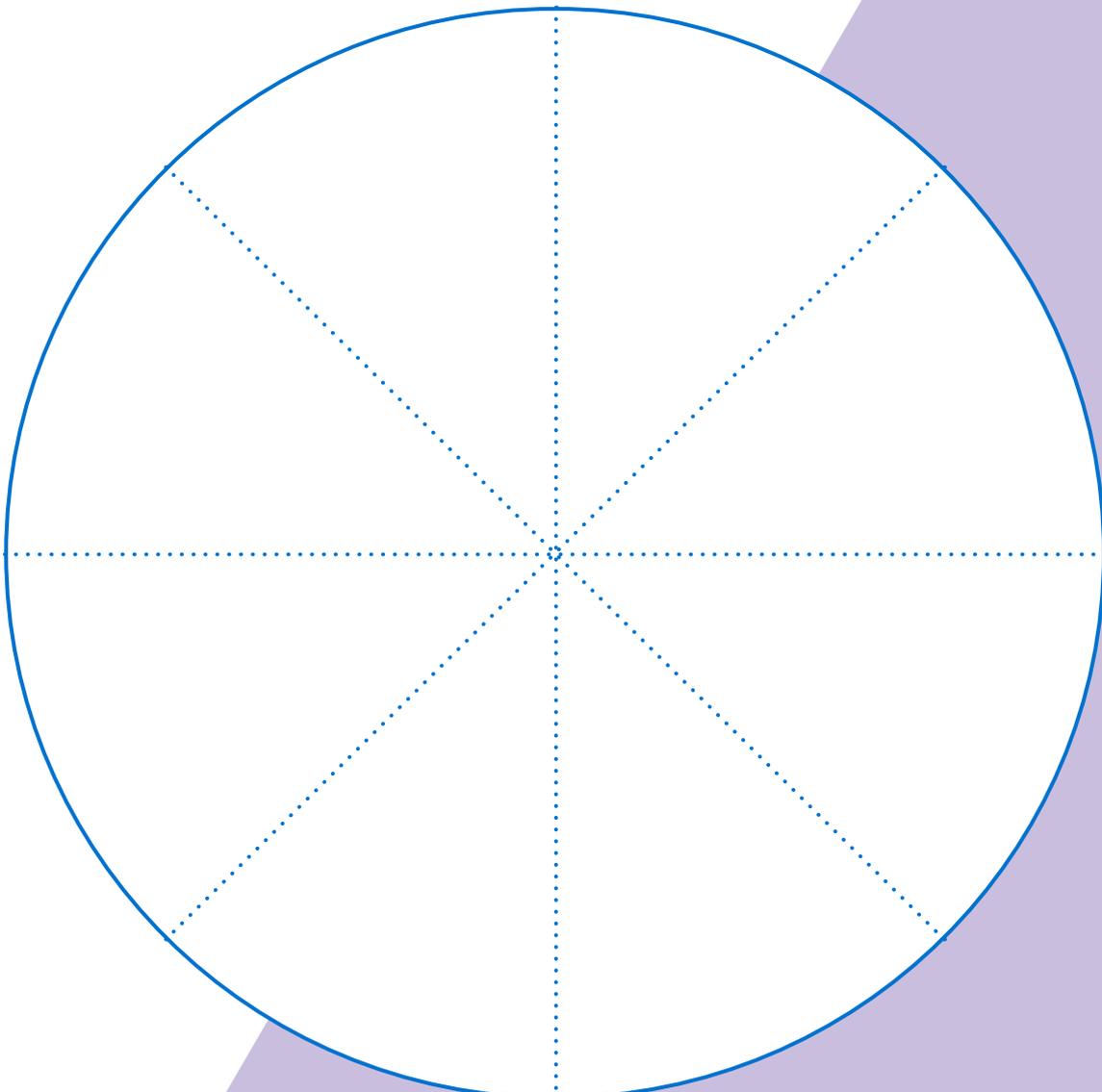


Name: _____

Appearance ideals

Who am I?

1. Create a pie chart that represents all of the different roles and identities that you have. Think about who you are in relation to others (e.g., friend to, child of, sibling of, employee of...), your membership within a group (e.g., nationality, culture, religion) or things are part of your identity (e.g., hobbies, clubs, sports).
2. Write these roles and identities into the pie chart below. You may use the dotted lines as guidelines, or feel free to draw your own lines.





