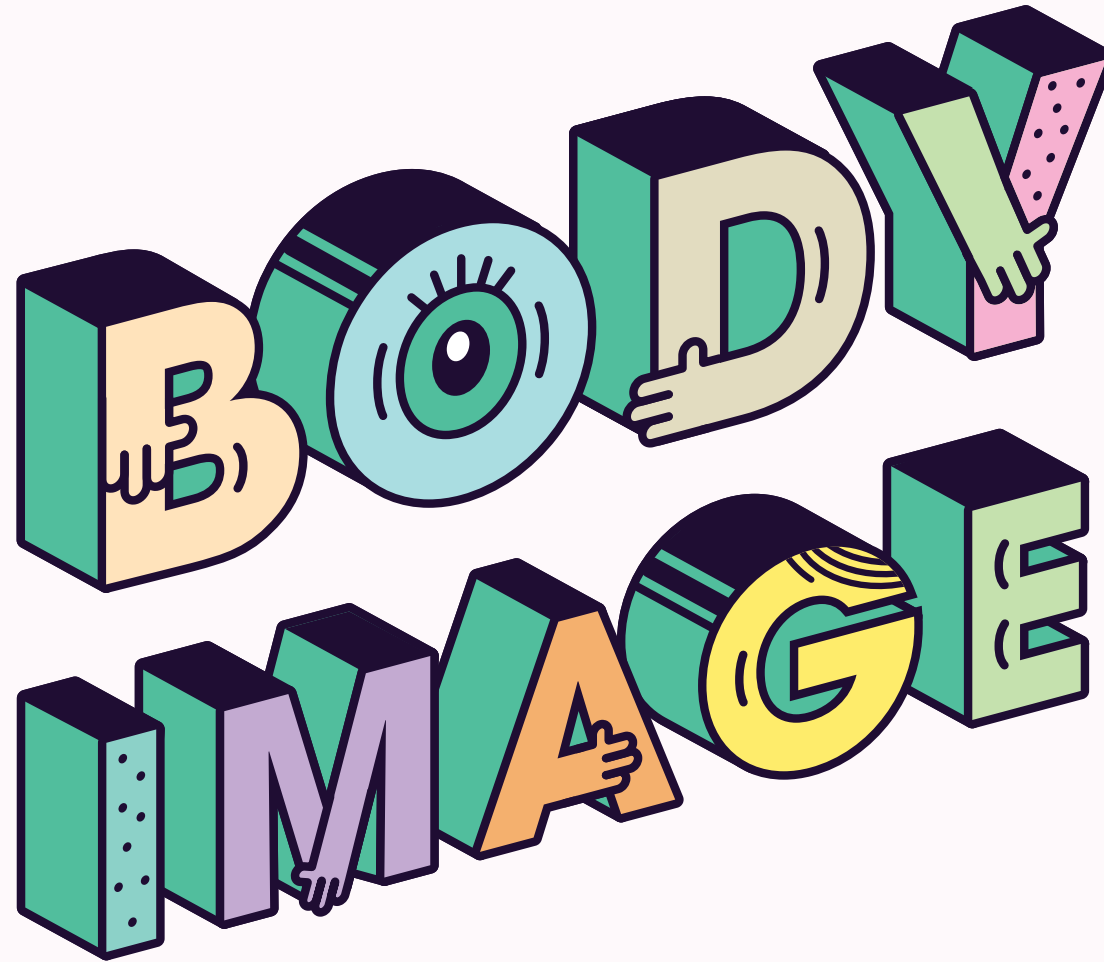




Peer
Education
Project



How we think and feel about our bodies.

Lesson



We will:

1. Respect and listen to each other, giving space for everyone to be heard.
2. Value everyone's opinion, even if it's different to yours.
3. Ask questions, especially if you are unsure about the information or activities.
4. Be kind to yourself and others, reaching out for support if you need it.

Any others?





Being in the moment



SLIDE 3



There are many things that make us who we are:

