



Women and Gender
Equality Canada

Femmes et Égalité
des genres Canada



Confident Me | Session 3 of 5

Confront Comparisons

**School
workshop
for body
confidence**

What have we learned?

About media messages:

- Images of people that we see in all types of media are not always real (they may be manipulated)
- It is harmful to compare real people to manipulated images
- It is harmful to compare ourselves to what we see in the media
- We can think critically about media messages and take action to reduce their impacts

What are we learning today?

- How do we compare with those around us?
- What is the impact of making comparisons?
- The whirlpool of comparisons
- How can we change our script?

Remember our group agreement

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

Who do we compare ourselves to?

- What ideals are shown in the media?
- What have we learned about comparing ourselves to these images?
- Do you think we only compare ourselves to images we see in the media?
Who else do we compare with?



How do we compare to those around us?



How do we compare our looks?

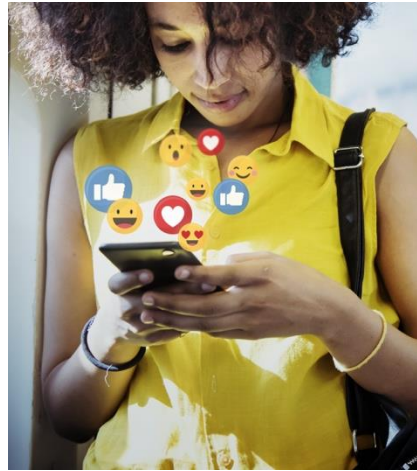
Are the people we compare ourselves to usually people we see as:

- Better looking?
- Not as good looking?

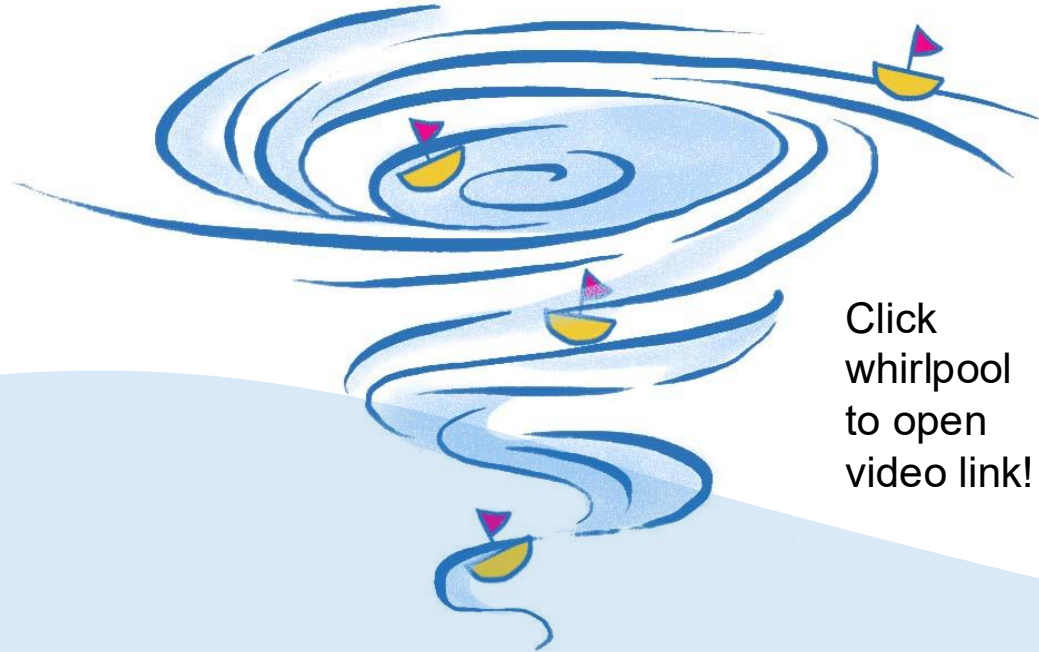
Do we usually compare the features about ourselves that we:

- Like?
- Dislike?

What is the impact of making comparisons?



The whirlpool of comparisons



Click
whirlpool
to open
video link!

What can we do instead?

Compliment
ourselves and
others on things
that aren't about
appearance

Celebrate
ourselves and
our friends

Focus on the
good things
about ourselves
and others

Enjoy each
others' company
instead of being
critical

How can we change our script?

We're different
people, we're not
supposed to look
the same!

No one naturally
looks like their
filtered selfies

How can we change our script?

1.

Browsing social media, you see a video of a person doing a dance that has become popular lately. This particular dancer is fit, and they move skillfully.

You immediately think about how you would never look as good doing the same dance. How do you respond to this comparison?

2.

Your friend points out a billboard with pictures of a group of people who all look very happy. You realize it's an advertisement for a skin lightening product for people with darker skin.

Your friend has darker skin and shares that they wish they had skin like the models and considers trying the product. How do you respond?

3.

Your sibling really likes one social media influencer. They often buy products that the influencer recommends and mimics the way they dress. That influencer recently got cosmetic nose surgery, which earned many compliments.

Your sibling wonders if they should get surgery too. What would you say?

**What will
you do to
be a body
confidence
champion?**



What have we learned today?

Comparing
yourself to
others is
common and
natural

Making
appearance-based
comparisons can
have negative
consequences

We can
challenge the
process of making
appearance-
based comparisons

Congratulations!

We just finished the third 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!