

**Activity** 

Episode 25 2<sup>nd</sup> September 2014

# Fresh Faced Friday

# **Key Learning**

Students will investigate what body image is, what influences it and the impact images in the media have on a person's body image.

## The Australian Curriculum

Health and Physical Education/Personal, Social and Community Health/Being healthy, safe and active

Explore and cultural identities and how they change and adapt to different context and situations Years 5 and 6











Investigate community resources and strategies to seek help about health, safety and wellbeing Years 5 and 6





Health and Physical Education/Personal, Social and Community Health/Being healthy, safe and active

Investigate the impact of transition and change on identities Years 7 & 8









# **Discussion Questions**

- 1. Discuss the BtN story with another student. Share the main points of your discussion with the rest of the class.
- 2. Describe Brooke's approach to life?
- 3. What does Brooke say gave her resilience?
- 4. What is Fresh Faced Friday?
- 5. Why is Brooke passionate about the issue of body image?
- 6. How did she get the Fresh Faced Friday campaign started?
- 7. What do you think makes a person unique?
- 8. What factors do you think affect a person's body image?
- 9. What do you understand more clearly since watching this story?
- 10. What else do you think can be done to help encourage positive body image in young people?

# **Activities**

Discussion – What is body image?

Discuss the issues raised in the BtN story. Students brainstorm their ideas about what body image means. What is positive (or healthy) body image? Think about all the things which would help a young person to



develop a positive body image. What is negative (or unhealthy) body image? Students could use an online brainstorming tool such as Bubbl.us <a href="https://bubbl.us/">https://bubbl.us/</a> to create a mind map.

### What influences body image?

Working in pairs, students reflect on the following questions:

- What factors affect your own body image?
- What is self esteem?
- How is body image connected to self esteem?
- How does negative body image
- Do you care about how others see you? Who do you think influences you more your friends (peers), adults, the media?
- Why is the way you see yourself important (self esteem, confidence, physical wellbeing)?
- Do you think body image affects males and females in the same way? Why or why not?

How do you think young people could be supported or encouraged to have a positive body image?

Further Investigation: How does the ideal image of a woman's body differ in other cultures and historic times? How does this compare to the ideal image of a man's body?

#### Body Image and Advertising

Discuss with students the role the media plays in influencing a person's body image. Ask students to consider the following:

- What sorts of images are we exposed to from popular media (advertising, magazines, TV, movies)?
- What techniques are used to alter or change images? Why are the techniques used?
- Is diversity shown in advertising (consider cultural background, body shape, age)?

Look through a range of fashion magazines and select and cut out images of male and females that you think portray negative, unrealistic, unhealthy or distorted body images. Create a collage using the images. What message are the images sending to young people?

Find examples in the media of fashion or beauty companies that are trying to portray a more realistic view. What strategies are they using? Do you think it is effective? An example is the Dove Evolution commercial <a href="https://www.youtube.com/watch?v=hibyAJOSW8U&list=PL8EFBF50F0919A733">https://www.youtube.com/watch?v=hibyAJOSW8U&list=PL8EFBF50F0919A733</a>
Ask students if they think the commercial is effective. Why or why not?

Working in pairs or small groups, students create their own advertisement that encourages young people to have a positive body image.

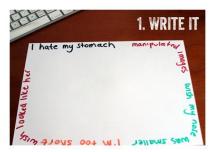
## Further investigation

Students respond to the following statement: Using computer-enhanced photographs is dishonest and should be banned.



## Fresh Faced Friday Campaign

Older students could get involved in the Fresh Faced Friday Campaign. Here's what they do:







On a piece of write down what you want to "Tear Up" around the outside of the paper i.e. negative self talk you find yourself saying about your body, media practices you want to see changed.

#### Tear It Up

Tear all that negative stuff from the outside of the paper, scrunch it up and throw it away as a symbol of taking a fresh and healthy look at you.

#### Share It

On your torn blank centre write your #FFF message of support for you and others to be body confident. Take a snap and share your #FFF "Tear It Up" message

To find out more visit the Fresh Faced Friday website http://www.tuneinnotout.com/fff/

# Related Research Links

Behind the News - Body Image

http://www.abc.net.au/btn/story/s3314146.htm

Kids Helpline - Body Image

http://www.kidshelp.com.au/teens/get-info/hot-topics/body-image.php

Reach Out – What is body image?

http://au.reachout.com/what-is-body-image

Fresh Faced Friday - Official website

http://www.tuneinnotout.com/fff/

Child and Youth Health - Body Image

http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=287&id=1634

