

# Body Image & Self Esteem Workshop

## Objective:

To equip, educate and empower school children aged 11-14, on issues related to body image, self esteem and associated subject matters, while emphasizing the importance of self acceptance and respect for others.

## Overview:



## Body image is:

- Influenced by friends, family members, cultural standards and commercial advertising.
- Independent of body size and shape.
- Independent of your actual physical appearance. Any person of any physical description can have either a positive or negative body image.
- Often closely linked to self-esteem.

Body image is what you believe and feel about your body and physical appearance.

Body image refers to a person's perception of their own body.

A person's body image is thought to be, in part, a product of their personal experiences, personality, and various social and cultural forces.

A person's perception of their appearance can be different from how others actually perceived them.

## Self-esteem is:

- A term used to reflect a person's overall evaluation or appraisal of his or her own worth.
- Encompassing beliefs and emotions such as triumph, despair, pride and shame.

Promoting a positive body images in children can improve their self-esteem and overall happiness.



## Facts about body image and self esteem:



- 32% of 10-15 year olds are worried about their body (Ofsted).
- 50% of girls want to look like the images they see in the media. (BBC).
- Before the age of 10, girls start to link body image and appearance to happiness and self esteem (GirlGuiding UK).
- Children age 8 and 9 have high self esteem, which falls significantly in adolescence. 17 year old have the lowest self esteem levels. (Open University)

### Format:

The workshop will be presented by one of our trainers, using a laptop and projector.

During each session, pupils will be asked to take part in open discussions and to complete simple exercises on a group or individual basis.

At the end of the workshop pupils will have gained a greater awareness and understanding of the issues surrounding body image and self esteem. Specific topics include:

### Option 1:

1 hour workshop - £150.00

### Option 2:

2 hour workshop - £250

### Option 3:

Full day workshop (including dance and drama) - £450.00

### Equipment & Materials:

#### Supplied:

Workbook

#### Required:

White Screen (for projector)

Desk (for laptop and projector)

Electric sockets.

