

BODY IMAGE

Information & Interactive Activities

*Who Defines
Beauty?*

*Every Body is
Different!*

*Bodies come in
different shapes
& sizes.*

Promote Healthy Body Image

Tool Kit 2012



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Introduction

This resource aims to provide information and interactive activities to promote the development of a healthy body image.

Body Image is the mental picture you have of your body. It includes attitudes and feelings about how you look & how you think other people see you.

People with HEALTHY *Body Image*...

- Accept bodies come in different shapes and sizes.
- Know there are good things about their bodies.
- Are comfortable with their bodies.
- Are critical of the 'ideal' body seen in the media.

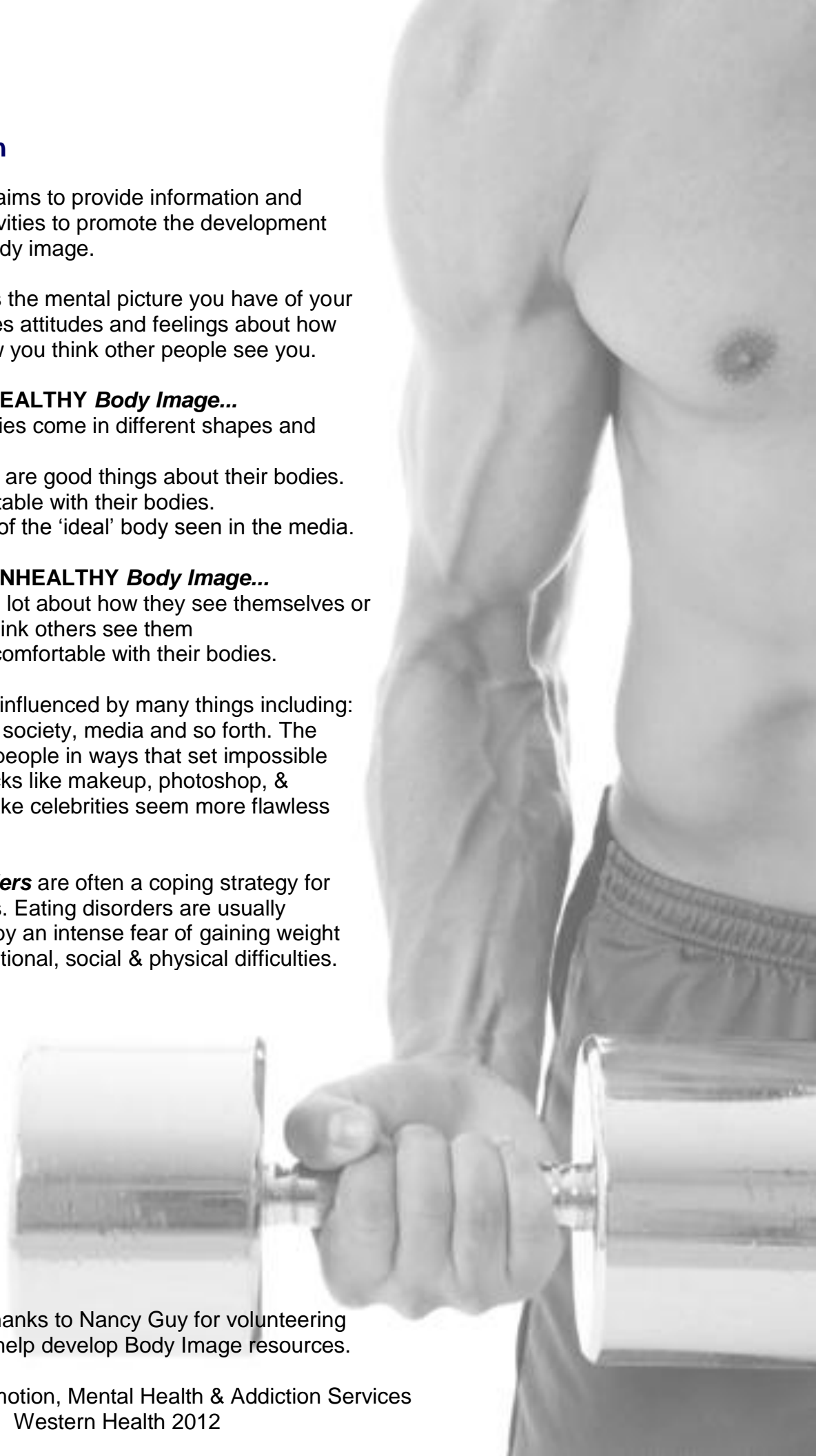
People with UNHEALTHY *Body Image*...

- May think a lot about how they see themselves or how they think others see them
- May be uncomfortable with their bodies.

Body image is influenced by many things including: family, friends, society, media and so forth. The **media** shows people in ways that set impossible standards. Tricks like makeup, photoshop, & airbrushing make celebrities seem more flawless than they are!

Eating Disorders are often a coping strategy for other problems. Eating disorders are usually characterized by an intense fear of gaining weight as well as emotional, social & physical difficulties.

A special thanks to Nancy Guy for volunteering her time to help develop Body Image resources.