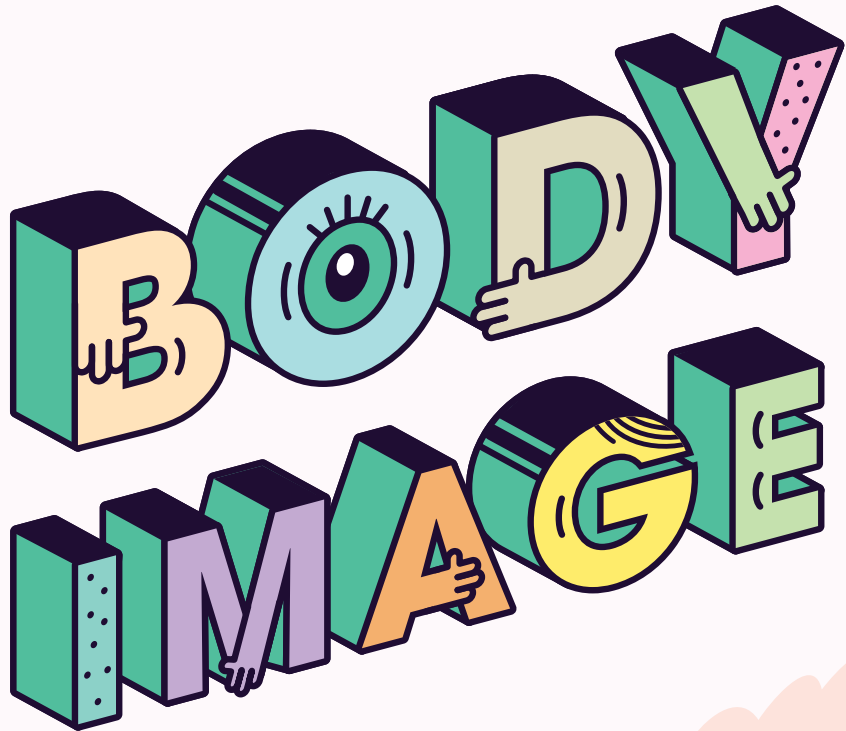
-  Activities we enjoy doing
-  Topics we are interested in
-  Things we like
-  Things we appreciate about ourselves



Introducing the topic



SLIDE 5



Body image is how we think and feel about our bodies.

We each have our own body image, which is unique to us.

Introducing the topic

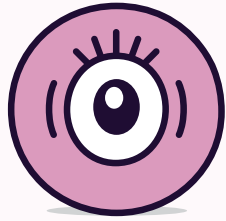


SLIDE 6

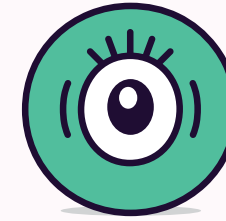
What does the
term 'body image'
mean to us?



Introducing the topic



Poor body image is when we feel unsatisfied with our body's appearance or the way it functions.



Good body image is when we feel satisfied with our body, feel respect, appreciation and acceptance of its abilities, and have a healthy balance between valuing our body and valuing other aspects of ourselves.

SLIDE 7

Factors affecting body image:

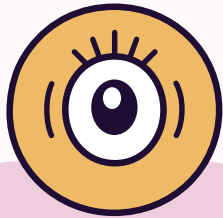
- Relationships with family and friends
- What other people say about their own bodies and other people's bodies
- Celebrities and influencers
- The media and social media
- Physical changes in our bodies throughout life
- Health conditions and disabilities



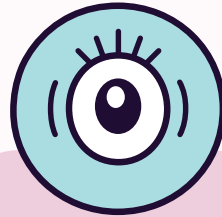
Reflecting on the learning



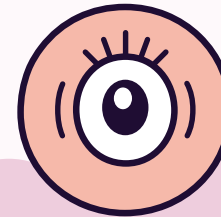
SLIDE 9



One thing I
have learned.

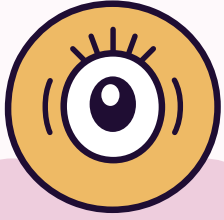


One thing I will
do differently.



One question
I would like an
answer to.

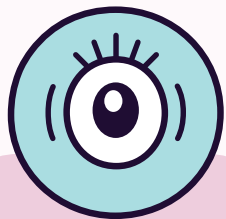
Reflecting on the learning



**One thing I
have learned.**

SLIDE 10

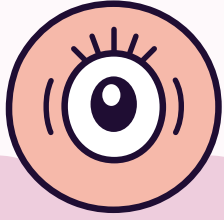
Reflecting on the learning



**One thing I will
do differently.**

SLIDE 11

Reflecting on the learning



One question
I would like an
answer to.

SLIDE 12

Lesson summary



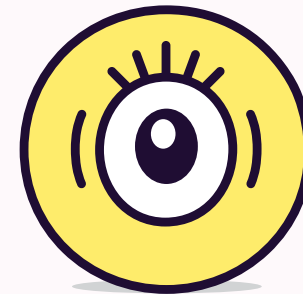
SLIDE 13

Body image is how we think and feel about our bodies.



Good body image is building a healthy relationship with our bodies.

