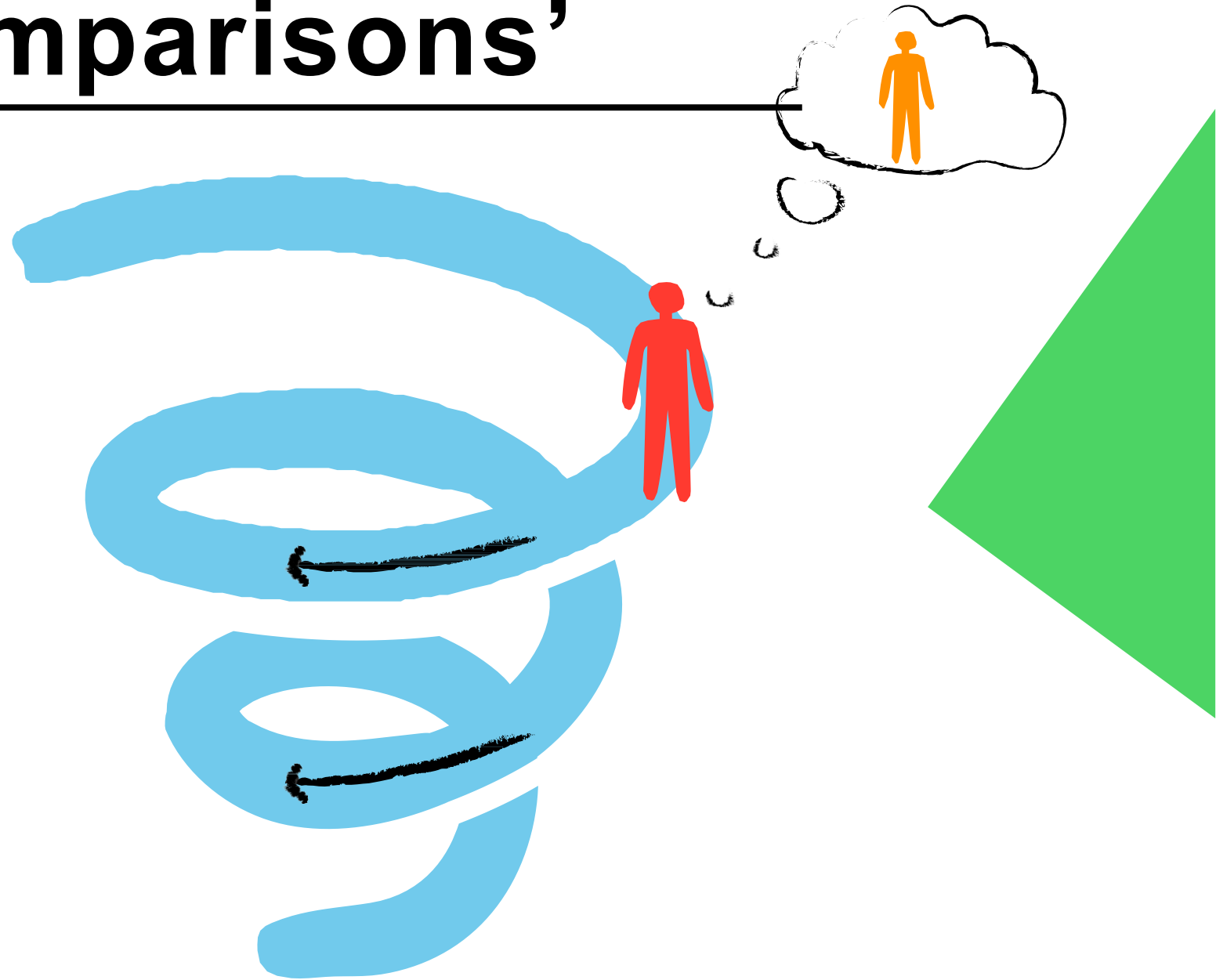
The 'harmful spiral of comparisons'



