



Women and Gender
Equality Canada

Femmes et Égalité
des genres Canada



Confident Me | Session 4 of 5

Banish Body Talk

School
workshop
for body
confidence

What have we learned?

About confront comparisons:

- 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



What are we learning today?

- What is body talk?
- How do we use body talk?
- What is the impact of body talk?
- How can we avoid body talk?

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?

How do we talk about appearance?

- Complimenting others people's appearance
- Teasing other people based on appearance
- Commenting on your own appearance (to yourself and others)



What is body talk?

A conversation or comment that strengthens and keeps appearance pressures going.





How do we use body talk? (1/3)



- Does this conversation seem well-meaning, or harmful?
- How do you think this conversation makes both people feel about their appearance?
- How do you think this conversation will affect their feelings or behaviours related to their appearance in the long-term?

How do we use body talk? (2/3)



- Does this conversation seem well-meaning, or harmful?
- How do you think this conversation makes both people feel about their appearance?
- How do you think this conversation will affect their feelings or behaviours related to their appearance in the long-term?

How do we use body talk? (3/3)



- Does this conversation seem well-meaning, or harmful?
- How do you think this conversation makes both people feel about their appearance?
- How do you think this conversation will affect their feelings or behaviours related to their appearance in the long-term?

We hear body talk all the time



- How many times a day do you estimate body talk occurs?
- What is the total effect of all these appearance-based conversations?
- How can it leave people feeling?

How can we banish body talk?

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...



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



What have we learned today?

Body talk is any conversation about appearance

We can avoid body talk and focus on other qualities instead

All kinds of body talk can cause problems to our self-esteem

Congratulations!

We just finished the fourth 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!