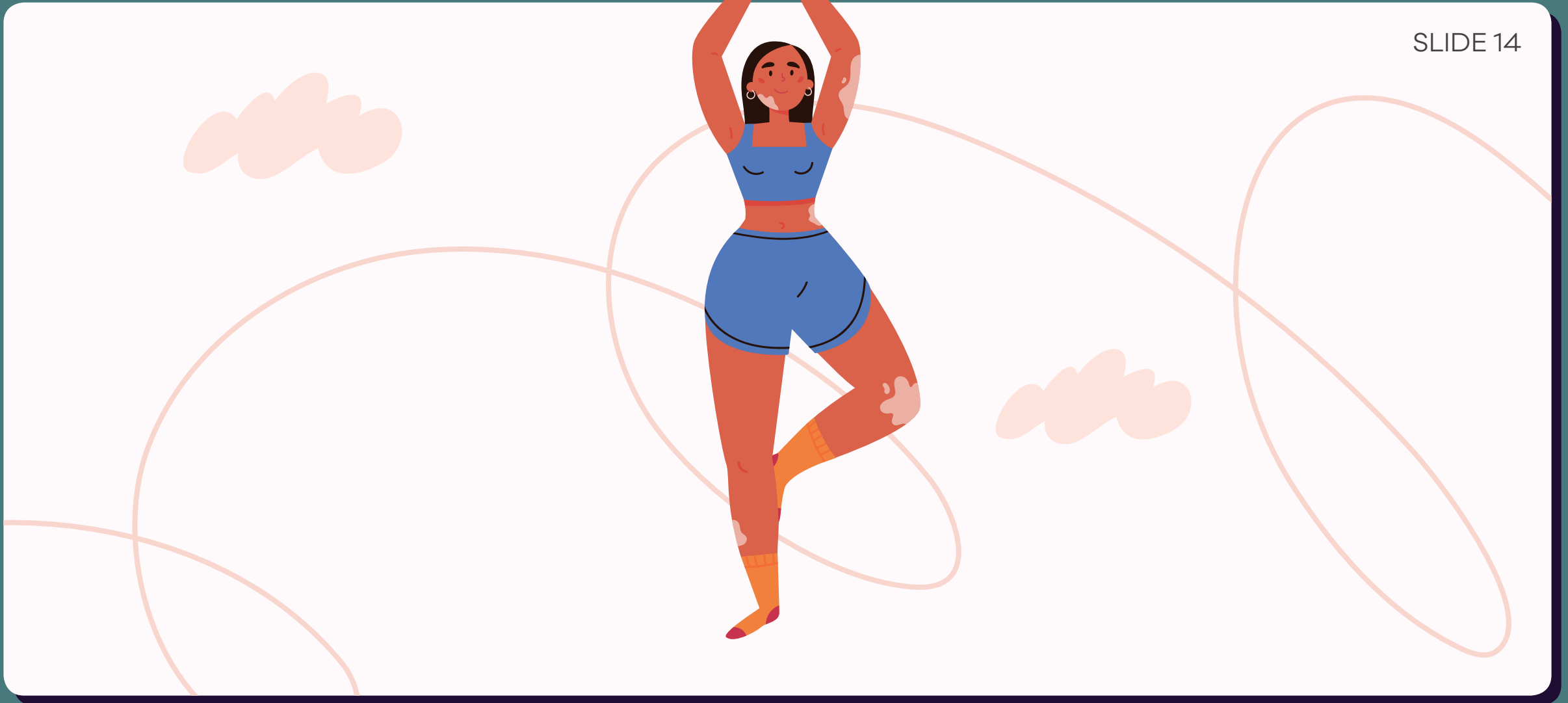
Our body image is unique to us and will reflect our experiences and circumstances.



