



Women and Gender
Equality Canada

Femmes et Égalité
des genres Canada



Confident Me | Session 1 of 5

Appearance Ideals

**School
workshop
for body
confidence**

Group agreement

- Ask questions
- Listen when others are talking
- Respect differences
- Keep it confidential
- Contribute as much as you are comfortable with



What are we learning today?

- Who are we?
- What are **appearance ideals**?
- Where do **appearance pressures** come from?
- What does it **cost** to chase appearance ideals?
- How can we **resist** appearance pressures?

Test your knowledge!



What is body confidence?

- A** Feeling confident that you look as good as your best friend.
- B** Knowing that your body is healthy enough to pass a fitness test.
- C** Believing that your body is as good as anyone else's body.
- D** Feeling comfortable about your body for how it looks and what it can do.



Test your knowledge!

What are appearance ideals?

- A** The way we feel about ourselves inside.
- B** What our society or culture tells us is the right way to look.
- C** The way we choose to look, dress and express ourselves.
- D** Rules for how everyone needs to dress.



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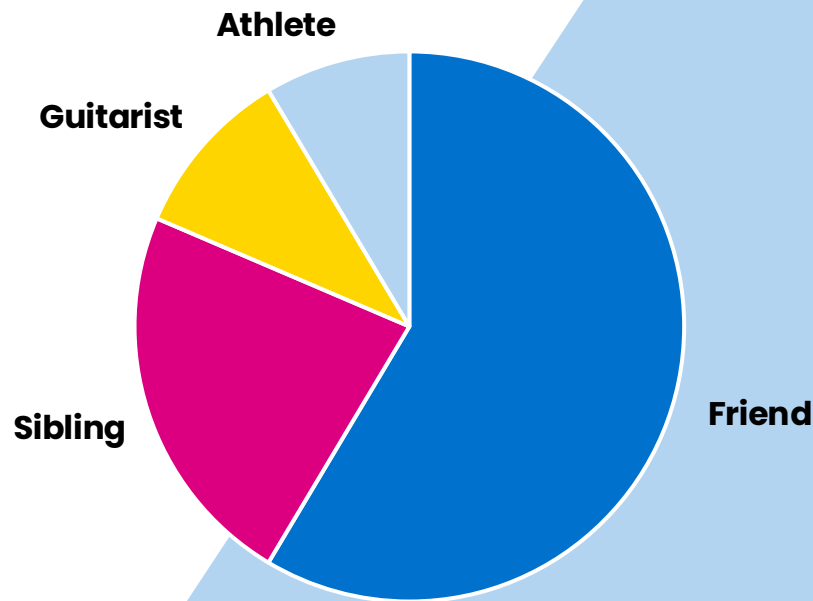
Test your knowledge!

What are appearance pressures?

- A** Pressures we feel to look a certain kind of way.
- B** Wanting to 'look good' in a way that other people (friends, family, etc.) will compliment.
- C** Trying to look and dress in a way that copies how other people look and dress.
- D** All of the above.



Body confidence is shaped by our society



Defining appearance ideals

- How would you describe the “perfect woman”?
- How would you describe the “perfect man”?
- Who is left out of these two ideals?
- How realistic is it for someone to meet these appearance ideals?



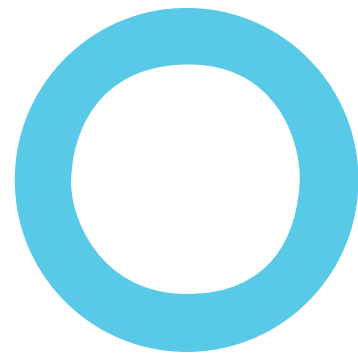
Trying to meet appearance + ideals



Where do appearance pressures come from?



The costs of chasing appearance ideals



How can we resist appearance pressures?



What will you do to be a body confidence champion?

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What have we learned today?

Pressure to look a certain way comes from the world around us

We can value things about ourselves and others that aren't about appearance

Trying to match appearance ideals has negative consequences for our time, money and feelings

We can resist appearance ideals and pressures

Congratulations!

We just finished the first of five sessions in the **Confident Me** Program! Now you can take what you just learned and do your best to be a Body Confidence Champion!

Join a network of Body Confidence Champions across Canada!
plancanada.ca/powerwithin



Want to connect with other changemakers and learn how to take action on the issues that matter most to you? Scan the QR code to join Plan Canada's Youth Hub!