

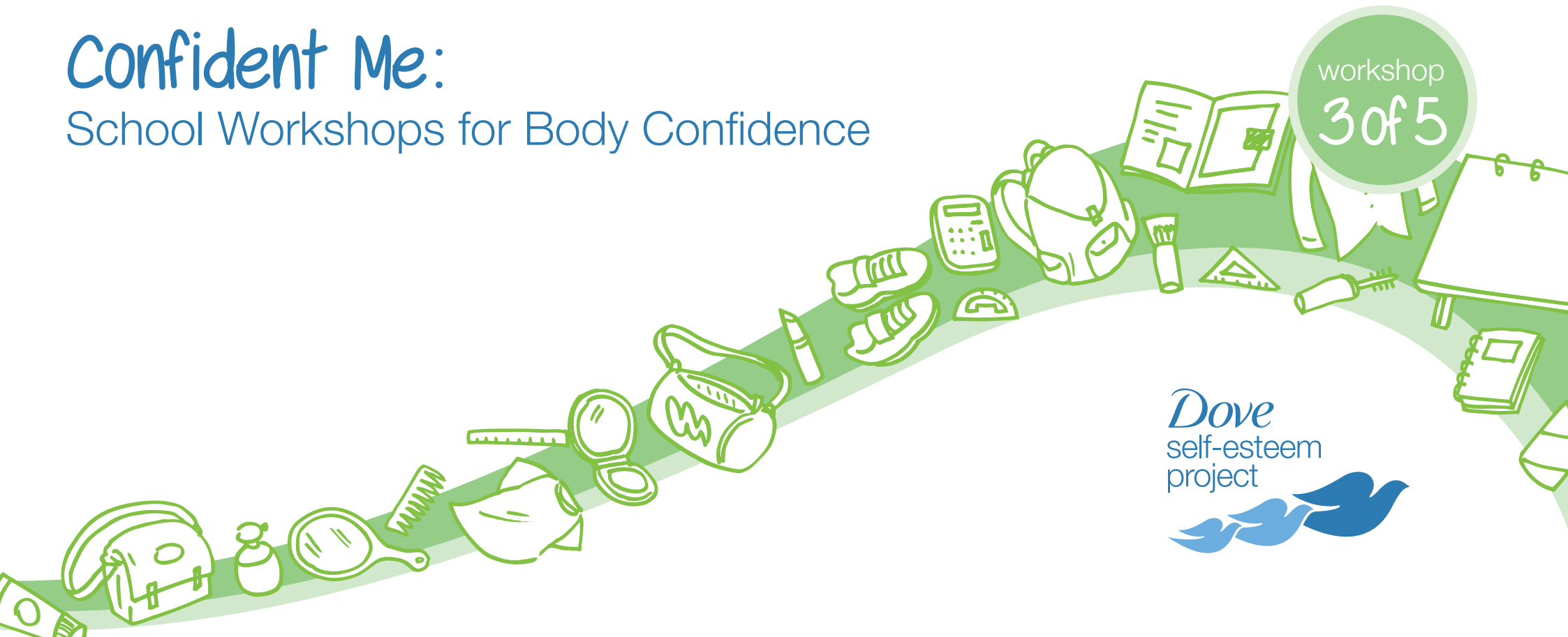
Confront Comparisons

Confident Me:

School Workshops for Body Confidence

workshop
3 of 5

Dove
self-esteem
project



What have we learned?

It's not worth trying to match appearance ideals.

Media images are often manipulated.



What are we learning today?

- The comparison process
- Negative consequences of comparing
- The 'whirlpool of comparisons'
- Changing our scripts



What are our workshop ground rules?

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

What ideals are portrayed in the media?



How do we compare with those around us?



How do we compare our looks?

Are the people we
compare with usually:

better
looking?

Do people usually compare
the features they:

like?

dislike?

How do we compare our looks?

Are the people we compare with usually:

better looking?

not as good looking?

Do people usually compare the features they:

like?

dislike?