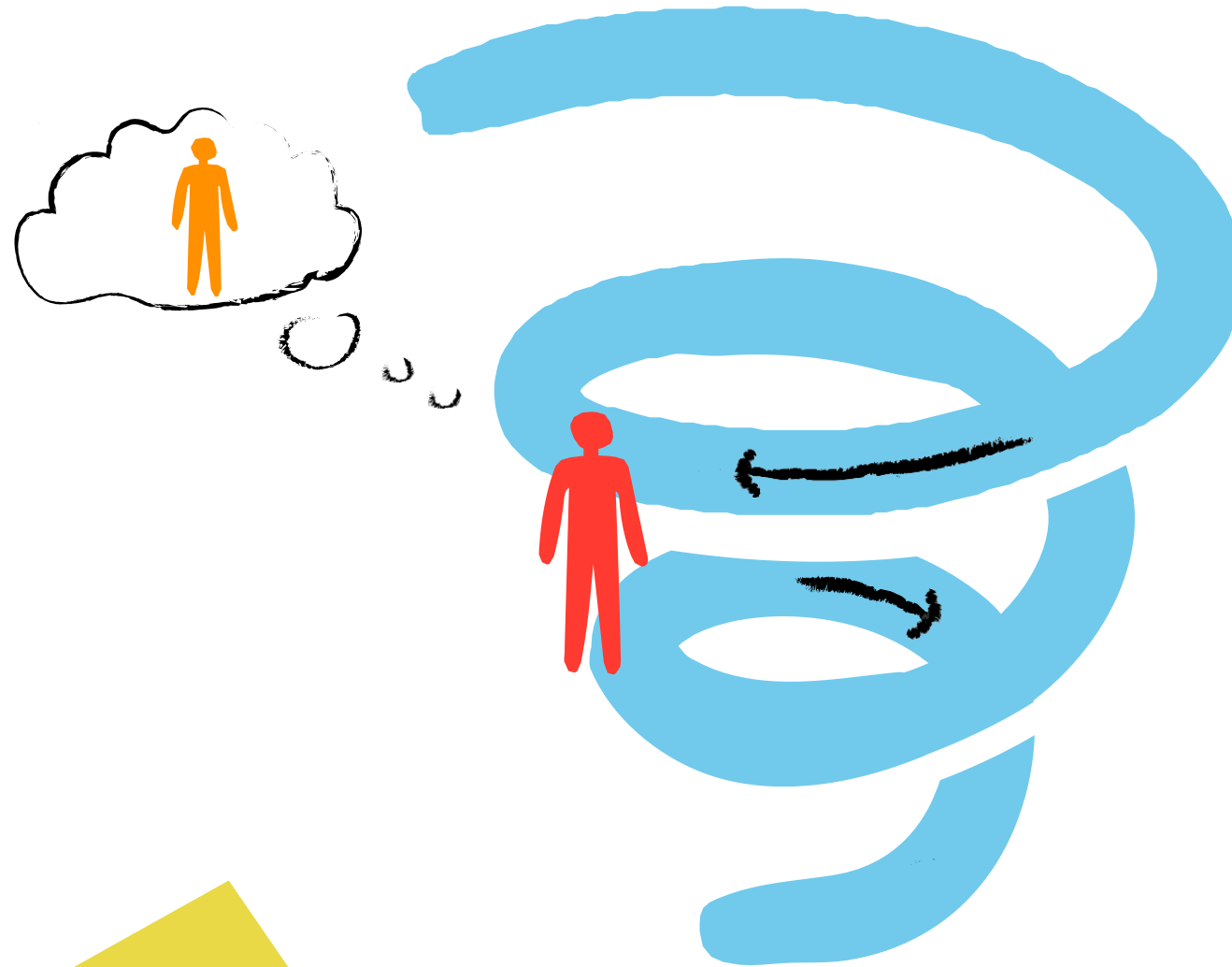
Why is this
a spiral /
whirlpool?

The 'harmful spiral of comparisons'

You
compare
yourself to
someone
else...how
do you
feel?



The 'harmful spiral of comparisons'



You
compare
again..
Why might
you feel
even
worse?

The 'harmful spiral of comparisons'

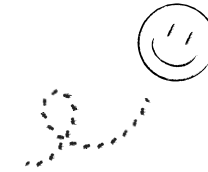
Are you
stuck?

How could
you drag
others into
the spiral?





What can we do instead?



What can we do instead?

Compliment ourselves and others on things that aren't about appearance

Focus on the good things about ourselves and others

Keep to the facts

Enjoy each other's company instead of being critical

Celebrate ourselves and our friends



Activity



Can you catch yourself?

Look at the following conversation starters

1. How would you respond honestly?
2. How could you respond without comparing yourself?



1

Your friend has bought a new outfit...

Person A
*your new
never we
look as s*
Person B

2

*You are watching this popular television
programme...*

Person A says: *'Look at those bodies! I wish had
abs like that instead of this flabby stomach.'*

Person B says:



3

*You are passing
from school...*

Person A says: 'Your
lips like that are so
thick. Mine are so thin.'

Person B says:

4

*You are viewing the latest music video on
your friend's phone...*

Person A says: 'Their skin is so clear, nothing like
mine. I've got **so** many spots!'

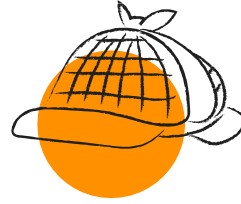
Person B says:



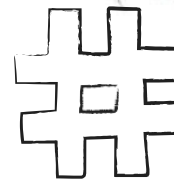
The background is a white canvas featuring a collage of abstract elements. In the top left, a large red triangle points downwards. Below it, a blue rectangle is layered over a light blue rectangle containing a black lightning bolt icon. To the right of the blue rectangle is an orange triangle. Further right is a white circle filled with black triangles, with a red line passing through it. Below the blue rectangle is a green triangle. In the bottom left, a green triangle points upwards, overlapping a blue rectangle. On the blue rectangle is a green speech bubble icon with three dots. To the right of the blue rectangle is a red circle and a black alarm clock icon. On the far right, a blue triangle points downwards, overlapping a yellow wavy line pattern.

