



# What are our workshop ground rules?

- Respect diversity
- Ask questions
- Keep it confidential
- Please contribute



# What are we learning today?

- Introducing appearance ideals
- Sources of appearance ideals
- Appearance pressures
- Challenging appearance pressures



What do we mean by  
appearance ideals?

# What do we mean by appearance ideals?



The way our culture tells us is  
the ideal way to look at a certain  
moment in time.

# What are today's appearance ideals?


Worksheet 1.1.1  
Appearance Ideals  
Name: \_\_\_\_\_

## What are appearance ideals for girls?

Appearance Ideals: The way our culture tells us is the ideal way to look at a certain moment in time.

11 Label the body below with as many features as you can that make up today's appearance ideals for girls. We've provided an example to get you started.

Long, shiny hair



12 What can trying to match appearance ideals cost you in time, money and emotion? Write your ideas below.

Time:  
It is hard to get up to school in the morning so I have to hurry.

Money:  
My friends get to have 'bricks' for 'pocket'.

Emotions and feelings:  
My hair is the perfect length.

What's the result of spending all this time, money and emotion trying to match appearance ideals?

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Worksheet 1.1.2  
Appearance Ideals  
Name: \_\_\_\_\_

## What are appearance ideals for boys?

Appearance Ideals: The way our culture tells us is the ideal way to look at a certain moment in time.

11 Label the body below with as many features as you can that make up today's appearance ideals for boys. We've provided an example to get you started.

12 What can trying to match appearance ideals cost you in time, money and emotion? Write your ideas below.

Time:  
It is hard to get up to school in the morning so I have to hurry.

Money:  
My friends get to have 'bricks' for 'pocket'.

Emotions and feelings:  
My hair is the perfect length.

What's the result of spending all this time, money and emotion trying to match appearance ideals?

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# How are appearance ideals constantly changing?



# Can we match appearance ideals?





# Where do we find out about appearance ideals?



# What appearance pressures do we face?



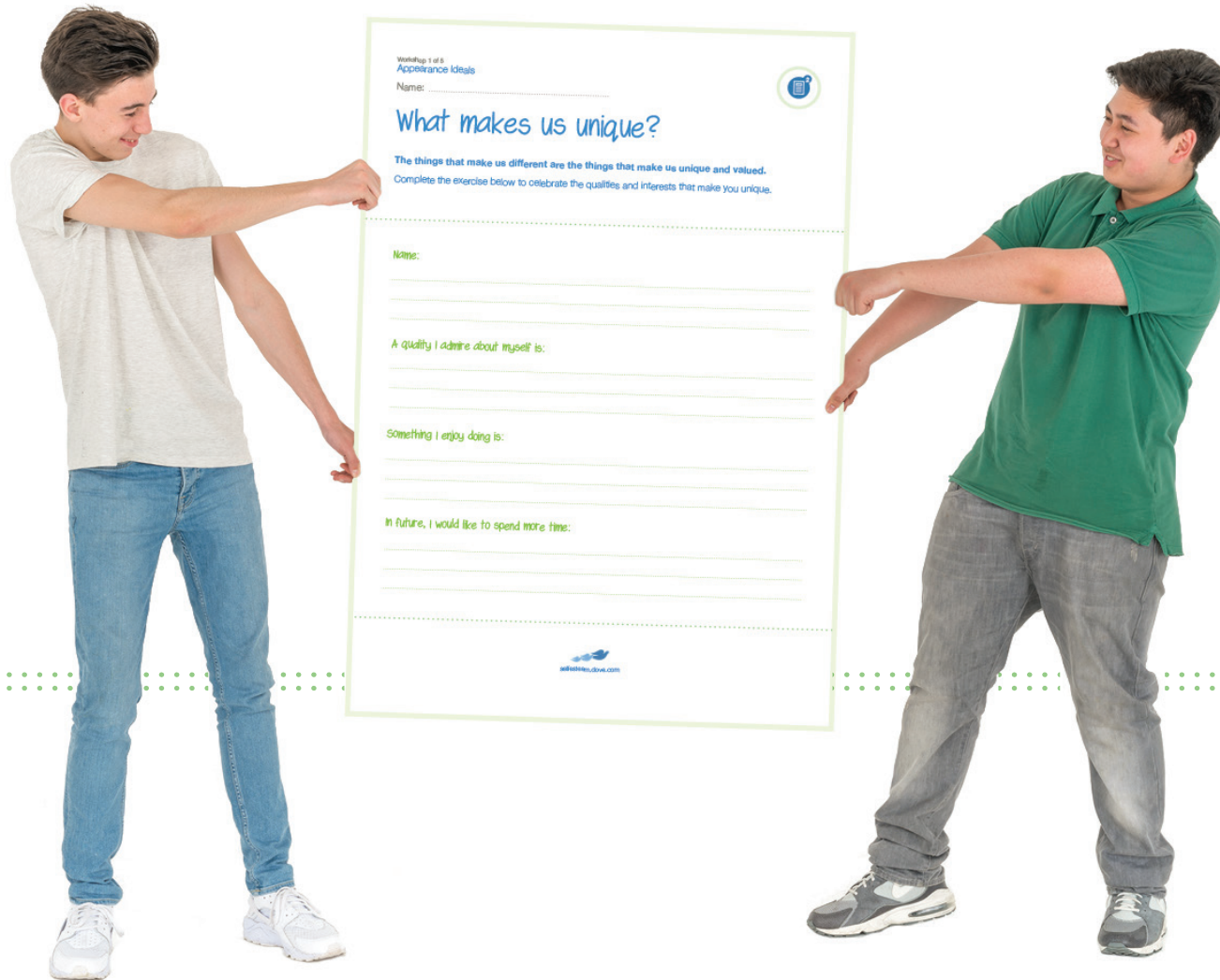
# What appearance pressures do we face?



# What is the impact of these appearance pressures?



# What else can we value?



# What have we learned today?

People have always  
faced pressures to  
look a certain way.

Trying to match  
appearance ideals  
can cause problems.

We can learn to value  
other qualities instead.

# How will you be a champion for change?







# Going further

Worksheet 16  
Appearance Ideals

Name: \_\_\_\_\_

## Going further

Appearance Ideals: media messages to remember

Trying to reach appearance ideals can be harmful. They are based on opinion, not fact, and are unrealistic. They make them unrealistic and actually impossible for most people to live up to.

The way you look is not a measure of your worth. Rather than focusing on appearance, value other qualities within yourself and your peers, and celebrate your real successes in life.

★ **What action could you take to make appearance less important and to prevent yourself and others from focusing on appearance? Record your answers below.**

**Taking action for yourself**

What I do: \_\_\_\_\_

How I do: \_\_\_\_\_

**Taking action for others**


What I do: \_\_\_\_\_

How I do: \_\_\_\_\_

★ **Things you could do:**

Give out a random act of complimenting someone (e.g. surprise a friend with a non-appearance-related compliment).	Give out three feel good things (instead of spending time, money and/or emotional energy on trying to reach appearance ideals).
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Celebrate your individuality and the diversity of the people you know.  
Aim to be the best you can be – you are one of a kind!

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