

Let's
Undress our Body
Image

Streetwise is a partnership between CST and Maccabi GB



MACCABI GB
For an *active* Jewish Community

When we go into school and deliver sessions with you on Body Image, the first thing we ask you is to think of someone you look up to and why. Common answers include, 'my mum because she works hard', 'my teacher because he really cares about the students', 'my football coach because they push me to be better'. When it comes down to it, we value those close to us for their attitudes and behaviours and the likelihood is, people value us in the same way too.

So why do we hold ourselves to such high standards and why do we put so much value on the way we look? There are many possible reasons, and if you're thinking of times you have put pressure on yourself to look a certain way, know that you aren't alone. In fact, everyone at some point in their life will be unsatisfied with their body image.

What is body image? Body image is the way a person sees their body. This is often in comparison to the standards that have been set by society.

Is it okay to think about your body image? Absolutely, we need to think about our bodies and how to keep them physically and mentally healthy. We may have parts we want to improve or change, but it is important to think about what drives those desires.

The hardest thing about comparing yourself to people you see online or on TV is feeling like you will never achieve the same look as them. But how achievable is it really? Find out in the next activity.

Activity 1

Watch the BBC clip 'faking it' and answer the questions below.

<https://www.youtube.com/watch?v=6j4xMDXDJMY>

- How many hours did it take her to get ready?
- How many people worked on her 'look'?
- How many shots do they go through in a day to find the perfect picture?
- On average, how many airbrushed or altered images do we see a day?

Body image is linked to something called self-esteem. Self-esteem is how we see and value ourselves. We can have high or low self-esteem and depending on the levels we have, it may effect whether you:

- Like and value yourself as a person
- Are able to make decisions and assert yourself
- Recognise your strengths and positives
- Feel able to try new or difficult things
- Show kindness towards yourself
- Move past mistakes without blaming yourself unfairly
- Take the time you need for yourself
- Believe you matter and are good enough
- Believe you deserve happiness

STREET WISE



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