How do we compare our looks?

Are the people we compare with usually:

Do people usually compare the features they:

better looking?

not as good looking?

like?

dislike?

What happens when people compare looks?



Worksheet
Confront Comparisons

Name: _____

How do you confront comparisons?

1.1 What happens when people compare looks?
Circle the answers to select your class vote.

Are the people we usually compare with better looking? not as good looking?

Do people usually criticize the body parts they like? like? dislike?

1.2 What problems does comparing cause?
Constantly comparing the features you don't like about yourself with people who you think have better features than you can cause problems. How many can you think of?
Place your name below.

Feedback:
I'd recommend that I _____

Thoughts:
I'd like to see _____

Behavior:
I'd like to see _____

Worksheet Page 108



What is the impact of these comparisons?



Feelings

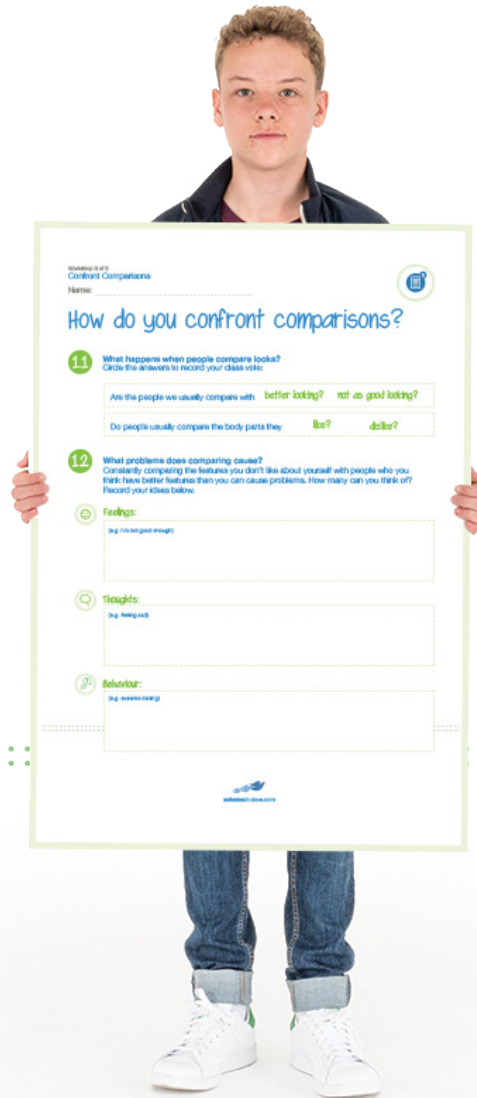


Thoughts

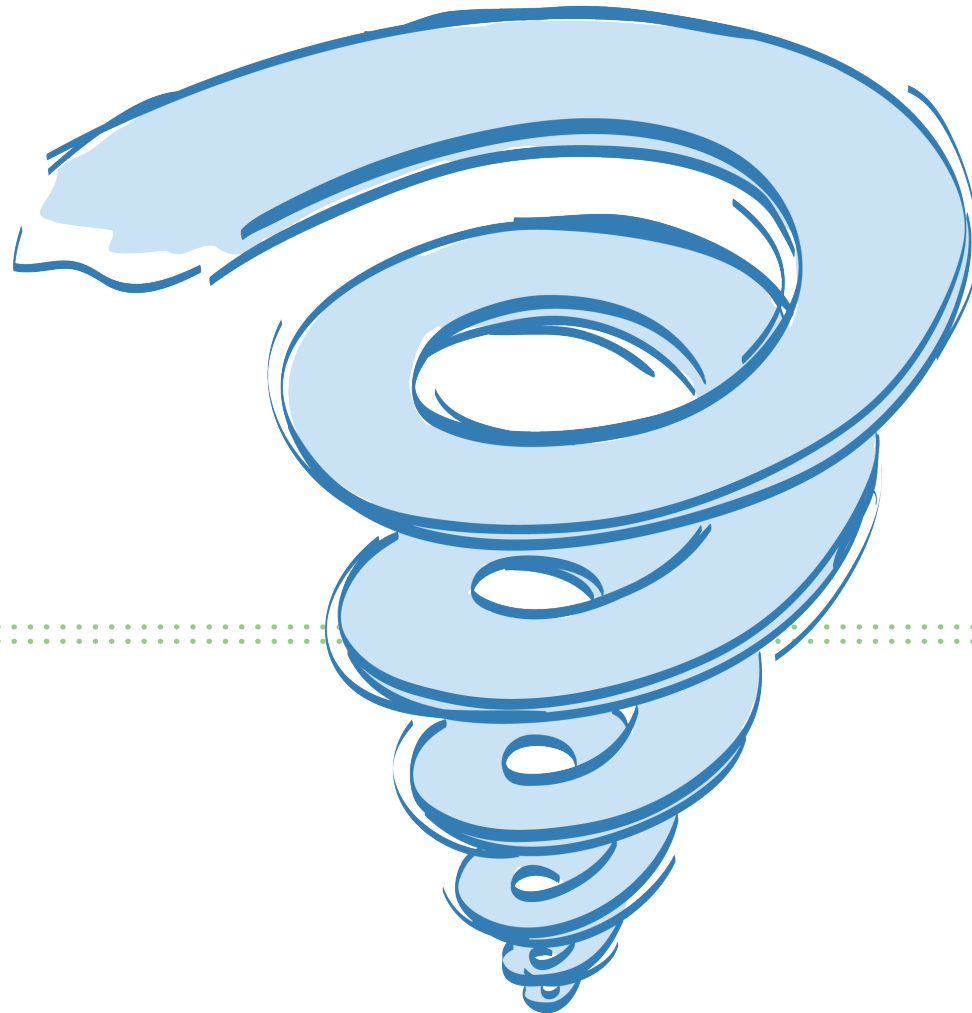


Behaviour

What is the impact of these comparisons?



The 'whirlpool of comparisons'