Contacts

Regional Mental Health Promotion Consultant

Western Health
133 Riverside Drive, P.O. Box 2005
Corner Brook, NL A2H 6J7
T: 634-4927
F: 634-4888

Regional Sexual & Reproductive Health Consultant

Western Health
6th Floor WMRH, P.O. Box 2005
Corner Brook, NL A2H 6J7
T: 637-5000 Ext. 5492
F: 637-5624

Regional Parent & Child Health Coordinator

Western Health
347 O'Connell Drive, P.O. Box 2005
Corner Brook, NL A2H 6J7
T: 632-2919
F: 632-2636



Me

- I am the only ME I've got and I am unique. There are two major parts of ME. There is the inside ME and the outside ME.
- The outside ME is what you see: the way I act, the image I portray, the way I look and the things I do.
- The outside ME is very important. It is my messenger to the world and much of my outside ME is what communicates with you. I value what I have done, the way I look, and what I share with you.
- The inside ME knows all my feelings, my secret ideas, and my many hopes and dreams. Sometimes, I let you know a little bit about the inside ME and the more I learn about myself, the more responsibility I am going to take.
- You see my ME is my responsibility. As I know myself more and more, I find out that I am an OK person.
- I have some good things in my life because I am a good person. I have accomplished some things in my life because I am a competent person. I know some special people because I am worth knowing. I celebrate the many things I have done for myself.
- I've also made some mistakes. I can learn from them. I have also known some people who did not appreciate me. They're missing out on knowing a great person. I've wasted some precious time. I can start to make new choices now. As long as I can feel, think, grow, and behave, I have great possibility.
- I'm going to take those risks and those possibilities, and I am going to grow and love and celebrate. I AM WORTH IT!

Source: "Everybody is a Somebody", The Body Image Project Tool Kit, The Eating Disorders Action Group

ACTIVITY 1

Scavenger Hunt (Icebreaker)

Find someone who...

- Has a younger sibling
- Can speak a language other than English
- Has been outside of Canada
- Wants to be a teacher when they grow up
- Enjoys math class
- Is wearing white socks
- Has braces
- tofu
- Wears glasses
- Has a food allergy
- Can play the guitar
- Has a dog
- Wants to have children eventually
- Plays basketball
- Enjoys video games
- Has tried

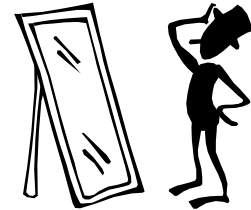
Has a younger sibling	Can speak a language other than English	Has been outside of Canada
Wants to be a teacher when they grow up	Enjoys math class	Is wearing white socks
Has braces	Wears glasses	Has a food allergy
Can play the guitar	Has a dog	Wants to have children eventually
Plays basketball	Enjoys video games	Has tried tofu

ACTIVITY 2

How's Your Body Image?

Yes No

- ___ ___ Do you find yourself obsessing about your body?
- ___ ___ Do you ever put off activities or relationships until you are a certain size?
- ___ ___ Would losing or gaining weight make you feel like you were a better person?
- ___ ___ Do you see certain foods as “good” or “bad”?
- ___ ___ Do you feel guilty after you eat?
- ___ ___ Do you feel uncomfortable in your body?
- ___ ___ Have you used unhealthy ways to gain or lose weight?
- ___ ___ Do you feel like you can only be happy if you are a certain size?
- ___ ___ Do you find yourself thinking negatively about your body?
- ___ ___ Do you think changing part of your body would make parts of your life better?



How Did You Score?

If you answered “yes” to less than four of these questions – Congratulations! You have a healthy body image. Keep up the good work!

If you answered “yes” to more than four of these questions – You know you don’t totally accept and respect your body already...so how do you change that? Read on!

Source: *The Body Image Project Tool Kit pg.55; by the Eating Disorders Action Group*
www.edag.ca

ACTIVITY 3

Body Expression!

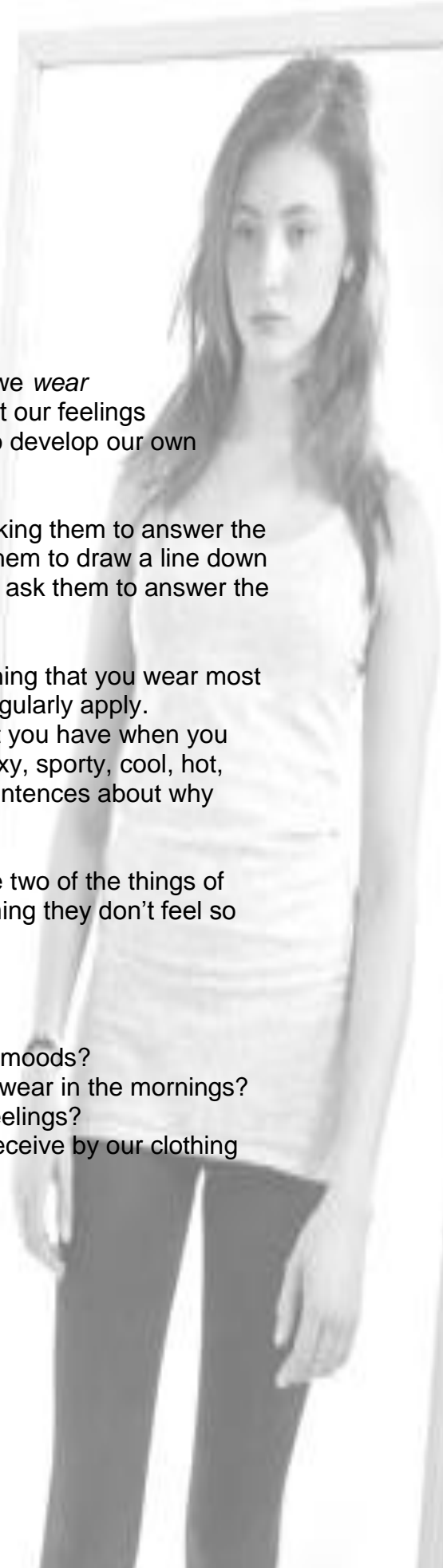
Materials:

- Paper
- Pens

Instructions:

1. Open up activity by making the following statements:
 - a. what we *wear* can affect how we *feel*
 - b. what we *feel* can affect our decisions about what we *wear*
 - c. other people's opinions to what we wear can affect our feelings
 - d. it is normal to experiment with different fashions to develop our own personal style
2. Pass out paper and pens. Explain that you will be asking them to answer the questions individually followed by a discussion. Ask them to draw a line down the middle of their paper to make two columns. Then, ask them to answer the following questions complete the following tasks:
 - a. In the first column, list five outfits or pieces of clothing that you wear most often. Also list the makeup and jewelry that you regularly apply.
 - b. In the second column, write down the feelings that you have when you wear these outfits (ex. Cute, attractive, preppy, sexy, sporty, cool, hot, ugly, fat, skinny, curvy, comfy, etc). Write a few sentences about why these clothes make you feel that way.
3. Go around the circle and ask the participants to share two of the things of their list; one thing they feel good wearing, and one thing they don't feel so good wearing.
4. Lead a discussion on:
 - a. How can mood affect clothing choice?
 - b. How can certain types of clothing relate to certain moods?
 - c. What makes it easier or harder to choose what to wear in the mornings?
 - d. What affects how we feel? – Our clothing or our feelings?
 - e. Be aware of the messages we wish to send and receive by our clothing choices.

Source: Adapted from © One Circle Foundation,
Body Image Program (Revised 2009)

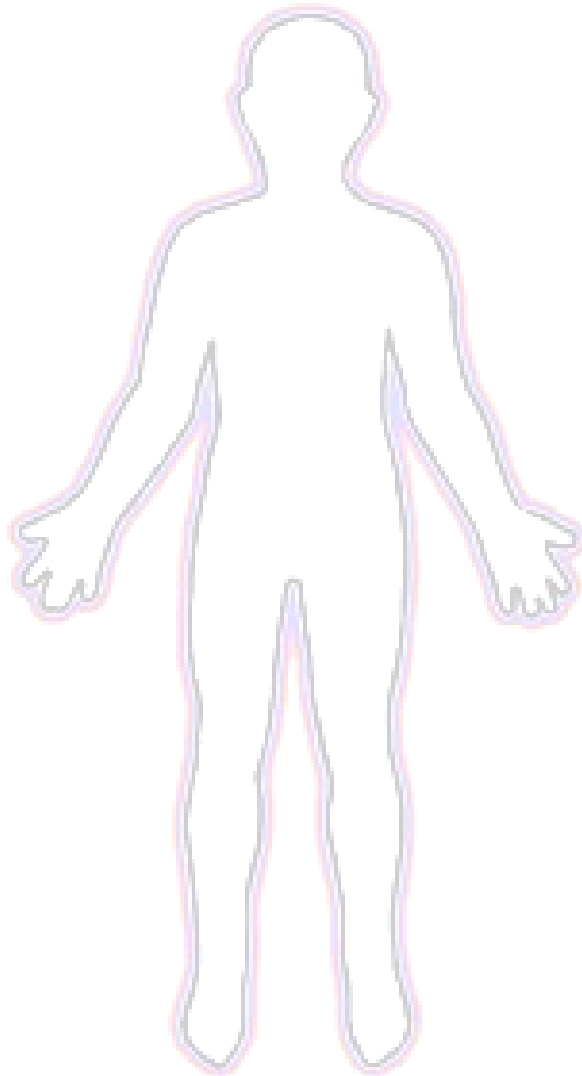


ACTIVITY 4

What Makes an Ideal Body?

Discussion & Brainstorming Activity

- Ask students to tell you some names of individuals (both male and female) who exemplify the “ideal” (looking) man & woman.
- Using a blank silhouette for both the male and female ideal, fill in some general characteristics as to ideal race, height, hair colour, body shape, etc.
- Background information - between the 1970’s and 1980’s the cultural body ideal reduced by 23% while the average size of women increased by 4%. It’s no wonder we feel so bad about ourselves.



Activity 5

Celebrate Your Unique Qualities

Purpose

This introductory activity is designed to help participants recognize that people are different in many ways, including physically. Some of these differences can be changed by our conscious actions and efforts, while others are outside of our ability to change. Changes in our physical traits during growth and maturation (especially during puberty) are natural, inevitable, and beyond our control. We need to focus on accepting others and ourselves and being the best that we can be, including maintaining our health.

Materials needed

- Paper
- Pens or pencils
- Marker board, easel and pad, or other large writing surface or masking tape to attach papers to the wall

Suggested delivery format

This activity is meant to be a discussion. A group discussion is suggested, but small groups may be used where applicable. Efforts should be made to engage as many participants as possible in the discussion while being sure to cover the key points.

Objectives

- List three ways different people are unique from each other.
- Be able to list three differences or similarities between the normal growth and development of boys and girls.
- List three things they can do that will promote acceptance and appreciation of unique qualities in others and within themselves.

Discussion Outline

In what ways are people different from each other?

A. List three to five ways that people are different. Write responses on the board or paper. Possibilities are:

1. Different heights.
2. Different weights.
3. Different body builds (slender, muscular, etc.).
4. Different complexions.
5. Different hair colors/types (straight, curly, etc.).
6. Different eye colors.
7. Different preferences.
8. Different likes/dislikes.
9. Different abilities (some of us are good in math, some in writing, some in art, some in sports, some in music, etc.).

10. Different interests.

B. Some things we can change through effort (by studying, practicing, etc.).

C. Some things we can't change, even if we want to (height, eye color, etc.).

D. Some things will change naturally over time whether we want them to or not (height and weight as we grow, preferences, interests, etc.).

List three things that you are good at. Of these, what are you best at?

A. Ask volunteers to list their No. 1 item on the board or pad.

B. Discuss that everyone has his or her strengths (and weaknesses).

C. A person's strengths and weaknesses are part of what defines them as a person (these are among their unique qualities).

D. One thing that makes the world interesting is that everyone has his or her own set of unique qualities.

Just as with other traits, each of us grows, develops, and matures at different rates.

Normal physical growth and development:

1. Involves rapid changes in height, weight, and weight distribution.

In girls:

- Begins earlier than in boys.
- Usually begins between 10.5 and 11.5 years (but may be as early as 8 or 9 and as late as 12 or older).
- Full physical growth/development is usually reached by age 15.5.
- Maturation often accompanies a drop-off in physical activity.

