**Body Image and Positivity Session Plan**

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| Title:  | Body Image | Age: | Tailor to fit your group’s needs |
| Brief description of session or activities: |  This session contains various whole and small group discussions and activities to get the YW&Gs talking about body image. There will also be a chance for the YW&Gs to reflect on their own thoughts about their body image and positivity.  *\*Session can be delivered online if appropriate (We suggest that resources/activities sheets are sent to the young people ahead of the session)* |
| Objectives (by the end of this session, participants will): | * Explore the importance of body image, and how it affects women.
* Explore current role models and campaigns who are promoting positive body images.
* Be inspired to feel more confident about their body.
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**Body Image Session Guidance**

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| **Method** |
| **Time** | **Activity, task, description, etc.** | **Resources** |
| 5 - 10 minutes | I**ntroduction** **Ground Rules/Group Charter*** Purpose: to create a safe space so young people feel able to ask questions.
* Acknowledge differences in knowledge/comfort levels.
* Get the young people to think of how they want to be treated in the group and also being sensitive to others.
* Each young person should add at least a rule/contribute to the charter
* Check whether group has a set of ground rules already.
* If not, ask group to create a set of ground rules (if quiet, they can talk in pairs for 1 minute before feeding back).
* Write on flipchart paper – include: challenge the statement, not the person / one at a time / no mobile phones / no such thing as a silly question.
* Ask group to agree to ground rules.

*\*For online session, you can get the YW&Gs to write their ideas/thoughts using the resources you sent them and share. Or you could break them up in small breakout rooms and using Jamboard/Miro, they can add their notes digitally using different coloured sticky notes.***Ice Breakers**Choose an icebreaker activity of your choice (for example ‘Themed scavenger hunt or Kahoot quiz about body image’ to get a sense of how the young people see the topic and how best to approach it with them. | Flipchart paperMarker or colored card paper and felt tip pens for writing. |
| 15- 20minutes | **What is Body Image?** * Brief whole group discussion about what they currently know about body image through social media or their experiences.
* Ask each YW&G to come up with reasons why negative body images affects women.

*You can bring in some photos and show the young people to help encourage discussion amongst them.* *\*For online, you can share your screen and show them the photos or add photos to the chat so they can see it.* | Flip chart paperPensPost-it notes |
| 20 minutes  | **Changing perceptions** * Show the YW&Gs a few campaigns that are promoting positive body images e.g.  Jameela Jamil’s #IWeigh campaign. Discuss why these campaigns are important.
* Explore how the young people can all help to reduce the effects stigmatizing and shaming bodies. This can be done as a fun activity i.e. writing a love letter to our body and thanking it to allow is to do so many things.
* Look at female role models who have positively contributed to body love and body acceptance.

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| 20 minutes | **Time to reflect**Activity* Ask the YW&Gs to write 3 things that they love about their bodies/themselves. This can include being strong enough to win races etc.
* Show the YW&Gs some positive role models that they can follow.
 | Post-it notes  Inspirational Instagram Accounts document.  |
| 5 minutes |  **Wrap up and final points*** Here is a chance for the young people to give their final opinions, or to ask any unanswered questions.
* Reminders for the next session.
* Provide the young people with relevant books that they can read, social media accounts (You can utilize the recommended reading list for this).

*\*For online session, you can get the YW&Gs to express their thoughts or questions using Mentimeter or whiteboard.* |  |

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**­Please refer to the ‘Topics Discussion Points’ document for guidance on how to tailor the focus of this session for the different journey stages.**

**Here are a few Body Image and Positivity resources that can help whilst planning and delivering this topic to the young people.**

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| **Type**  | **Theme**  | **Resource information**  | **Link / Document location**  |
| AdditionalResources (videos)  | **Empowerment** **Resilience**  | **'Just be you': Your body confidence tips**  *“The Girls' Attitudes Survey 2016 carried out by Girlguiding found that more than one in six girls aged between seven and 10 years old quite often feel embarrassed or ashamed about how they look. Newsround asked a group of girls what advice they would give to a friend who was feeling down about the way they looked.”*  | **Newsround**   <https://www.bbc.co.uk/newsround/37551171>   |
| Content + Additional Resources (videos)  | **Resilience** | **How much does poor body image affect mental health?**  *“Having concerns about how you look is not in itself a mental illness, but can trigger a range of problems”*  | **The Guardian**  <https://www.theguardian.com/society/2019/may/17/poor-body-image-mental-health>   |
| Content + Additional Resources (videos)  | **Resilience** | **This is what it's really like shopping as a disabled person... and serious change is needed**  *“Fashion holds a powerful platform within society, with a historic ability to push boundaries and challenge perceptions. It’s an industry that’s wonderfully celebratory of self-expression - this becomes irrelevant however, if we only allow a certain spectrum of society to have access to it. There are currently 13.9 million disabled people in the UK and an estimated one billion worldwide, yet disabled people are often ignored in the world of fashion.”*  | **Glamour Magazine**  <https://www.glamourmagazine.co.uk/article/shopping-as-a-disabled-woman-real-life-story> |
| Additional Resources (videos)  | **Empowerment** **Resilience**  | **Mental Health: Ten top tips on avoiding comparison**  *“No two people in the world are the same which make us all unique. However, pressures from social media, friends or even school environments can lead us to compare ourselves to others. Having a healthy body image is a really big part of looking after our mental health, but what practical steps can we take to keep this in check? We asked Liz Ritchie, who is a counsellor specialising in self-care and body image for her top tips.”*  | **Newsround**  <https://www.bbc.co.uk/newsround/48386960>   |

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