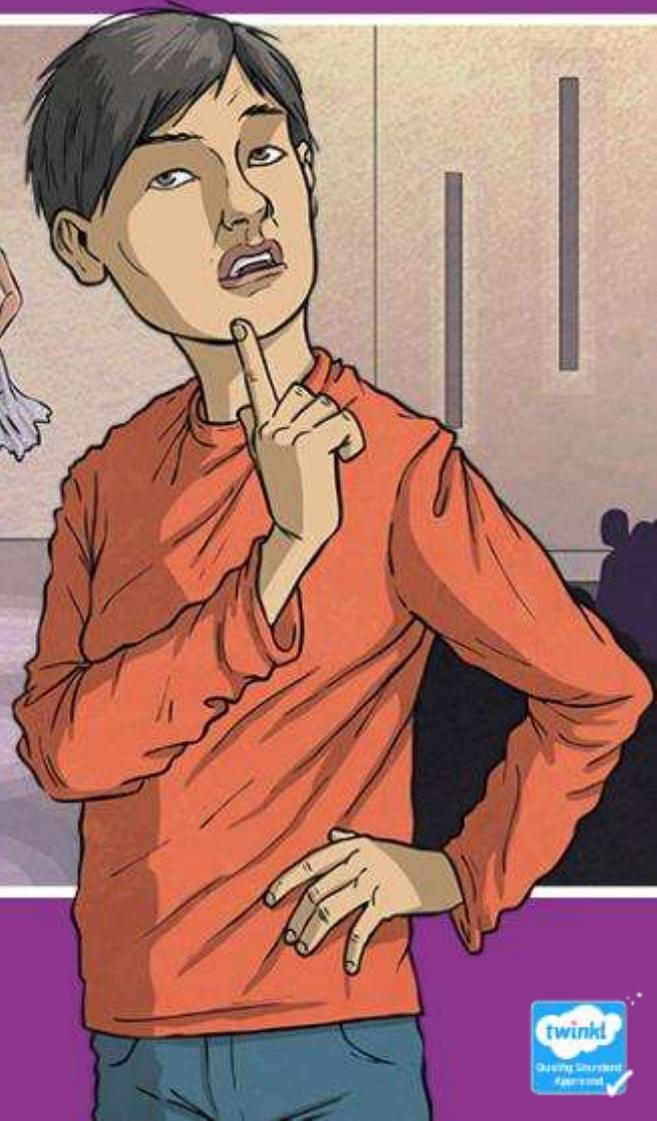
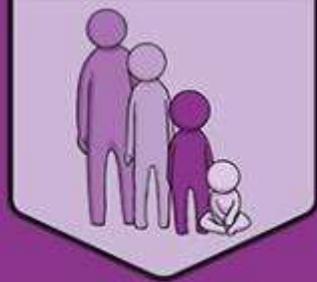


Just the Way You Are



The Big Questions



Is there an ideal kind of body?

What information can affect how we think and feel about ourselves and our bodies?



Every Body!



'Good For Her' by Tony Alter, 'Sumo wrestler in Japan' by Nakatani Yoshifumis are licensed under CC BY 2.0.

Every Body!



Every Body!



Look around at all the people in the world and all the different types of bodies they have. What a wonderful variety! Everybody has a unique body and it is important that we look after the body we have, as best we can.

Talk to your partner about the ways in which you can look after your body.



Not everyone likes the body they have, and at times many people wish they could change their bodies. However, it is important that we learn to love the body we have and be aware of the things around us that can influence the way we see ourselves.

Body Image



Every day we see images of 'ideal' bodies.

With your partner, list some places you see images of 'ideal' or 'perfect' bodies.

Body Image



adverts on the television

toys, such as dolls representing women

adverts in magazines

images we see online

music videos



Body Image

Compare these pictures to the ones we looked at earlier in the lesson.
Do these represent all the body types we see in our society?



Body Image



Why do you think adverts, posters, magazines, music videos and television programmes tend to feature people with these bodies?

Do you think these images help people to have a positive body image and be happy with their own bodies?



What sort of message do you think this sends to everyone who sees the images?

Do you think those images we see in magazines and on the television are accurate, truthful images?

Body Image



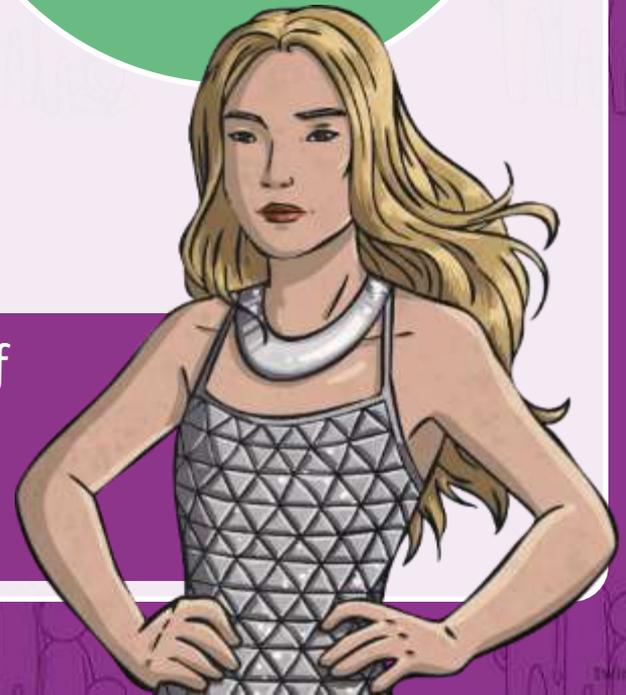
Did you know that people in the media, film and photography industry are able to alter images?