In boys:

- Usually begins between 11 and 13.5 years.
- Full physical development is usually reached by age 16 or 17.
- Is accompanied by a dramatic increase in muscle and strength.
- Early physical maturity gives a great advantage in sports.

Normal physical growth and development is often accompanied by substantial increases in appetite.

Healthy growth and physical development depend on a healthy diet that satisfies your hunger (but not dieting). The word "diet" does not always mean losing weight. It also means the usual food and drink that a person consumes, so a "healthy diet" is just another way of saying good nutrition.

Normal growth and physical development require increased amounts of calories. Restriction of calories or nutrients during growth and maturation may lead to growth problems or even health problems later in life.

Normal physical growth and development requires regular, enjoyable physical activity.

We will be most satisfied with our growth and development if we:

- Recognize that we are all different physically (just as we are different in many other ways).
 - We each naturally have a certain body type, and that is OK.
 - Body type (build) is largely hereditary.
 - Physical fitness is a factor that is within our control.
- Our No. 1 priority should be to stay healthy.
- Recognize that change is unavoidable and is OK.
- Accept others for who they are and not how they look. This is the first step in respect. Showing respect for others will help earn their respect for you.

Take-home message

All of us are different in many ways, both physically and in terms of ability. Some of these qualities are within our power to influence, while others are out of our control. Each of us should focus on staying healthy, being the best we can be, and showing respect for others and their abilities. With maturity comes the capacity to think about how our actions toward others make them feel. And as we learn to think for ourselves, we are better able to cope with how we perceive that others view us.

Selected reference

Cooper, Kenneth H. (1991). *Kid Fitness: The Complete Shape-Up Program from Birth through High School*. New York: Bantam Books.



Source: Adapted from Purdue Extension. *Healthy Body Image: A lesson plan for high school students*. Accessed online at: www.extension.purdue.edu/extmedia/CFS/CFS-737-W.pdf

ACTIVITY 6

Social Pressure (TV Shows)

(Modified from Girl Time: Grade 7 & 8 Healthy Sexuality Program 2001-2003 by the Ontario Women's Health Council)

Materials:

- Paper
- Pens or pencils

1. Distribute paper and pencils.
2. Begin activity by defining social pressure. **Social pressure** is expectations from society to go by their standards and values (ex. obeying laws, going to school). The media delivers messages about our society. They let us keep in touch with events happening in our communities and places around the world. However, sometimes these images and messages are far from reality and can have a negative impact on people.
3. Ask participants to write down examples of their favorite TV shows.
4. Ask/discuss the following questions:
 - a. How are the girls and guys in the TV show portrayed?
 - b. Are the images realistic?
 - c. What are the messages being put across?
 - d. How do these images make you feel?



ACTIVITY 7

Magazine Collage!

Materials:

- Chart paper
- Markers
- Magazines
- Scissors
- Glue or tape

Instructions:

1. Have half the participants create a collage (in groups of 2 or 3) by cutting out magazine photos that portray women/men in a negative way.
2. Have the other half create a 'positive' collage in the same way.
3. Compare and discuss the different messages given by the images.

Activity 8

Mixed Messages: Living in a Supersized World

Purpose

This activity is intended to raise teens' awareness about tactics used by advertisers to sell their products and to help teens look critically at the messages these ads convey. In magazines (and other media) frequented by teens, advertising models represent a homogeneous group of body types. Promotion of certain body types in the mass media makes these the ideal that many teens become highly motivated to strive for. By challenging stereotypes presented in popular media advertising, we can help teens recognize that there is no ideal body type. This may help them move in the direction of accepting their own body type and making the best of it.

Materials needed

- Pens or pencils
- Copies of Advertising Questionnaire handout
- Flip chart, marker board, or other large writing surface
- Copies of recent magazines that teens are likely to read, One copy of a magazine should be available for each three or four participants.

Suggested delivery format

This activity is designed to be a participatory discussion. Goals include raising awareness and deflating the myth of the ideal body type presented in the mass media.

Objectives

- Describe the ideal media body image for males and females.
- Describe how media images may be enhanced.
- List three implied messages about body type in advertising.

Discussion Outline

Divide into small groups of three or four persons per group. Give each group one copy of a recent issue of a popular magazine for teens and two copies of the ***Advertising Questionnaire handout*** (attached). Ask each group to select two ads in the magazine and to discuss and answer the questions about each ad.

Ask one representative from each group to briefly present their conclusions about one or both of the ads critiqued by their group.

- Advertising models appear either normal weight or thin (rarely overweight or other than tall and lean).
- Often the product and the body type of advertising models are in conflict (i.e.: slim people are eating unhealthy food or healthy-looking people are smoking).
- Advertisers want people to think advertising models look good naturally, however most models rely on heavy makeup and/or computer-enhanced photography to look the way they do in an advertisement.

- Most often advertising models appear to be having fun while using the product.
- Whether the product is healthy or unhealthy, most advertising models appear thin and look as if they are having fun.
- What messages do magazine, TV, and Internet advertisements send to people about body image? Possible responses may include, but are not limited to:
 - It is not OK to be overweight (or even to have a large body frame).
 - It is not OK to be shorter or have a stocky build.
 - Slim people are the norm.
 - There is an ideal body type that is illustrated in advertisements.
 - For women: Like a fashion model.
 - For men: Lean, muscular, athletic.
 - If you want to have fun, achieving the ideal body type should be a goal.
 - Sometimes media messages may be reinforced by peers, friends, parents, family members, teachers, or coaches.

Challenging the advertising myths. Do you believe there really is an ideal body type? Is it realistic for everyone to try to achieve the look of advertising models?

