Appearance Prejudice

Appearance Bias/ Discrimination Lesson

Single Lesson

Dove
Self-Esteem Project

What are our Lesson Agreements?

Respect Differences

+

Choose a level of participation based on your comfort level

What are we learning today?

- What is appearance discrimation?
- How does appearance discrimination affect someone's body confidence?
- How can middle schoolers respond when they see apperance discrimination?
- What are the benefits of having a more inclusive community, where everyone feels they belong?

Appearance Ideals

What our society or culture tells us is the ideal way to look at a certain moment in time.

When you hear the term *appearance discrimination*, what thoughts, definitions, experiences, words or images come to mind?

Write them down on a piece of paper.

Discrimination based on appearance

- Unfair treatment of one particular person or group of people
- How someone looks

What forms of discrimination (isms) do you know of?

I do

We do

(let’s work together)

You do!

(work in groups - I'll support you!)

Review the types of discrimination on the handout Read the Case Study & answer the questions

Pick a reporter and Prepare that person to share

- A brief explanation of the person's experience
- The answers to your questions

What can *our* school do to combat appearance discrimination?

How can a more *inclusive* community be created in our school?

What can YOU do if you *witness* appearance discrimination?

How SHOULD middle schoolers *respond* when they see appearance discrimination?

If *you're* experiencing discrimination, what can you do?

What have we learned today?

What is appearance discrimation?

How can a more inclusive community be created?

How does appearance discrimination affect someone's body confidence?

How should middle schoolers respond when they see appearance discrimination?

Congratulations!

You have completed the Appearance Discrimination Workshop

Remember to challenge appearance discrimination in small and big ways!

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 International Canada's Youth Hub!

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