



Name: .....

# How do we use body talk?

Explore the different examples of body talk shown in the films, recording your answers below.

## 1.1 Conversations with Friends



Where/when is this conversation taking place?

Does the conversation seem well-meaning, or harmful?

How do you think this conversation makes both young people feel about their appearance?

How do you think this conversation will affect their feelings about their appearance in the long-term?

## 1.2 Conversations with the Team



Where/when is this conversation taking place?

Does the conversation seem well-meaning, or harmful?

How do you think this conversation makes all the young people feel about their appearance?

How do you think this conversation will affect their feelings about their appearance in the long-term?

## 1.3 Conversations with the Mirror



Where/when is this conversation taking place?

Does the conversation seem well-meaning, or harmful?

How do you think this conversation makes the person feel about their appearance?

How do you think this conversation will affect the person's feelings about their appearance in the long-term?



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# How can we challenge body talk?

Work in pairs to prepare a role play. Label yourselves **Person A** and **Person B**.  
Read the situations below and practise changing the conversation away from appearance.

## Person A

Read the text in *italics* out loud to **Person B**.

## Person B

Reply to **Person A**, changing the conversation away from appearance.

1 You're walking to school and meet up with friends:

**Person A:** *'Love your hair, looks really good!'*

**Person B** replies: ...

2 Your friend is looking through your photos:

**Person A:** *'I love your jeans, they make your legs look so long and thin.'*

**Person B** replies: ...

3 You're with friends and see someone in the street:

**Person A:** *'Wow, her spots look really bad today. Hasn't she heard of make-up?'*

**Person B** replies: ...

4 Your friend posts on social media:

**Person A:** *'Man, I need to go the gym more, my arms are tiny!'*

**Person B** replies: ...

5 Your friend shares the selfies from a celeb's social profile:

**Person A:** *'Wish I was as skinny as her.'*

**Person B** replies: ...

6 You're getting changed for PE:

**Person A:** *'Mate, you really need to tone up!'*

**Person B** replies: ...

## Feeling stuck?

You could change the conversation like this:

**Person B:** Talking about appearance is unhelpful because...

Talking about appearance is a waste of energy because...

Let's talk about...

You could also try swapping roles, or acting out a different situation.





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# Going further

## Body talk: main messages to remember

It is really common to engage in body talk, which can include both positive and negative conversations about appearance.

People use body talk for lots of reasons, but the outcome is almost always unhelpful as body talk can make appearance seem more important or valuable than other things, and this can impact our confidence.

By practising how to redirect conversations away from appearance, we can avoid body talk, build confidence and spend more time discussing what really matters to us.

 In what ways could you take action to challenge the use of body talk by yourself and others? Record your ideas below.

## Taking action for yourself

What I did: .....

.....

How I felt: .....

.....

## Taking action for others

What I did: .....

.....

How I felt: .....

.....

 Things you could do:

Listen out for when body talk enters your conversations.

Practise challenging body talk or changing the conversation both face-to-face and online. Don't forget this includes when texting, tweeting or commenting on pictures and videos.

Think of ways your friendship group can make a commitment to stop using body talk. You could agree on something to say that shows the conversation needs to be changed, or you could do something symbolic like pretend to add a coin to a 'body talk jar'.

Celebrate your individuality and the diversity of the people you know.

Aim to be the best you can be – you are one of a kind!