Everyone has a specific body type (including models), which is largely inherited. For most people, achieving the appearance of advertising models is not a realistic goal. There is no ideal body type. Ideally, everyone should strive to maintain a healthy weight and strive to be physically fit, whatever their body type.

Take-home message

Body images commonly presented in advertising are of lean to normal-weight people who are having fun using products. The ads present stereotypical ideal body images that often cause a person to be dissatisfied with his or her own body and to try to achieve this perceived ideal. In reality, there is no ideal body type. We all need to strive to be physically fit while maintaining our health.

Selected references

National Eating Disorders Association (NEDA) (2006). *Media Watchdog Program*. www.nationaleatingdisorders.org/p.asp?WebPage_ID=300
 Neumark-Sztainer, D. (2005). *“I’m, Like, So Fat!” Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World*. New York: The Guilford Press.



Healthy Body Image Advertising Questionnaire

Answer each question below for the ad your group is analyzing.

1. Does the ad include people with a variety of body shapes and sizes?
 - A. Yes
 - B. No

2. How do the people look in the advertisement? (What is their body type?)
 - A. Normal weight
 - B. Unusually thin
 - C. Overweight

3. Do you think people who actually use the product being advertised typically have the body type shown in the advertisement?
 - A. Yes
 - B. No

4. Do you think the models in the ad naturally look the way they appear or do you think their picture or their appearance has been enhanced in some way?
 - A. This is their natural look.
 - B. The picture (or their appearance) was probably enhanced.

5. How would you say the people appear in this ad?
 - A. Happy/having fun
 - B. Unhappy
 - C. Neither happy nor unhappy

6. How would you describe the product being advertised?
 - A. Healthy
 - B. Unhealthy
 - C. Neither healthy nor unhealthy

Source: Adapted from Purdue Extension. *Healthy Body Image: A lesson plan for high school students*. Accessed online at: www.extension.purdue.edu/extmedia/CFS/CFS-737-W.pdf

ACTIVITY 9 Who says who is beautiful?

Below are pictures of Titanic actress Kate Winslet. GQ magazine used clever technology to stretch the photograph, thereby giving the illusion of longer legs and a smaller dress size.

List three reasons why you think GQ did this.

How do you feel about companies doing this?



Source: Adapted from Dove Real Beauty School Program

ACTIVITY 10

Circle of Influence - Body Image Perceptions

1) My (parents, mentor, teacher, etc.) say that overweight people are:

2) My (parents, mentor, teachers, etc.) say that thin people are:

3) Boys say overweight girls are:

4) Boys say thin girls are:

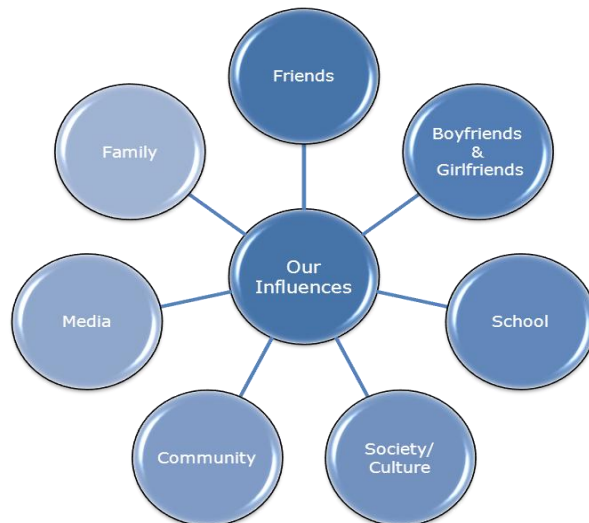
5) Girls say overweight girls are:

6) Girls say thin girls are:

7) I feel _____ about my body.

8) If I woke up tomorrow and I was overweight, I would feel:

9) If I woke up tomorrow and I was thin I would feel:





ACTIVITY 11

Balloon Activity

*Great for outdoor events, or on a windy day!

Materials:

- Package of balloons
- Small pieces of paper
- Pens or pencils

Instructions:

1. Have each student write a goal, wish, or dream onto a small piece of paper (about the size of the paper inside of a fortune cookie).
2. Encourage them to write something inspirational for themselves.
3. Roll or fold the paper into small pieces, and insert them into a balloon.
4. Have the students blow up the balloons with the paper inside. Head outside where students can release their balloons into the air, and their dreams into their future!

ACTIVITY 12

Warm Fuzzies

Materials:

- Colored paper
- Markers or pens
- Tape
- iPod and speakers or CD player

Instructions:

1. Tape one piece of paper onto each participant's back and give them a marker (or pen)
2. Turn music on. Have participants mingle and walk around the room until the music stops.
3. When the music stops, have each participant write something positive about other person onto their piece of paper (ex. You have a nice smile; you are in great shape; you are funny).
4. Repeat step 2 until all participants have wrote on every other participant's back
5. Allow them to take off the paper, read, and enjoy!

ACTIVITY 14

Ball Toss!

Materials:

Ball with numbers (or can use the Key messages/Discussion Cards)

This sheet for guidelines

Instructions:

Have students stand in a wide circle. Have them take turns tossing the ball to one another (or choosing a discussion card). When a student catches the ball, have them identify which number their thumb is closest to. Answer the corresponding question(s):

1. Name a way your family affects your body image.
2. Name a way your friends affect your body image.
3. Say one positive thing about the person to your left.
4. Name one thing about your body that you feel good about and why.
5. What is your favorite TV show? Name one way the actors affect your body image.
6. Who is your role model? Why?
7. Name an accomplishment that you are proud of.
8. Who is your favorite actor? Why?
9. Name a crazy diet that you have heard of.
10. What is your favorite healthy food?
11. What is your favorite way to exercise?