Technology is amazing and so advanced that images we see of people in magazines or on the screen have often been changed to make them look more how the company want them to look.

It isn't a true reflection of the person, but sadly companies are allowed to do it.

So a make-up model who has spots on the day of the photo shoot can magically have their spots erased with computer technology before the image is turned into an advert.

Sometimes, people are made to look taller, thinner, or more muscly than they are in real life.



Body Image

We need to remember that a lot of images we see are not real. A photo like this might have had lots of things done to it to make the model look like this. This is called **retouching**.

Look around and you will see real people in the real world. We are all different shapes and sizes, with different hair and faces. There is no 'ideal' way to look.



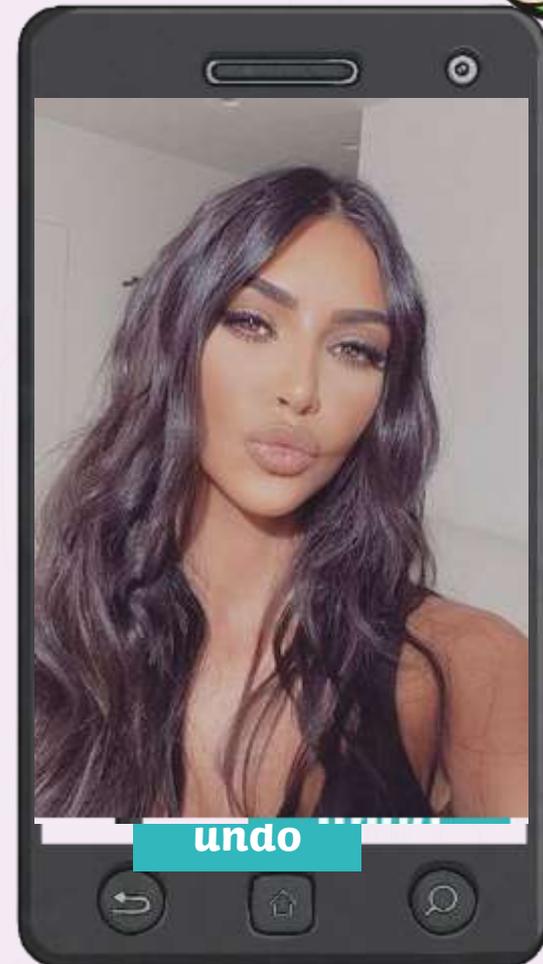
Body Image



It isn't just advertising companies that alter or photoshop images.

Modern technology means that most mobile phones have facilities to edit our own photos.

The pictures we see posted on social media sites may look like natural selfies but they have often been changed to make the person in the photo look more 'perfect'.



Spot the Difference!



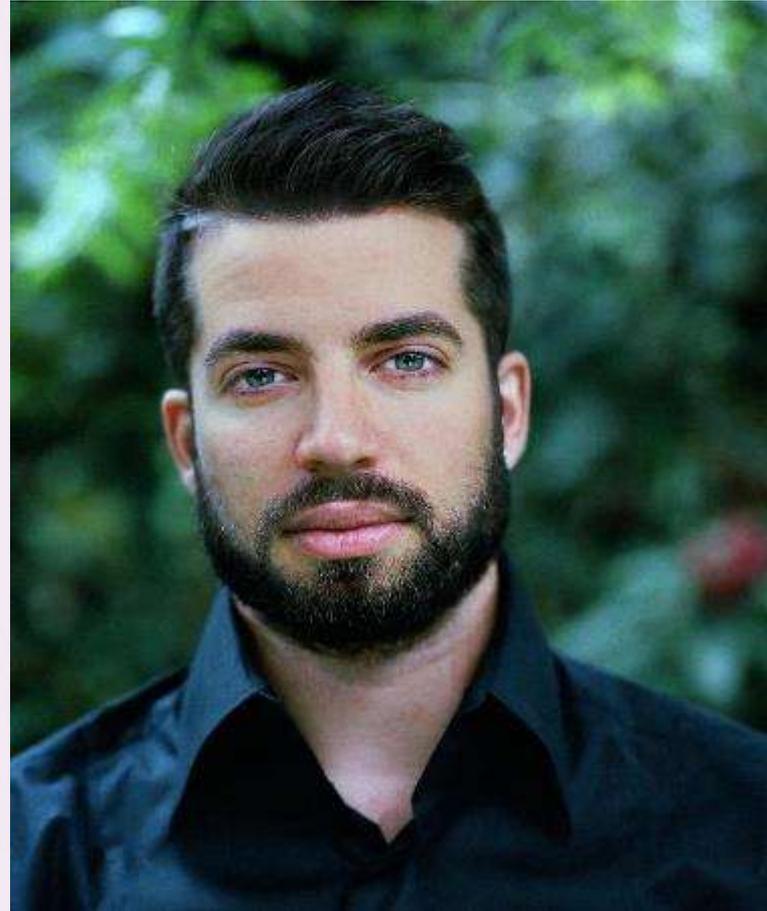
Let's play spot the difference!

