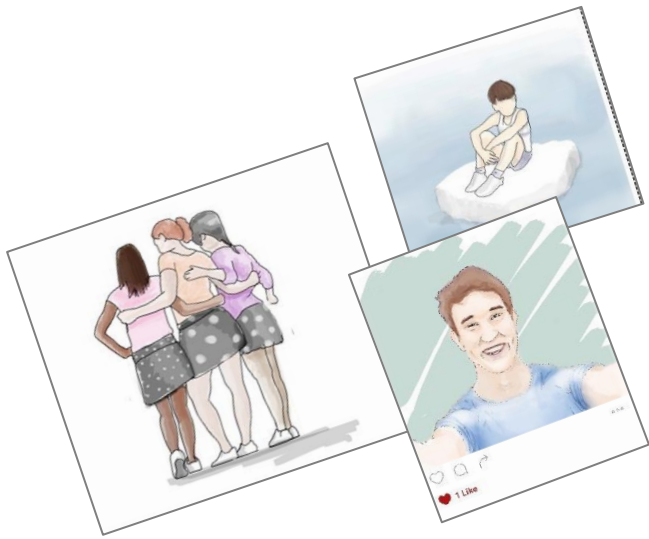


THE DIANA AWARD



#MySenseOfSelf

A Body Image and
Self-Esteem Lesson
From The Diana Award Anti-Bullying Campaign



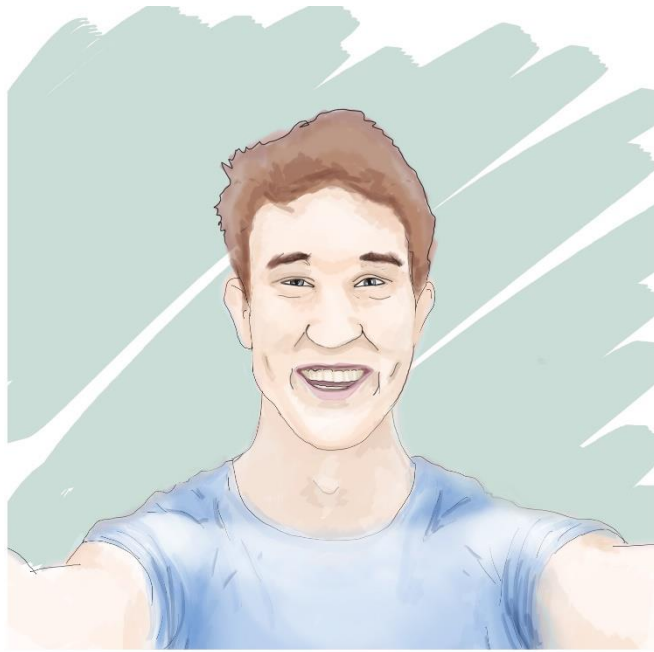
Ground Rules

- **Openness**— We will be open and honest, but not discuss directly our own or others' personal/private lives. We will discuss general situations as examples but will not use names or descriptions which could identify anyone. We will not put anyone 'on the spot'.
- **Keep the conversation in the room** - We feel safe discussing general issues relating to mental health within this space, and we know that our teacher will not repeat what is said in the classroom unless they are concerned we are at risk, in which case they will follow the school's safeguarding policy.
- **Non-judgemental approach** - It is okay for us to disagree with another person's point of view but we will not judge, make fun of, or put anybody down. We will 'challenge the opinion, not the person'.
- **Right to pass** - Taking part is important. However, we have the right to pass on answering a question or participating in an activity.



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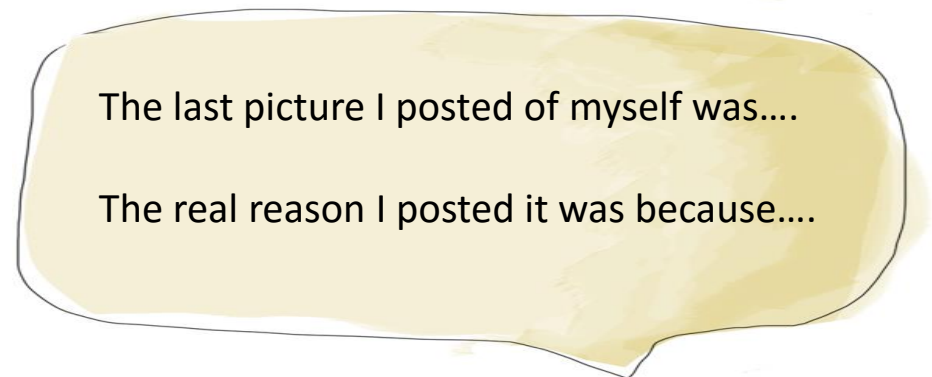
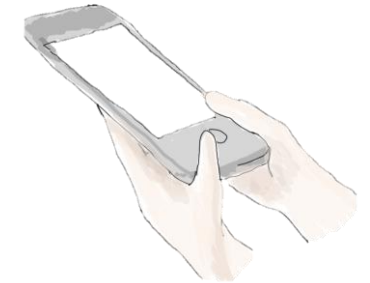
❤️ 1 Like



❤️ 47 Like

- What is happening in these pictures?
- What thoughts might be going through their minds about the amount of 'likes' they received?
- What would you think if you received this many 'likes'?
- What things do people do to try to get more 'likes' on images of themselves?

I've posted pictures of myself before because...



I am from an Indian background and I am expected to be a certain size due to our family name and class system

My mum often comments on my body shape, which affects how I see myself

I feel under pressure to be fit and sporty... it's just what's expected if you're a boy

The statements above are from teenagers who feel under pressure to look a certain way.

- Where are the different pressures coming from in these statements?
- What are the similarities between these three statements? What are the differences?
- What advice would you give to these teenagers?

A young person feels pressured by their parents to look a certain way to fit in with their idea of the 'perfect' body



A teenager's friends have started going to the gym a lot and they feel pressured to go as well so that they fit in with the group



A young person feels down because their friends have started dressing in a certain way, and they don't feel able to join in



A student feels isolated and different to everyone else because they don't fit in with the latest trends in their school



A teenager feels unhappy with their appearance because they don't look the same as other people their age



Despite having lots of friends on social media, a young person feels lonely and unable to fit in with the crowd





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#MySenseOfSelf

A Body Image and Self-Esteem Lesson



Healthy Eating

Fill the plate with 5 types of food which make up a healthy diet.

What impact does healthy food have on your wellbeing?



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3b.(i)



Healthy Thinking

Brainstorm the things you see, hear, say, do or think throughout the day which have an impact on your self-esteem and body confidence. Label these 'positive' or 'negative'.

Then categorise these into different 'thought groups'.

Label the plate with the thought groups and write positive examples next to each.