Key Messages – Discussion Cards

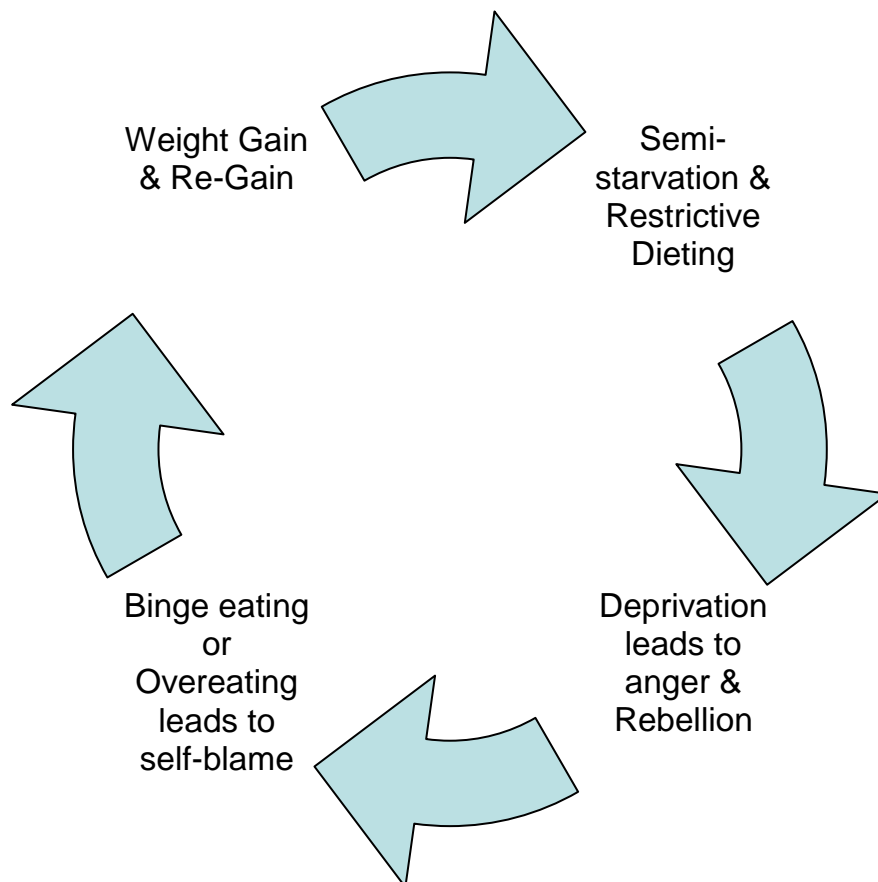
Do you think most real people look like fashion models?	Do “body ideals” change over time?
What makes a healthy body?	What really happens to our bodies when we diet?
What is your favorite way to exercise?	What are fad diets? Do you think they work?
Can healthy bodies come in all shapes & sizes?	What is your favorite healthy food?
Who can make us feel bad about our bodies?	What can make us feel good about our bodies?
What can make us feel bad about our bodies?	Who can make us feel good about our bodies?
Name a way your family affects your body image.	Name a way your friends affects your body image.
Say one positive thing about the person to your left.	Name one thing about your body that you feel good about and why.
What is your favorite TV show? Name one way the actors affect your body image.	Who is your role model? Why?
Name an accomplishment that you are proud of.	Who is your favorite actor? Why?
Enjoy eating well, being active & feeling good about yourself.	Name a crazy diet.

ACTIVITY 15

The Diet Tray – Dispelling Myths Discussion

Instructions:

1. In a large group or divide participants into smaller groups to discuss the following questions:
 - a. Do diets make us fat?
 - b. Why do we diet?
 - c. Is low fat eating the same as healthy eating?
 - d. What is the Diet Trap?
 - e. What really happens to our bodies when we diet?
2. Use the Why We Diet and What Really Happens When We Diet Handouts to guide discussion.



Why We Diet

WHY WE DIET?	WHAT REALLY HAPPENS?
To be thin	<ul style="list-style-type: none"> ▶ Thinness is temporary. Over the long run, 95% of dieters regain the weight. Many get fatter, so they diet again, with the same results. This is called diet cycling, and can lead to obesity.
To be healthier	<ul style="list-style-type: none"> ▶ Diet cycling increases health risks more than being overweight, even if there is no overall weight gain ▶ There is evidence that being plump is healthy and that being too slim is unhealthy. ▶ Most dieting decreases our muscle mass. ▶ What is health? Is it having a thin body, or is it having the energy to deal with life and reach our goals?
To be happier	<ul style="list-style-type: none"> ▶ 95% of all diets fail. Does failure make people happy? ▶ Your body and mind don't run well when you restrict calories. Dieting makes you feel moodier, irritable, and makes you obsessed with food. This feels like failure, but in fact it is a physiological response and has nothing to do with will power. So dieting certainly can affect your happiness – it can make you unhappy.
To fit in	<ul style="list-style-type: none"> ▶ Many diets oblige you to eat different foods than everyone else. ▶ If you are tired from dieting you can't participate in activities with your friends.
To be more attractive	<ul style="list-style-type: none"> ▶ What attracts you to someone? Do you want your boy/girl friends to like you for your body or for yourself? What are long-term relationships based on? If you are dieting, are you fun to be around?
To be better at sports	<ul style="list-style-type: none"> ▶ Your body isn't working at its peak, and you are losing muscle mass. Your mental awareness is diminished. How does this improve your sport?

Source: *The Body Image Project Tool Kit*, pg. 59, *The Eating Disorders Action Group*
www.edag.ca

What Really Happens When We Diet?

