

Body Image

Session Plan

Session	Body Image and Mental Health
Background Information	Body image is how you see yourself when you look in the mirror or when you picture yourself in your mind. It encompasses what you believe about your own appearance, how you feel about your body, including your height, shape and weight. A negative body image is when you feel ashamed and self-conscious, and anxious about your body. Whereas a positive body image is a clear, true perception of your shape – you see the various parts of your body as they really are. The key to developing body image is to recognise and respect our natural shape and learn to overpower those negative thoughts and feelings with positive and affirming ones.
Aim	To provide an introduction to body image and its impact on mental health
Objectives	<p>Participants will be able to:</p> <ul style="list-style-type: none"> • Discuss some of the commonly held misconceptions surrounding body image • Explain what the term body image means • Discuss what can cause a negative body image • Describe the impact a negative body image can have on mental health • Discuss ways to promote a positive body image • List resources to promote, protect and support mental health and wellbeing
Duration	1.5 hours
Resources	<ul style="list-style-type: none"> • IT • Presentation • Quiz • Session handouts • Evaluation

Learning outcomes	Participant Activity	Resources	Time
1. Discuss some of the commonly held misconceptions surrounding body image	Myth buster	Quiz	10 min
2. Explain what the term body image means	Definition	Flipchart/ pens Slide	10 min
3. Discuss what can cause a negative body image	Causes of negative body image	Flipchart/ pens Slide	15 min
4. Describe the impact a negative body image can have on mental health	Impact on mental health	Flipchart/ pens Slide	15 min
5. Discuss ways to promote a positive body image	Body map	Flipchart/ pens Slide	20 min
6. List resources to promote, protect and support mental health and wellbeing	None	Mental health resources handout	5 min
7. Looking after our own mental health	Self-care	Slide	5 min
8. Reflection and session close	Reflection	Evaluation	5 min

Facilitator's Notes

Slide	Notes	Time	Resources
1	<p>Welcome participants and introduce yourself before offering an overview of the session. Have the title slide up and visible whilst doing this.</p> <p>Emphasise that the session today is an introduction to body image and the impact it can have on mental health. Body image is a complex issue, but by raising awareness, we can help promote understanding. It is not intended to make participants experts on body image and mental health.</p>	5 min	Slides
2	Put up the session overview slide and read out what will be covered today.		
Activity	<p>Body Image Quiz</p> <p>Let's start with looking at some of the myths that surround body image.</p> <p>Distribute the body quiz to participants. This can be done on an individual basis or as group. Ask participants to complete the quiz, true or false. This is a good starting point and gives an insight into the participants' knowledge and attitudes to body image.</p> <p>Once completed, go through each of the questions to generate discussion. Use the supporting statements to provide the correct answers and information.</p> <p>Discussion point: Are there any surprises? Share that this activity helps challenge some of the myths associated with body image.</p>	<p>10 min</p> <p>(5 min activity, 5 min feedback)</p>	Quiz
Group Activity & Slide 3	<p>What is body image?</p> <p>Now we are going to explore what we mean by body image. How would we describe/define body image?</p> <p>Divide the participants into groups and provide flipchart and pens.</p> <p>Invite the groups to discuss what body image means to them and how they would</p>	<p>15 min</p> <p>(10 min activity, 5 min feedback)</p>	<p>Flipchart/ pens</p> <p>Slides</p>

	<p>describe/define it. As a collective, the group have to agree a definition/statement of body image.</p> <p>Invite the groups to feedback their definition/statement. Bring up the definition slide. Make reference to any similarities that groups may have with the definition.</p> <p>Discussion point: highlight a positive body image is when we have a clear, true perception of our shape and embrace this, however a negative body image can leave us feeling ashamed and self-conscious and have a significant impact on our mental health and wellbeing. We will explore this during the session.</p>		
4	<p>Statistics</p> <p>The purpose of the statistic section is to help build a picture of the scale of the problem relating to body image. Statistic source is Body image report - Executive Summary.</p> <p>Inform the participants we are going to look at some of the statistics relating to body image. Read the information on the slide.</p> <p>Discussion point: Once you have read off the information ask the participants what their thoughts and views are on the statistics, are they alarmed by them or did they expect worse? Don't go into detail, this is merely to help paint a picture of the scale of the challenge in relation to poor body image, that it is a public health concern and a contributory factor in poor mental health and wellbeing.</p>	5 min	Slide
Activity & Slide 5	<p>What can cause a negative body image?</p> <p>We have looked at some of the myths, what we mean by body image, the statistics and this part of the session will explore what can cause a negative body image.</p> <p>Divide the participants into groups and provide a flipchart and pens.</p> <p>Invite the groups to draw an outline of the body and to think about, discuss and write down</p>	<p>15 min</p> <p>(10 activity, 5 min feedback)</p>	<p>Flipchart/ pens</p> <p>Slide</p>

	<p>what they think can cause people to have a negative body image. Once completed, take feedback from each group, one/two examples for each group.</p> <p>Bring up the slide to highlight some examples of what can cause a negative body image, make comparisons to what the groups have come up with. Highlight that the list is not exhaustive.</p> <p>Conclude that this exercise demonstrates the breadth of factors that can cause a negative body image. It may not just be one but a combination of factors that can cause it.</p>		
Activity & Slide 6	<p>The impact a negative body image can have on mental health?</p> <p>Keep the participants in their groups and provide more flipcharts.</p> <p>We have looked at what can cause a negative body image and now we are going to consider the impact having a negative body image can have on mental health.</p> <p>Invite the groups to think, discuss and write down what they think the impact on mental health can be.</p> <p>Take feedback from the groups, one/two examples from each.</p> <p>Bring up the slide to highlight some examples of the impact on mental health making comparisons to what the groups have written.</p> <p>Highlight the list is not exhaustive and these are only some examples.</p>	<p>15 min</p> <p>(10 min activity, 5 min feedback)</p>	<p>Flipchart/pen Slide</p>
Activity & Slide 7/8	<p>Promoting a positive body image</p> <p>Keep participants in their groups and provide a flipchart.</p> <p>We have looked at what body image is, what can cause a negative body image and how this can impact on mental health and now we are going to look at how we promote a positive body image.</p>	<p>15 min</p> <p>(10 min activity, 5 min feedback)</p>	<p>Flipchart/pen</p> <p>Slide</p> <p>Mental Health Resources</p>

	<p>Invite the groups to consider and write down things that we can do to promote a positive body image, for example keeping fit and healthy with exercise and a balanced diet.</p> <p>Take feedback from each group, one/two examples from each. Bring up the slide to highlight examples of what we can do to promote a positive body image making comparisons to what the groups have identified.</p> <p>Highlight these are some examples and the list is not exhaustive.</p> <p>Circulate the mental health resources handout (child/youth or adult), highlight these are general resources/supports that can be sourced to support mental health.</p> <p>Discussion point: are there any local resources that participants would like to share?</p> <p>Conclude that we all access different modes of support for our mental health. This can include self-help through websites, reading, accessing group, 1 to 1 or telephone supports, taking to a supportive friend, colleague, or family member.</p>		handout (CYP or Adult)
Activity & Slide 9	Remind the participants of the importance of looking after their own mental health and provide a self-care activity.	5 min	Slide
Session Close	Thank the participants for their time and ask them to complete the reflective practice tool.	5 min	Reflective practice handout