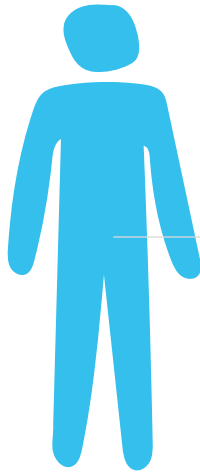


Appearance ideals

Label the body below with as many features as you can that make up today's appearance ideals.

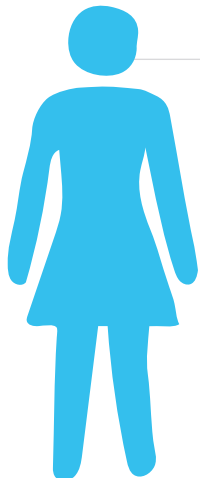


What are appearance ideals for boys?



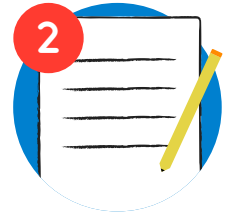
Six-pack abs

What are appearance ideals for girls?



Long, glossy hair

What can trying to match appearance ideals cost you?



Time (e.g., late for school because of spending too much time styling hair)

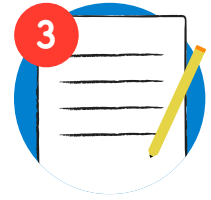


Money (e.g., buying all the latest 'must-have' products)



Emotions (e.g., not feeling good enough)

What else can we value?



The things that make us different are the things that make us unique and valued.

Complete the exercise below to celebrate the qualities and interests that make you unique.



Name:

A quality I admire about myself is:

Something I enjoy doing is:

In future, I would like to spend more time:

Going further



Appearance Ideals: Main messages to remember

- Trying to match appearance ideals can be harmful.
- They are based on opinion, not fact, and are changing all the time. This makes 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 place less importance on how you look and prevent yourself and others from focusing on appearance ideals? Record your answers below.

Taking action for yourself

What I did:

How I felt:

Things you could do

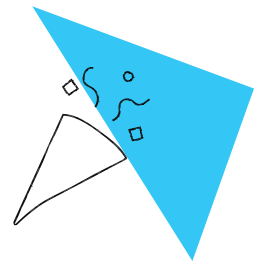
Surprise a friend with a non-appearance-related compliment (e.g., Tell them you appreciate their kindness or creativity.)

Carry out three feel-good things instead of spending time, money and/or emotional energy on trying to match appearance ideals.

Taking action for others

What I did:

How I felt:



Celebrate your individuality and the diversity of the people you know. We are all **one of a kind!**