You are going to see some images before and after they have been retouched.



Discuss with your partner what is different between the two images and how they have been altered to look 'better' or 'more attractive'.

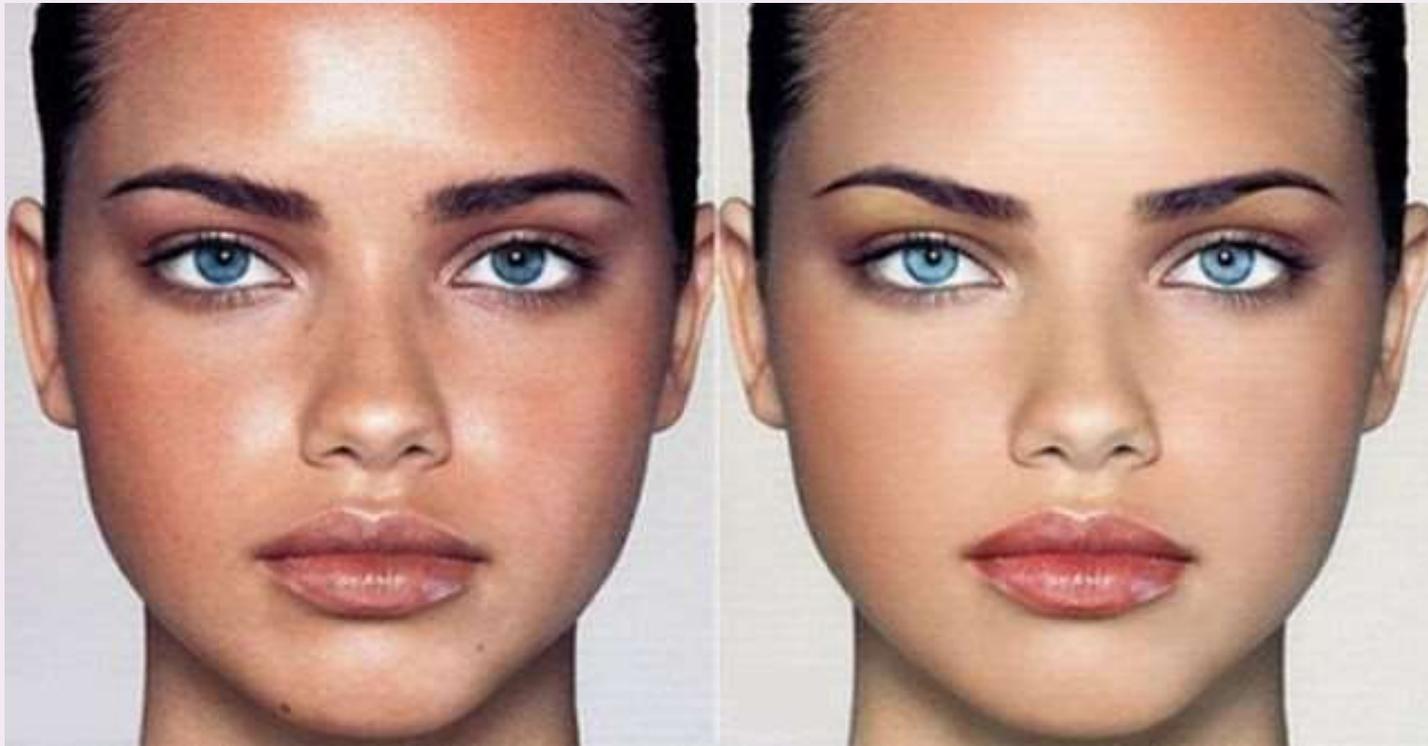
Spot the Difference!



Spot the Difference!



Spot the Difference!



Spot the Difference!



Ad Campaigns With a Difference

Some companies are trying hard to use a range of different looks in their adverts, so that more people in society are represented. They are trying to move away from using the stereotypical 'ideal' body or 'perfect' face.



More Than Just a Body



Who you are – or your identity – is much more than just the way you look.

Who you are is made up of your personality, the things you like doing, the skills you have, your experiences, your accomplishments and many more attributes.

We can feel good about who we are for **lots** of different reasons.

- What might the people from the first set of images we looked at say about themselves?
- What might they have achieved?
- What might they be good at?
- What might they enjoy doing?
- What positive messages might they have to share?



Every Body!



Every Body!



More Than Just a Body

So, what have we learnt?



Consolidating

Reflecting