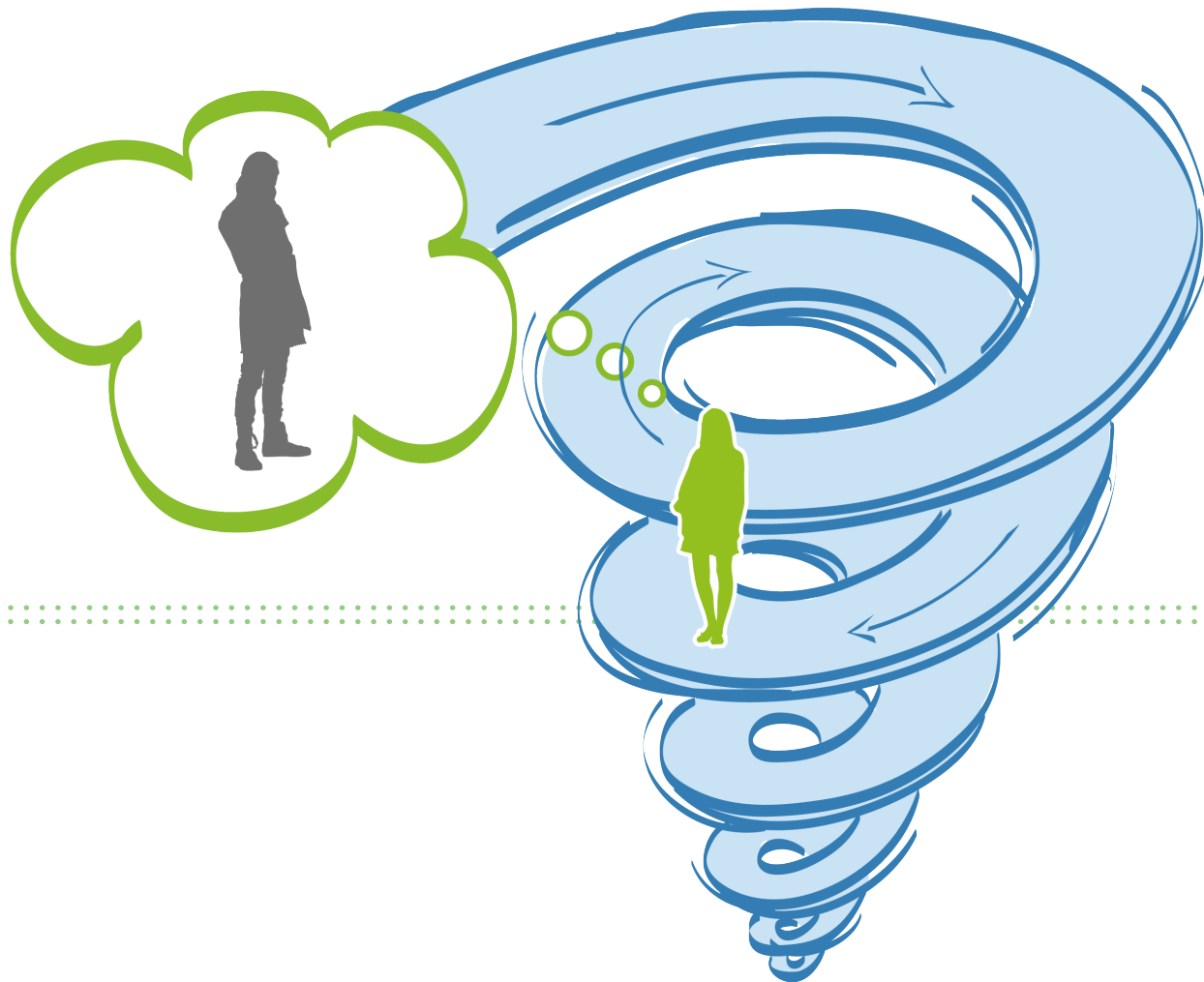
The 'whirlpool of comparisons'



The 'whirlpool of comparisons'



The 'whirlpool of comparisons'



The 'whirlpool of comparisons'



What can we do instead?

- Compliment ourselves and others on things that aren't about appearance
- Focus on the good things about ourselves and others
- Keep to the facts
- Enjoy each other's company instead of being critical
- Celebrate ourselves and our friends



How can we change our script?

Everyone's so different
- we're not supposed to
look the same.

You are so good at art
- you could totally sell
your stuff one day.

That's massively
retouched, no-one can
actually look like that.

There's plenty of people who
don't have rock solid abs
who are doing just fine.



How can we change our script?

Workshop 8 of 6
Confront Comparisons
Name: _____

Can you catch yourself?

Work in pairs to prepare a role play. Label yourselves **Person A** and **Person B**.
Read the situations below and practise how to respond without making comparisons.

Person A	Person B
Imagine yourself in any of the four situations below. Explain to Person B what you imagine you might wish to change about your appearance after being in that situation.	Respond to Person A . Explain why we shouldn't compare ourselves to people we see in media or real life. Tell them why it is not realistic or fair to compare ourselves to these people.

1 Your friend has bought a new outfit... 	2 You are watching this popular television programme... 
3 You are passing this bus stop going home from school... 	4 You are viewing the latest music video on your friend's phone... 

Feeling stuck?

Person A: Wow, look at them, they look great! I wish I had their _____ because _____.

Person B: We shouldn't bother to compare ourselves because _____.

(Remember they are meant to challenge! Being mean - how do their media actually help you? You could also try swapping roles or selecting a different situation to act out.)





How will you change your script?



Worksheet from
Confront Comparisons
Name: _____

How will you change your script?

Change your script and generate new responses to avoid comparisons.
Write down the different ways that you can challenge the process of making appearance comparisons in both yours and others. Try to remember those and explain them. Soon, they will feel normal. Try to come up with at least three ideas by when you compare and three ideas for when others compare.

