



# Body Image – KS3/KS4





# What do we mean by body Image?

Body image is the way we think and feel about the size, shape and weight and overall appearance of our bodies. It has two components:

1. Whether we like our physical appearance and feel positive about it
2. How important our appearance is for our self esteem and value as a person



## **Positive ways social media can affect our body image**

e.g. People pay us compliments

## **Negative ways social media can affect our body image**

e.g. Comparing ourselves to others



# Media Adverts

- » <https://www.youtube.com/watch?v=iYhCn0jf46U>
- » <https://www.youtube.com/watch?v=Y1JnRZz73AY>

Determined

Fair / Stands  
up against  
inequality

Kind

Supportive

Honest

## Personal Strengths

Loving

Humorous/  
Fun

Energetic

Caring

Trustworthy

Open minded



# Five ways to wellbeing

# 5 ways to WELLBEING

- 1. Connect**  
With friends/family
- 2. Be Active**  
Go for a walk/run
- 3. Take Notice**  
Savour the moment
- 4. Keep Learning**  
Try something new
- 5. Give**  
Do something nice for someone else