HOW DO WE DIET?	WHAT REALLY HAPPENS?
Skipping meals or eating less calories	<ul style="list-style-type: none"> ▶ This lowers our metabolism so we store fat more easily from fewer calories ▶ The brain's and muscles' demand for fuel causes "munchies," usually for high fat, high calorie food. ▶ Poor attention span, irritability, fatigue ▶ Muscle mass may be lost
Cutting out starchy food	<ul style="list-style-type: none"> ▶ Your body loses its best source of stable energy and you will be more likely to feel moody and tired
Cutting out protein	<ul style="list-style-type: none"> ▶ May risk iron deficiency which leads to fatigue ▶ Energy from meals may not last as long, causing more hunger between meals for high fat, high sugar foods
Going on commercial diet plans	<ul style="list-style-type: none"> ▶ Diets don't work – You have a 95% chance of regaining any weight you lose within 1 to 2 years ▶ You give away control to the plan, which lowers you self esteem ▶ You lose muscle mass which lowers your metabolism, making it easier to store fat on fewer calories ▶ Habits are replaced temporarily, not changed permanently ▶ Often expensive
Fasting	<ul style="list-style-type: none"> ▶ Most of the weight loss is water ▶ Muscle mass decreases which lowers metabolism, resulting in subsequent fat gain ▶ Can be medically dangerous

Source: *The Body Image Project Tool Kit. Page 58. By: The Eating Disorders Action Group*
www.edag.ca

ACTIVITY 16

The Body Image Thing...Individual Goal Setting Activity

As a result of today's session

One thing I will try to do is...

One thing I will try to stop doing is...

Activity 17

Music – Song Lyrics

Purpose: To analyze the meaning of song lyrics. Music has a significant influence on teens.

Materials: Printed copies of Song Lyrics (some samples provided but need to find other relevant song lyrics)
Flip chart, marker board, or other large writing surface

Instructions:

- Divide participants into small groups and give each group a copy of song lyrics.
- Ask each group to review the song lyrics and discuss the meaning of the lyrics as it relates to body image.
- Get each group to present back on the song they reviewed and discuss as a large group. Exploring the various body image themes found in the lyrics.



I am - Hilary Duff

*I'm an angel, I'm a devil
I am sometimes in between
I'm as bad as it can get
And good as it can be
Sometimes I'm a million colors
Sometimes I'm black and white
I am all extremes
Try to figure me out you never can
There's so many things I am*

*I am special, I am beautiful
I am wonderful and powerful
Unstoppable
Sometimes I'm miserable, sometimes I'm pitiful
But that's so typical of all the things I am*

*I'm someone filled with self-belief
I'm haunted by self-doubt
I've got all the answers I've got nothing figured out
I like to be by myself, I hate to be alone
I'm up and I am down
But that's part of the thrill, part of the plan
Part of all of the things I am*

*I am special, I am beautiful
I am wonderful and powerful
Unstoppable
Sometimes I'm miserable
Sometimes I'm pitiful
But that's so typical of all the things I am*

*I'm a million contradictions
Sometimes I make no sense
Sometimes I'm perfect, sometimes I'm a mess
Sometimes I'm not sure who I am*

*But I am special, I am beautiful
I am wonderful and powerful
Unstoppable
Sometimes I'm miserable, sometimes I'm pitiful
But that's so typical of all the things I am.*

Christina Aguilera "Beautiful"

Don't look at me

*Every day is so wonderful
And suddenly it's hard to breathe
Now and then I get insecure
From all the pain, feel so ashamed*

*I am beautiful no matter what they say
Words can't bring me down
I am beautiful in every single way
Yes, words can't bring me down, oh no
So don't you bring me down today*

*To all your friends you're delirious
So consumed in all your doom
Tryin' hard to fill the emptiness, the piece is gone
Left the puzzle undone, ain't that the way it is?*

*'Cause you are beautiful no matter what they say
Words can't bring you down, oh no
You are beautiful in every single way
Yes, words can't bring you down, oh no
So don't you bring me down today*

*No matter what we do
No matter what we do
No matter what we say)
No matter what we say
(We're the song that's outta tune)
(Full of beautiful mistakes)*

*(And everywhere we go)
And everywhere we go
(The sun will always shine)
The sun will always, always shine!
(But tomorrow we might awake on the other side)*

*'Cause we are beautiful no matter what they say
Yes, words won't bring us down, oh no
We are beautiful in every single way
Yes, words can't bring us down, oh no
So don't you bring me down today*

*Don't you bring me down today
Don't you bring me down today*

Lady Gaga “Born This Way”

*It doesn't matter if you love him or capital H-I-M
Just put your paws up
'Cause you were born this way, baby*

*My mama told me when I was young
We are all born superstars
She rolled my hair and put my lipstick on
In the glass of her boudoir*

*There's nothin' wrong with lovin' who you are
She said, 'cause He made you perfect, babe
So hold your head up, girl and you you'll go far
Listen to me when I say*

*I'm beautiful in my way
'Cause God makes no mistakes
I'm on the right track, baby
I was born this way*

*Don't hide yourself in regret
Just love yourself and you're set
I'm on the right track, baby
I was born this way, born this way*

*Ooh, there ain't no other way, baby, I was born this way
Baby, I was born this way
Ooh, there ain't no other way, baby, I was born this way
I'm on the right track, baby, I was born this way*

*Don't be a drag, just be a queen
Don't be a drag, just be a queen
Don't be a drag, just be a queen
Don't be*

*Give yourself prudence and love your friends
Subway kid, rejoice of truth
In the religion of the insecure
I must be myself, respect my youth
A different lover is not a sin
Believe capital H-I-M
I love my life, I love this record and
Mi amore vole fe yah*

*I'm beautiful in my way,
'Cause God makes no mistakes
I'm on the right track, baby
I was born this way
Don't hide yourself in regret,
Just love yourself and you're set*

*I'm on the right track, baby
I was born this way*

*Ooh, there ain't no other way, baby, I was born this way
Baby, I was born this way
Ooh, there ain't no other way, baby, I was born this way
I'm on the right track, baby, I was born this way*

*Don't be drag, just be a queen
Whether you're broke or evergreen
You're black, white, beige, chola descent
You're Lebanese, you're orient*

