

Name: _____

Banish body talk



How do we use body talk?

Explore the different examples of body talk shown in the films, recording your answers below.

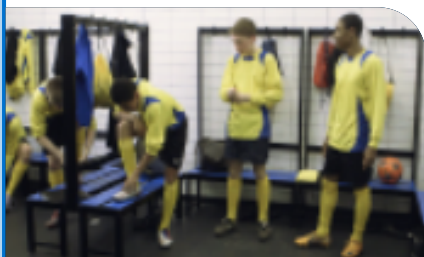
1. Does the conversation seem well-meaning, or harmful?
2. How do you think this conversation makes both young people feel about their appearance?
3. How do you think this conversation will affect their feelings about their appearance in the long-term?

Conversations with Friends



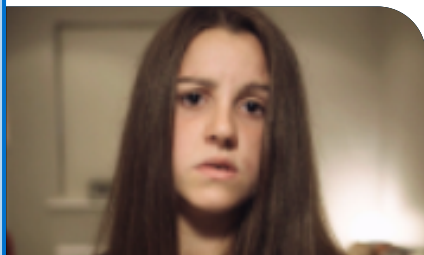
1. _____
2. _____
3. _____

Conversations with the team



1. _____
2. _____
3. _____

Conversations with the mirror



1. _____
2. _____
3. _____



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Work in pairs to prepare a role play. Label yourselves **Person A** and **Person B**.
Read the situations below and practice changing the conversation away from appearance.

Person A: Read the text in *italics* out loud to Person B.

Person B: Reply to Person A, changing the conversation away from appearance.

Modify the scenario to fit your own life. Take turns trying each role.

Scenario 1:

Your friend posts a selfie at the gym with the caption:

Person A: *Working hard on my #beachbody. The countdown to summer is on!*

Person B replies...

Scenario 2:

Your sibling is looking through the photos on your phone:

Person A: *Those jeans make your legs look really good in that picture!*

Person B replies...

Scenario 3:

You're with friends and see a girl from school walking down the street:

Person A: *Her skin is so bad, hasn't she heard of makeup?*

Person B replies...

Scenario 4:

You're getting changed for gym class:

Person A: *Wow, you look so [skinny/toned/fit] now!*

Person B replies...

Scenario 5:

Your cousin shares the latest [beauty/skin lightening] hack trending on social media:

Person A: *This actually works!*

Person B replies...

Feeling stuck? You could change the conversation like this:

Person B:

- Talking about appearance is unhelpful because...
- Talking about appearance is a waste of energy because...
- Let's talk about...
- You could also try swapping roles, or acting out a different situation.

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Going further

Body talk: Main messages to remember

- It is really common to engage in body talk, which can include both positive and negative conversations about appearance.
- People use body talk for lots of reasons, but the outcome is almost always unhelpful as body talk can make appearance seem more important or valuable than other things, and this can impact our confidence.
- By practicing how to redirect conversations away from appearance, we can avoid body talk, build confidence and spend more time discussing what really matters to us.

In what ways could you take action to challenge the use of body talk by yourself and others? Record your ideas below.

Taking action for yourself

What I did:

How I felt:

Taking action for others

What I did:

How I felt:

Things you could do:

- Listen out for when body talk enters your conversations.
- Practice challenging body talk or changing the conversation both face-to-face and online. Don't forget this includes when texting, tweeting, or commenting on pictures and videos.
- Think of ways your friendship group can make a commitment to stop using body talk. You could agree on something to say that shows the conversation needs to be changed, or you could do something symbolic like pretend to add a coin to a 'body talk jar'.