Being in the moment

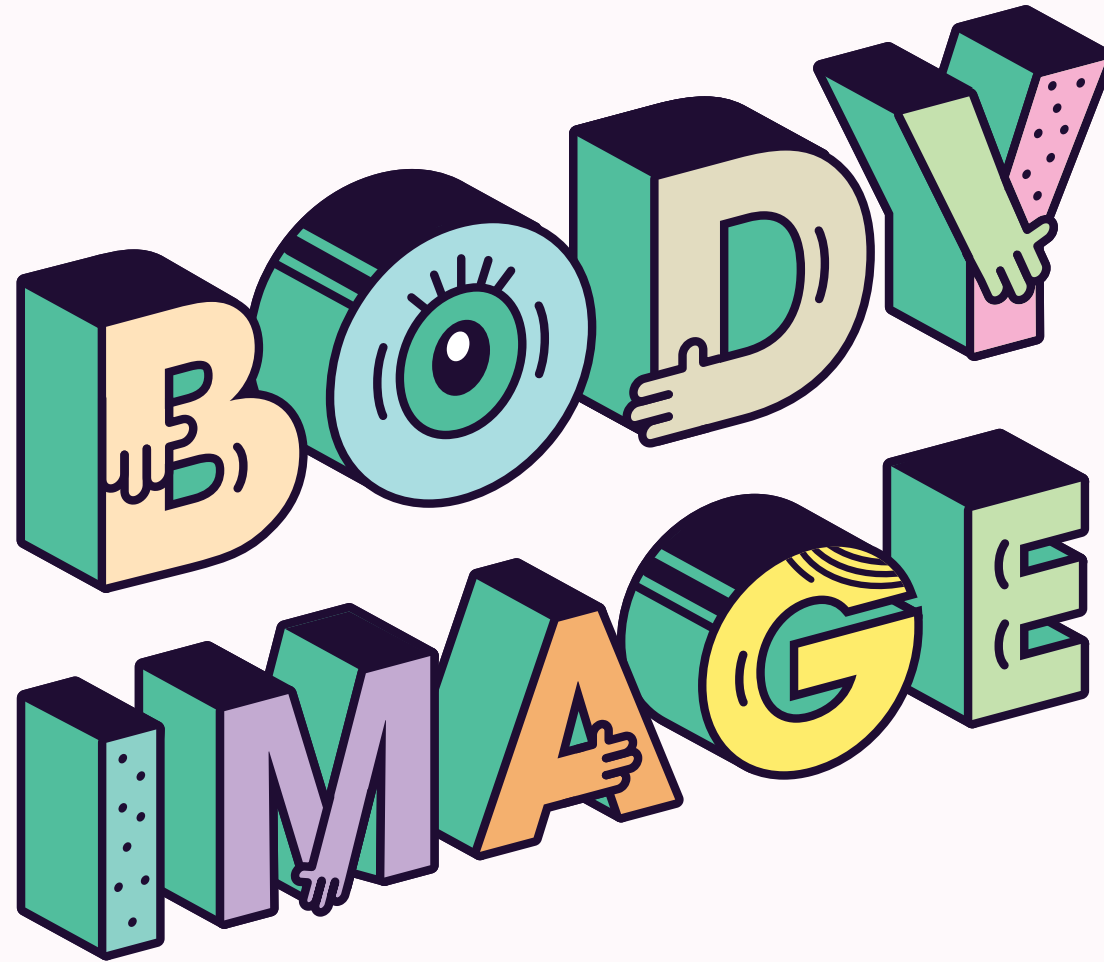


SLIDE 14



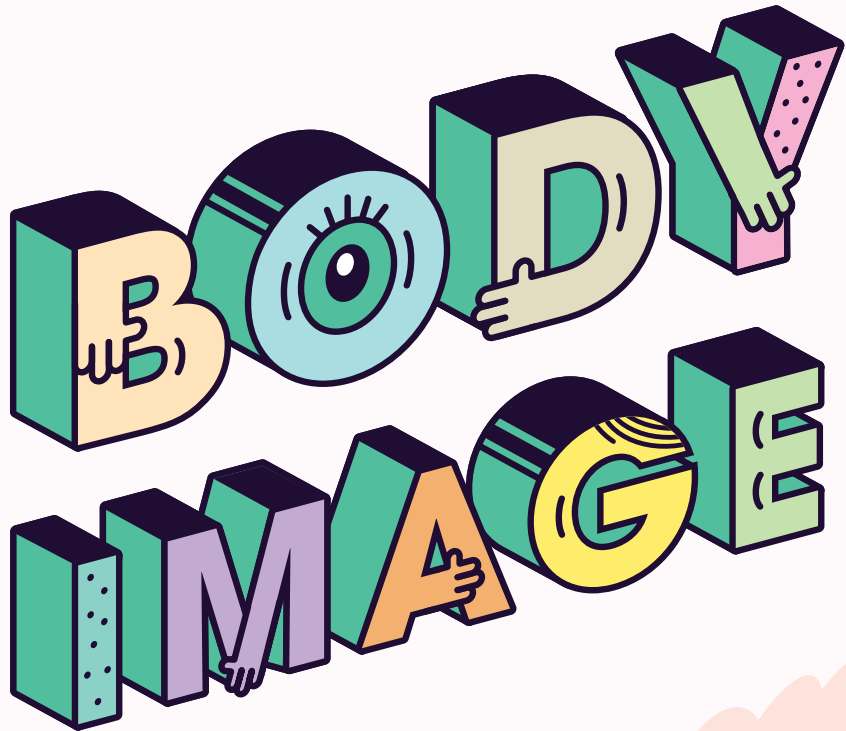


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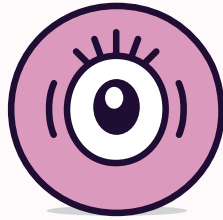
How we think and feel about our bodies.

