

Media Messages

Confident Me:

School Workshops for Body Confidence

workshop
2 of 5



Dove
self-esteem
project



What have we learned?

It's not worth
trying to match
appearance ideals.



What are we learning today?

- What are media messages?
- Purpose of media messages
- Manipulation of media messages
- Remixing responses



What are our workshop ground rules?

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

What do we mean by media?



What do we mean by media?

Professional media



What do we mean by media?

Professional media



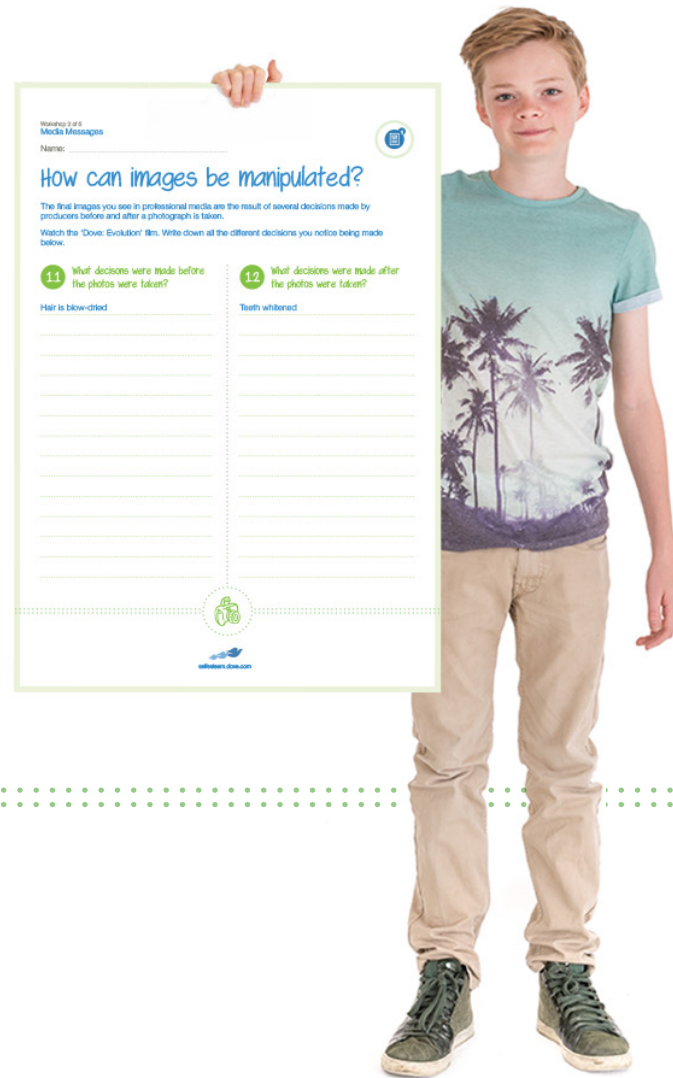
Personal media



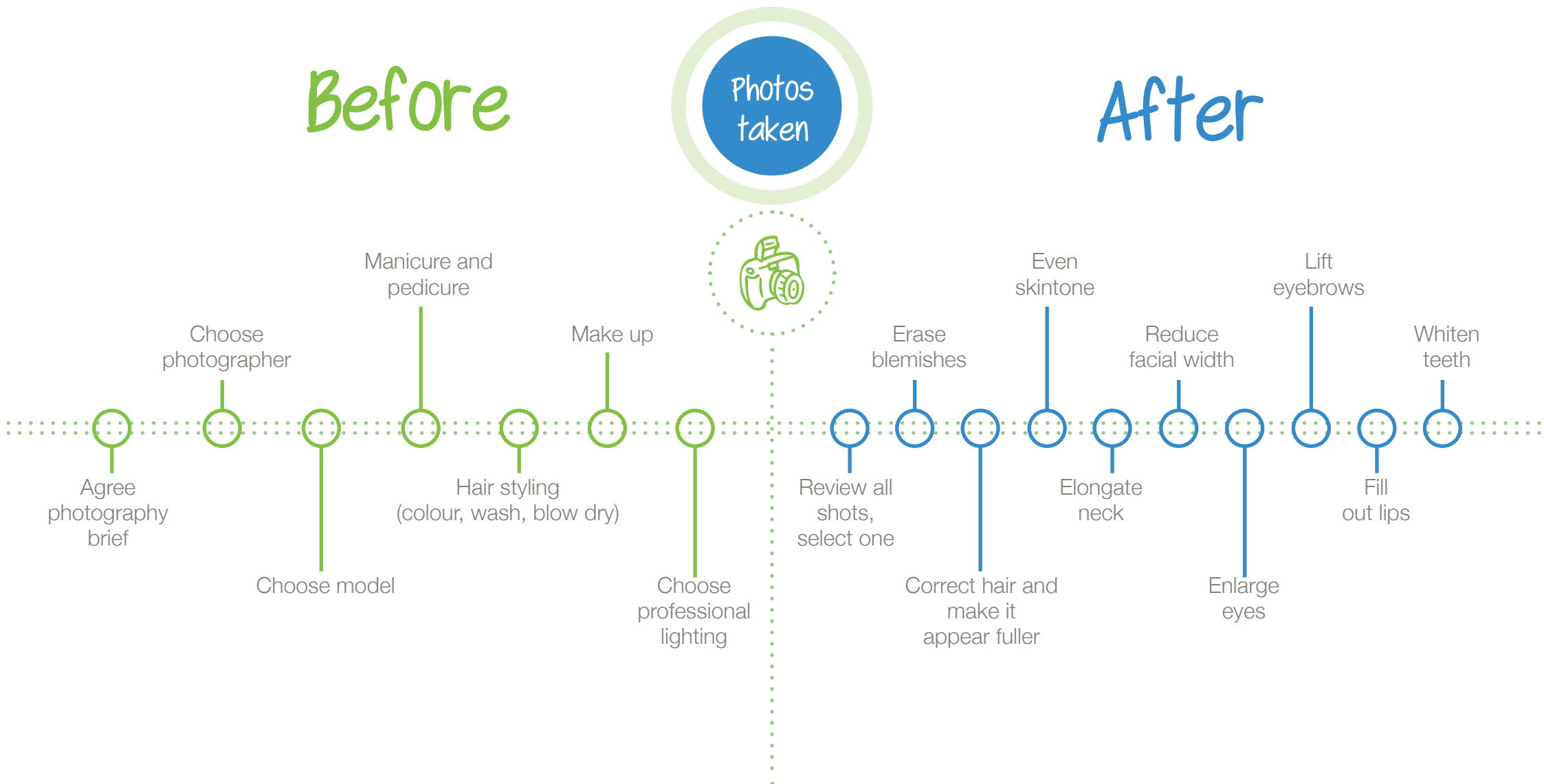
How can images be manipulated?



How can images be manipulated?



How can images be manipulated?



Why is professional media often created in this way?



Why is professional media often created in this way?

- Promise
- Feelings
- Actions
- Results
- Fix



How would it feel to have your image manipulated?



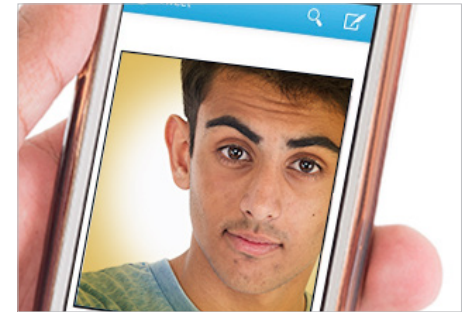
What is the impact of media messages?



What is the impact of media messages?



What is the impact of messages and images on social media?



How can we remix our responses to media messages?



What have we learned today?



Media images are often manipulated.



We can remix our responses to media messages.



It is harmful to compare real people to media images.

How will you be a champion for change?



Congratulations!

You've now completed **Workshop 2** of
Confident Me: School Workshops for Body Confidence.

The next workshop is:
Confront Comparisons.



Going further