Name: _____

Appearance ideals

Cost of chasing appearance ideals

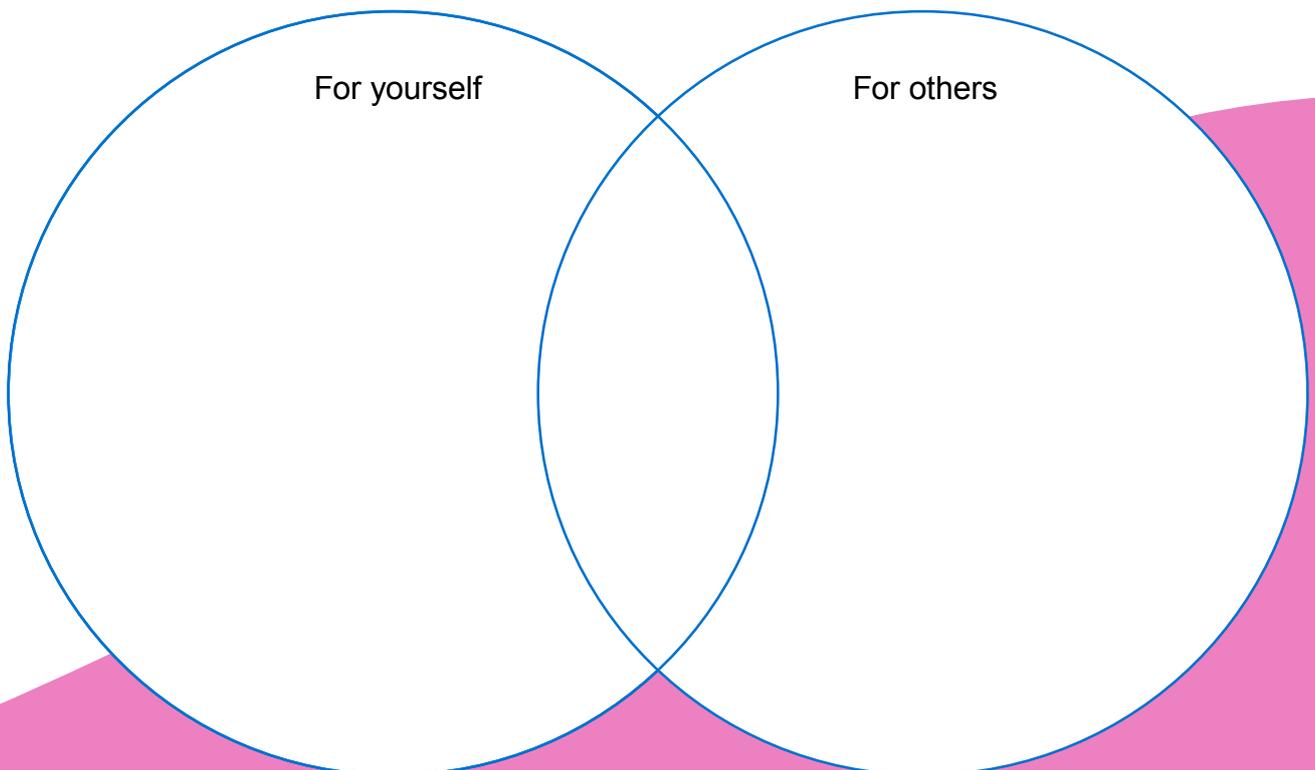


What are the costs of chasing appearance ideals?

Do we benefit from chasing appearance ideals? Why or why not?

Addressing appearance ideals

In the circles below, write down things you can do for yourself and for others when appearance pressures impact you/others. If something helps both you and others at the same time, write it in the space where the circles overlap.



Name: _____

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 to 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 make appearance less important and to prevent yourself and others from focusing on appearance ideals? Record your answers 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:

- Carry out a random act of complimenting someone e.g. surprise a friend with a non-appearance-related compliment.
- Carry out three feel-good things instead of spending time, money, and/or emotional energy on trying to match appearance ideals.