

# Appearance Prejudice

Appearance Bias/  
Discrimination  
Lesson



Single Lesson





# What are our Lesson Agreements?

**Respect  
Differences**



**Choose a level  
of participation  
based on your  
comfort level**



# What are we learning today?



**+ What is appearance discrimination?**

**+ How does appearance discrimination affect someone's body confidence?**

**+ How can middle schoolers respond when they see appearance discrimination?**

**+ What are the benefits of having a more inclusive community, where everyone feels they belong?**



# Appearance Ideals

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





When you hear the term *appearance discrimination*, what thoughts, definitions, experiences, words or images come to mind?

Write them down on a piece of paper.





# Discrimination based on appearance

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+ Unfair treatment of one particular person or group of people

+ How someone looks

+

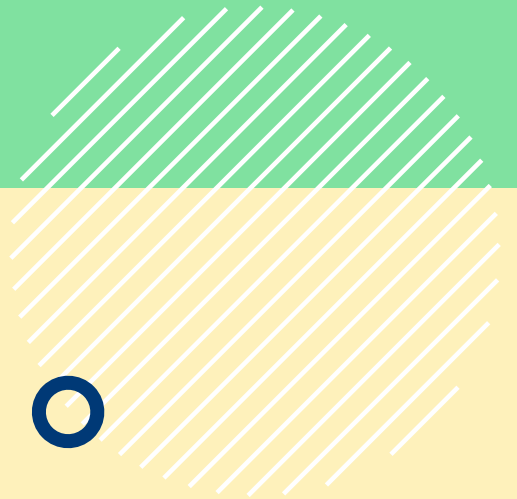


What forms of  
discrimination  
(isms) do you  
know of?





I do







**We do**  
(let's work together)





# You do!

(work in groups - I'll support you!)



# Review the types of discrimination on the handout

## Read the Case Study & answer the questions

Pick a reporter and Prepare that person to share

**+** A brief explanation of the person's experience

**+** The answers to your questions



What can *our* school do to combat appearance discrimination?

How can a more *inclusive* community be created in our school?

How **SHOULD** middle schoolers *respond* when they see appearance discrimination?

If *you're* experiencing discrimination, what can you do?

What can **YOU** do if you *witness* appearance discrimination?



# What have we learned today?

What is appearance discrimination?

How can a more inclusive community be created?

How does appearance discrimination affect someone's body confidence?

How should middle schoolers respond when they see appearance discrimination?



# Congratulations!

You have completed the  
Appearance Discrimination Workshop

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Remember to  
challenge appearance  
discrimination in small  
and big ways!





