

BODY IMAGE: STRAIGHT TALK FOR TEENS RECOMMENDED FOR GRADES 5,6,7,8

When puberty causes emotional and physical changes, teens can often become unhappy or self-conscious with their appearance. In this program, students will learn what it means to have a positive versus negative body image. The messages young teens receive from their peers, culture and the media about the “perfect body” will be closely examined. The course will also outline the choices teens have in light of these messages – the choice to accept and be proud of their body, or the choice to change their body by using chemicals, disordered eating, dieting, and cosmetic surgery in order to achieve “perfection.” The positive and negative consequences of each choice will be carefully outlined. Students will end the course by learning five key ingredients to maintaining a healthy body and a positive body image.

TOPICS COVERED

- Positive and negative body image
- Factors that influence body image
- Impact of the Media
- Ways in which a person may try and change his/her body: Dieting, Chemicals (including steroids), Disordered eating, Cosmetic surgery
- Making healthy choices with nutrition and exercise

OBJECTIVES

- Students will be able to define body image and give examples of positive and negative body image
- Students will be able to describe how peers, cultural messages and the media can impact a person’s body image
- Students will be able to critically analyze images in the media and identify how images are distorted to fit our society’s definition of the ideal/perfect body
- Students will be able to list four unhealthy behaviors that people engage in to try to change their body size (cosmetic surgery, dieting, chemicals, disordered eating) and the risks associated with those behaviors.
- Students will be able to identify five ways to maintain a healthy body and positive body image

NATIONAL HEALTH EDUCATION STANDARDS

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health
- Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior
- Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health
- Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks
- Standard 5: Students will demonstrate the ability to use goal-setting skills to enhance health
- Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks
- Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health

NATIONAL STANDARDS FOR PHYSICAL EDUCATION

- Standard 6: Values physical health for health, enjoyment, challenge, self-expression, and/or social interaction

ACTIVITIES AND ASSIGNMENTS

Body Image: Straight Talk for Teens
Digital Instruction 25m

STUDENT ASSIGNMENTS

Body Changes During Puberty 30m

Fad Diets: The Good, Bad and Ugly 30m

Genetics 60m

Growth Diary 15m

How is your Body Image 30m

CLASSROOM ACTIVITIES

Introducing MyPlate 30m

Media Literacy 45m

Think About the Positives 30m

What is Body Image? 30m

Individual Courses are priced at \$75.

This course can also be purchased as part of the *Elementary Bundle* for \$650, or the *Middle School Bundle* for \$650.

CASEL CORE COMPETENCIES

- Responsible Decision making
- Self-awareness
- Self-management