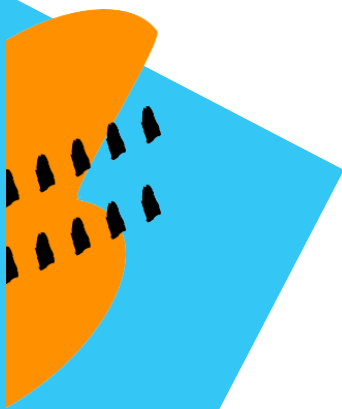
How do we talk about appearance?

What is body talk?



Body talk refers to any conversation or comment that reinforces and keeps appearance ideals and pressures going.





How do we use body talk?



[Body Talk Conversations with the Team – YouTube](#)

36secs

Activity 1

Name:..... Confident Me / 4 Banish Body Talk / [Worksheet](#)

How do we use body talk?

Explore the different examples of body talk shown in the films, recording your answers below.



"Conversations with the Team"

Where/when is this conversation taking place?

Does the conversation seem well-meaning, or harmful?

Why do you think they are talking about appearance?



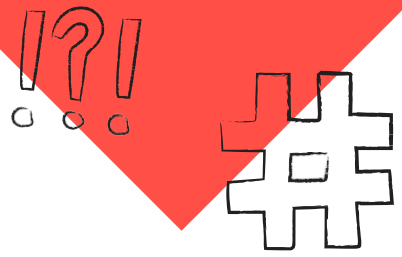
"Conversations with Friends"

Where/when is this conversation taking place?

Does the conversation seem well-meaning, or harmful?

Why do you think they are talking about appearance?



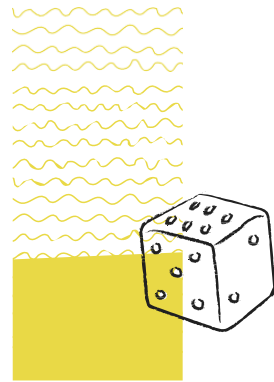
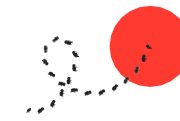


How do we use body talk?



[Body Talk Conversations With Friends \(youtube.com\)](https://www.youtube.com/watch?v=...)

Activity 2



Name: Confident Me / 4 Banish Body Talk / [Worksheet](#)

How do we use body talk?

Explore the different examples of body talk shown in the films, recording your answers below.



"Conversations with the Team"

Where/when is this conversation taking place?

Does the conversation seem well-meaning, or harmful?

Why do you think they are talking about appearance?

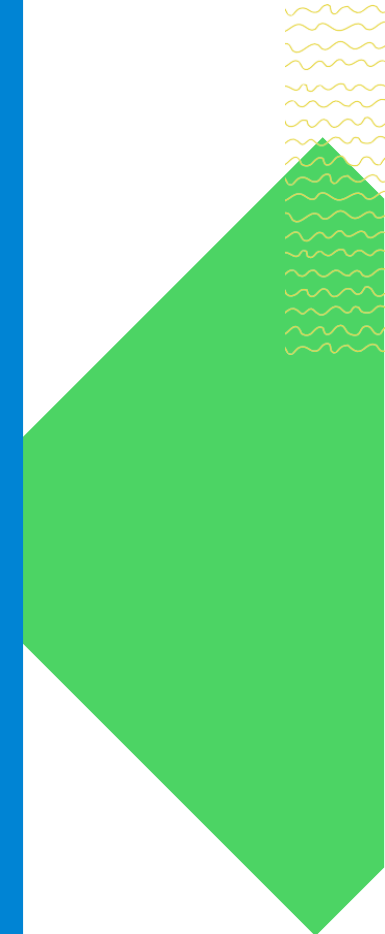


"Conversations with Friends"

Where/when is this conversation taking place?

Does the conversation seem well-meaning, or harmful?

Why do you think they are talking about appearance?



How do we use body talk?



[Body Talk Conversations with the Mirror – YouTube](#)
42 secs




What is the impact of body talk?



[Body Talk Soundtrack To School \(youtube.com\)](https://www.youtube.com/watch?v=...)

1min 10

The background features a collage of geometric shapes: a large green triangle on the top left, a light blue parallelogram in the center, and yellow shapes on the bottom right. Various hand-drawn icons are scattered around, including a lightbulb, a thought bubble, a red circle with a squiggle, and a cluster of black triangles with a red line.

**How will you be a
champion for change?**



Signpost for help.

www.dove.co.uk

<https://kidshealth.org/>

<https://www.youngminds.org.uk/young-person/coping-with-life/body-image/>