*Whether life's disabilities
Left you outcast, bullied or teased
Rejoice and love yourself today
'Cause baby, you were born this way*

*No matter gay, straight or bi
Lesbian, transgendered life
I'm on the right track, baby
I was born to survive*

*No matter black, white or beige
Chola or orient made
I'm on the right track, baby
I was born to be brave*

*I'm beautiful in my way
'Cause God makes no mistakes
I'm on the right track, baby
I was born this way*

*Don't hide yourself in regret,
Just love yourself and you're set
I'm on the right track, baby
I was born this way, yeah*

*Ooh, there ain't no other way, baby, I was born this way
Baby, I was born this way
Ooh, there ain't no other way, baby, I was born this way
I'm on the right track, baby, I was born this way*

*I was born this way, hey
I was born this way, hey
I'm on the right track, baby, I was born this way, hey
I was born this way, hey
I was born this way, hey
I'm on the right track, baby, I was born this way, hey*

www.bornthiswayfoundation.org

TLC “Unpretty”

*I wish I could tie you up in my shoes make you feel unpretty too
I was told I was beautiful but what does that mean to you?
Look into the mirror who's inside there the one with the long hair
Same old me again today, yeah*

*My outsides look cool, my insides are blue
Every time I think I'm through it's because of you
I've tried different ways but it's all the same
At the end of the day I have myself to blame
I'm just trippin'*

*You can buy your hair if it won't grow
You can fix your nose if you say so
You can buy all the make up that M.A.C. can make
But if you can look inside you, find out who am I too*

*Be in a position to make me feel so damn unpretty
Yeah, I'll make you feel unpretty too*

*Never insecure until I met you, now I'm bein' stupid
I used to be so cute to me, just a little bit skinny
Why do I look to all these things? To keep you happy
Maybe get rid of you and then I'll get back to me, hey*

*My outsides look cool, my insides are blue
Every time I think I'm through it's because of you
I've tried different ways but it's all the same
At the end of the day I have myself to blame*

People trippin'

*You can buy your hair if it won't grow
You can fix your nose if you say so
You can buy all the make up that M.A.C. can make
But if you can look inside you, find out who am I too
Be in a position to make me feel so damn unpretty*

*You can buy your hair if it won't grow
You can fix your nose if you say so
You can buy all the make up that M.A.C. can make
But if you can look inside you, find out who am I too
Be in a position to make me feel so damn unpretty*

*I'll make you feel unpretty too
I'll make you feel unpretty*

*You can buy your hair if it won't grow
You can fix your nose if you say so
You can buy all the make up that M.A.C. can make*

*But if you can look inside you find out who am I too
Be in a position to make me feel so damn unpretty*

*You can buy your hair if it won't grow
You can buy all the make up that M.A.C. can make
But if you can look inside you
Be in a position to make me feel so*

You can buy your hair if it won't grow

P!NK “Perfect”

*Made a wrong turn
Once or twice
Dug my way out
Blood and fire
Bad decisions
That's alright
Welcome to my silly life
Mistreated, misplaced, misunderstood
Miss “no way it's all good”
It didn't slow me down
Mistaken
Always second guessing
Underestimated
Look, I'm still around...*

*Pretty, pretty please
Don't you ever, ever feel
Like your less than
Less than perfect
Pretty, pretty please
If you ever, ever feel
Like your nothing
You are perfect to me*

*You're so mean
When you talk
About yourself
You are wrong
Change the voices
In your head
Make them like you
Instead
So complicated
Look how big you'll make it
Filled with so much hatred
Such a tired game
It's enough
I've done all i can think of
Chased down all my demons
see you same*

Source: LYBIO.net

*Pretty, pretty please
Don't you ever, ever feel
Like your less than
Less than perfect
Pretty, pretty please
If you ever, ever feel*

*Like your nothing
You are perfect to me*

*The world stares while i swallow the fear
The only thing i should be drinking is an ice cold beer
So cool in lying and I tried tried
But we try too hard, it's a waste of my time
Done looking for the critics, cuz they're everywhere
They don't like my jeans, they don't get my hair
Stringe ourselves and we do it all the time
Why do we do that?
Why do I do that?
Why do I do that?*

*Yeah,
Ooh, oh, pretty pretty pretty,
Pretty pretty please don't you ever ever feel
Like you're less then, less than perfect
Pretty pretty please if you ever ever feel
Like you're nothing you are perfect, to me
You're perfect
You're perfect
Pretty, pretty please don't you ever ever feel like you're less then, less
than perfect
Pretty, pretty please if you ever ever feel like you're nothing you are
perfect to me*

Ani Difranco “32 Flavors”

*Squint your eyes and look closer
I'm not between you and your ambition
I am a poster girl with no poster
I am thirty-two flavors and then some
and I'm beyond your peripheral vision
so you might want to turn your head
cause someday you're going to get hungry
and eat most of the words you just said*

*both my parents taught me about good will
and I have done well by their names
just the kindness I've lavished on strangers
is more than I can explain
still there's many who've turned out their porch lights
just so I would think they were not home
and hid in the dark of their windows
til I'd passed and left them alone*

*and god help you if you are an ugly girl
course too pretty is also your doom
cause everyone harbors a secret hatred
for the prettiest girl in the room
and god help you if you are a phoenix
and you dare to rise up from the ash
a thousand eyes will smolder with jealousy
while you are just flying back*

*I'm not trying to give my life meaning
by demeaning you
and I would like to state for the record
I did everything that I could do
I'm not saying that I'm a saint
I just don't want to live that way
no, I will never be a saint
but I will always say*

*squint your eyes and look closer
I'm not between you and your ambition
I am a poster girl with no poster
I am thirty-two flavors and then some
And I'm beyond your peripheral vision
So you might want to turn your head
Cause someday you might find you're starving
and eating all of the words you said*