When I compare my appearance:

- I do n't "catch myself" and change my thoughts
- _____
- _____
- _____
- _____
- _____

When I hear my friends compare their appearance:

- I can change the topic
- _____
- _____
- _____
- _____
- _____

Feeling stuck?
Think back to the ideas you shared in class.

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What have we learned today?

Comparing the way
we look to others is
human nature.

We can challenge
the process of
making comparisons.

Comparing can
have negative
consequences.

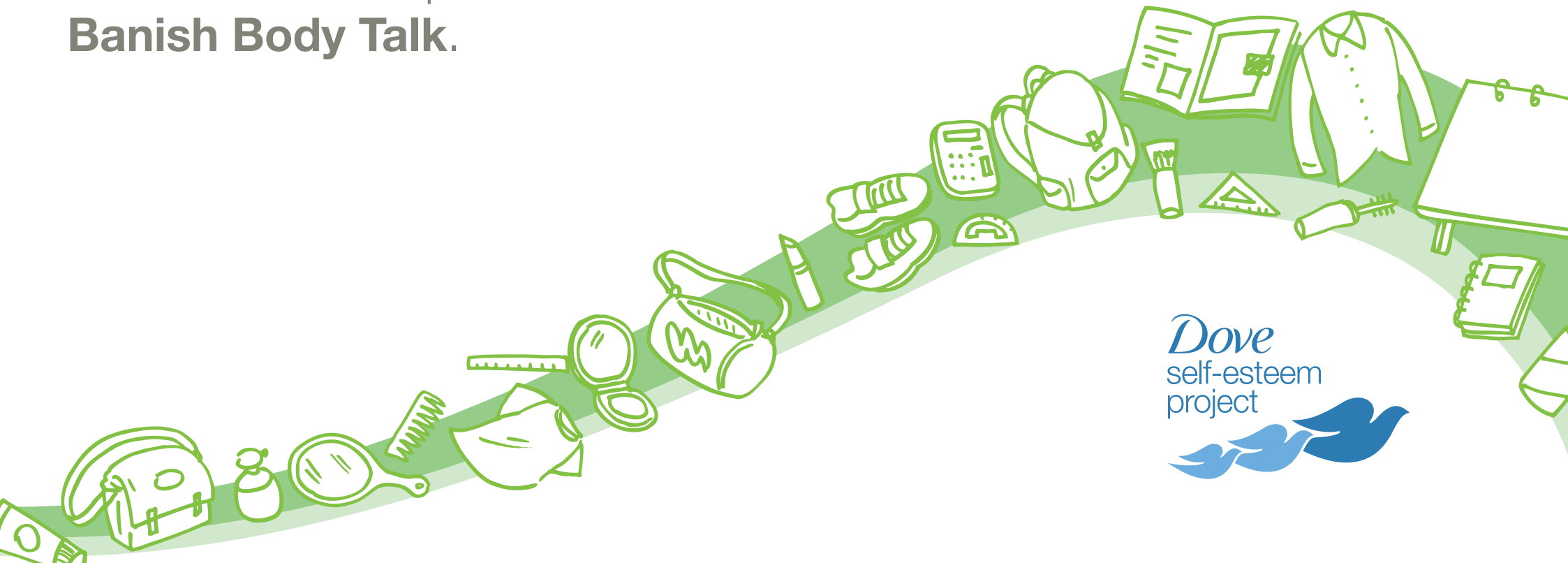
How will you be a champion for change?



Congratulations!

You've now completed **Workshop 3** of
Confident Me: School Workshops for Body Confidence.