Lesson

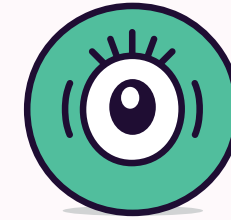


Body image is how we think and feel about our bodies.


We each have our own body image, which is unique to us.




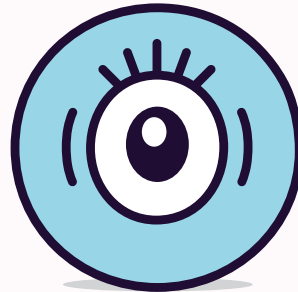
Poor body image is when we feel unsatisfied with our body's appearance or the way it functions.



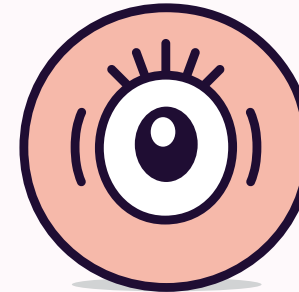
Good body image is when we feel satisfied with our body, feel respect, appreciation and acceptance of its abilities, and have a healthy balance between valuing our body and valuing other aspects of ourselves.

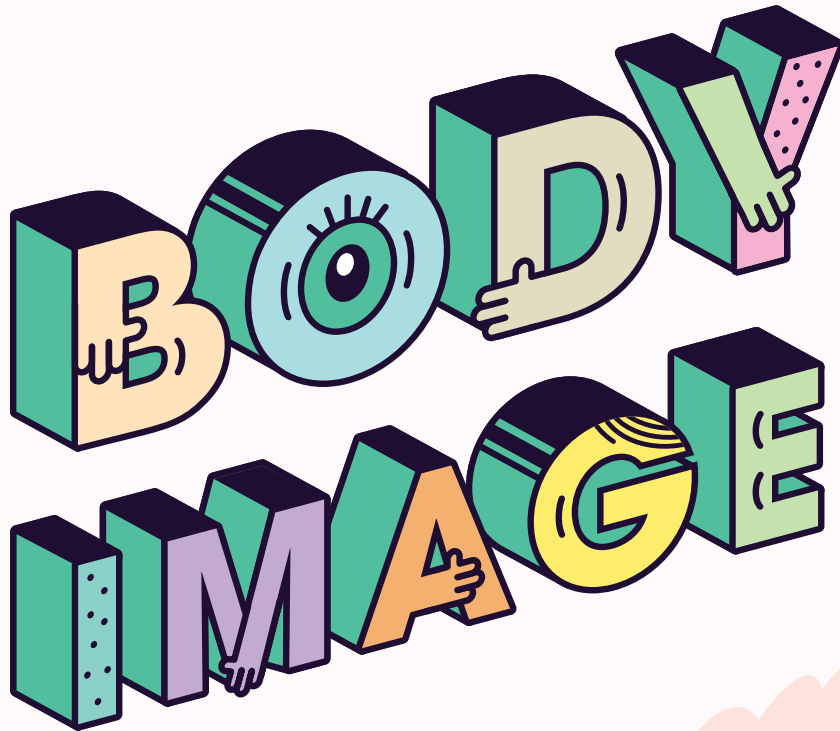


How can we
develop and maintain
good body image?



How can we support
others to develop
and maintain a good
body image?

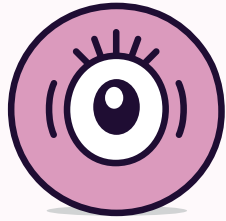




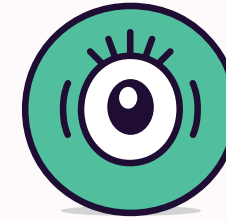
Body image is how we think and feel about our bodies.

We each have our own body image, which is unique to us.

Challenging thinking



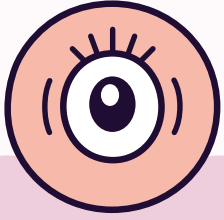
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SLIDE 20

Challenging thinking



**What factors
affect body
image?**

SLIDE 21

Challenging thinking



SLIDE 22



www.whatsupwitheveryone.com/social-media.php

What could Alex do to positively interact with social media to develop and maintain a good body image?