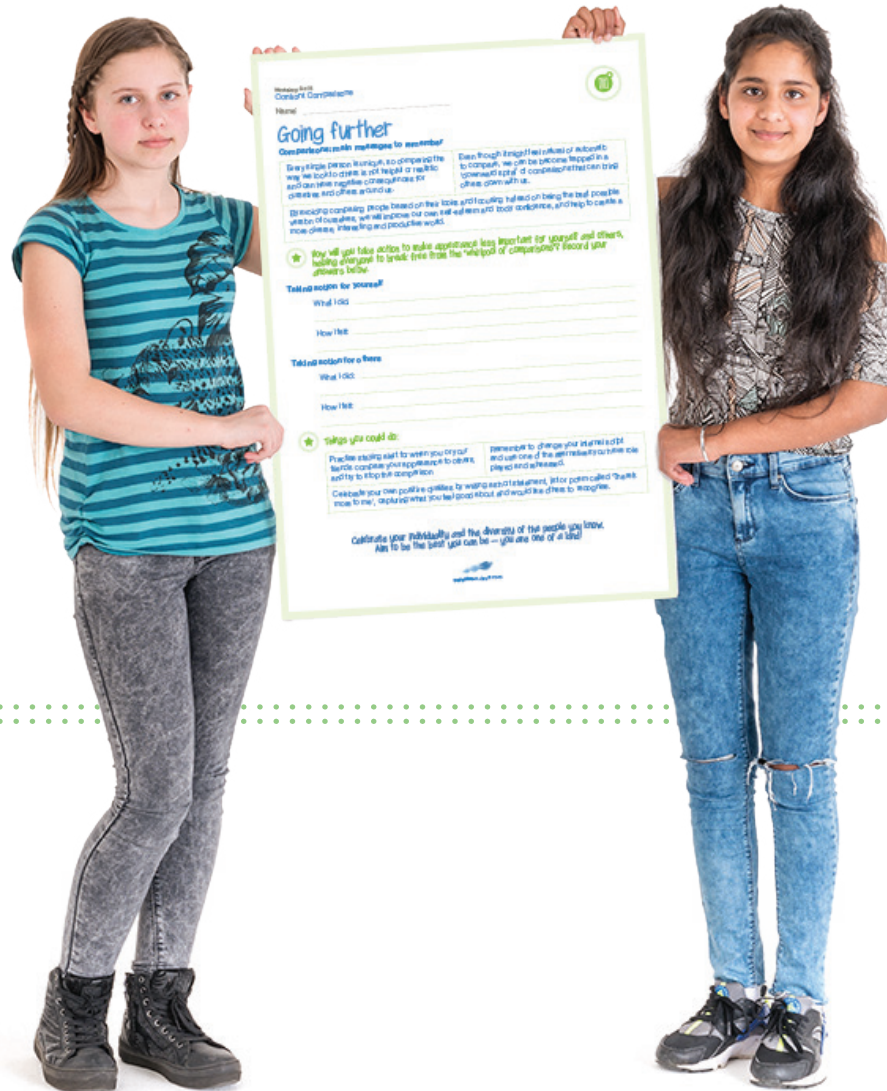
The next workshop is:
Banish Body Talk.



Dove
self-esteem
project



Going further



Worksheet 1001
Confront Comparisons

Name: _____

Going further

Can Perfectionists manage to succeed?

Every single person is unique. No comparison the way we look to others is not helpful or realistic. We can have negative comparisons for ourselves AND others as a result.

Even though it might feel unfair or awkward to compare, we can be positive. We can be a good example of someone that can truly shine, even with us.

By making comparing people based on their looks and looking behind on being the best possible version of ourselves, we will improve our own self-esteem AND their confidence, and try to create a more caring, interesting and productive world.

★ **You will gain more ability to make appearance less important for yourself and others, having other goals to break free from the "what-if-of-comparisons?" Record your efforts below.**

Talked to you about yourself

What I did: _____

How I felt: _____

Talked to others for a while

What I did: _____

How I felt: _____

★ **Things you could do:**

Practice making a list to write your own self-source, compare your appearance to others, and try to help the comparison.	Remember to change your interests and activities if the one related to compare is playing and awkward.
Create your own positive qualities to write next to the others, just for yourself. Thank you to me, thank you to me, thank you to me, thank you to me, thank you to me.	

*Celebrate your individuality and the diversity of the people you know.
Aim to be the best you can be — you are that of a kind!*

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