



THIS IS ME

<p>Introduction</p>	<p>Satisfaction with one's own body and appearance is essential for the development of children and adolescents. Criticism from outside and comparison with others can reinforce dissatisfaction with one's own body. In addition, our society is strongly oriented towards images. The images in the media, on the internet, on social platforms mostly depict pretty, well-styled people and are usually heavily edited. If children and young people tend to compare themselves to these images, self-doubt, and feelings of dissatisfaction with their own bodies can be the result. Studies show that many pupils are dissatisfied with their appearance and their bodies. Boys consider themselves too thin; girls usually think they are too fat - no matter how much they weigh. Feeling uncomfortable in one's own body has negative effects on the psychological development of children and adolescents - especially if their self-esteem is low.</p>
<p>Objective / teachers' goal</p>	<p>Students shall reflect on their bodies and how they may not focus only on orientation towards appearances.</p>
<p>Relation to competence framework INTRODUCTION TO THE VITALITY COMPETENCE FRAMEWORK copy (vitalityforthefuture.eu)</p>	<p>Understanding mental health Competence in analysing health needs Capacity building and intervention</p>
<p>Dimensions (check the dimensions and related aspects below) <input type="checkbox"/> Bodily functions <input type="checkbox"/> Mental wellbeing <input checked="" type="checkbox"/> Meaningfulness <input type="checkbox"/> Quality of life <input type="checkbox"/> Participation <input type="checkbox"/> Daily functioning</p>	
<p>Materials</p>	<p>Each Student has a very big sheet of paper and a pencil</p>
<p>Approach</p>	<p>First activity: The students shall discuss the following input: What is body shaming? People have always been teased or defamed because of their appearance. Today, the phenomenon is called "body shaming". This means that someone is devalued because of their appearance. Discrimination ranges from small, pointed remarks, to harsh insults, to bullying and exclusion. All of this really hurts. On the net as well as in real life. Fat shaming is most common</p>





Being overweight is the number one reason for body shaming. Girls and women are particularly frequent victims because they are judged much more on the basis of their appearance than men. Nevertheless, body shaming is not a purely female issue. Basically, it can affect anyone who does not conform to the usual ideas of beauty: fat, thin, short, cross-eyed or disabled people.

Fatal consequences for body and soul

Body shaming against fat people is also called "fat shaming". There are no exact figures. But the German Obesity Society (DAG) assumes that it is a mass phenomenon. According to this, people with obesity experience various forms of discrimination every day - with far-reaching consequences.

A study by the University of Tübingen in 2012, for example, showed that obese people have disadvantages in their careers - they are much less likely to be given a management position than their normal-weight colleagues. Conclusion of the study: Even trained personnel decision-makers have prejudices against severely overweight people.

What does this do to those who meet with so much rejection? Experts say that everyday discrimination is often internalised to such an extent that those affected devalue themselves. Self-stigmatisation is the name given to this behaviour. Those discriminated against become increasingly dissatisfied with themselves and their body image, often becoming their own biggest body shamer. "Often their emotional well-being deteriorates, causing depressive moods, anxiety, low self-esteem and even suicidal tendencies," warns obesity expert Professor Dr. Matthias Blüher.

Well-intentioned advice usually has the opposite effect

Body shamers like to package their prejudices in seemingly well-intentioned advice. "You need to do more exercise" or "Try the so-and-so diet", they say - often under the pretext that they are concerned about the health and well-being of the "fat person". The body shamer assumes that the other person is just too lazy or too weak-willed to lose weight. This is not only hurtful, but almost always has the opposite effect. Moreover, the assumption is usually wrong.

Second action: Students pair up with whom they trust in.

One student lays down on a big sheet of paper, the other student is drawing the outlines of the student that lays on the paper. Next, they draw vice versa.





	<p>Next each student writes into his picture what he thinks he is good at. Then they are discussion the pictures and the strength, maybe they find more strength from each other and assist with reflection, new information and thoughts.</p> <p>In the end students take home their own body image and the positive input they got.</p>
Type of activity (workshop, assignment, quiz, debat, presentation, etc.)	workshop
Duration	3 hours
Final goal (learning outcome)	Promote positive body images





Dimension/Aspects							
Bodily functions	Feeling healthy	Fitness	Complaints and pain	Sleep	Food	Condition	Exercise
Mental well-being	Remember	Concentrate	Communicating	Being cheerful	Accepting yourself	Dealing with change	Sense of control
Quality of life	Enjoy	Being happy	Balance	Feeling safe	How you live	Get by with your money	Feeling comfortable with yourself
Social participation	Social contact	Be taken seriously	Doing fun things together	Belonging	Doing meaningful things together	Support from others	Interest in society
Daily functioning	Taking care of yourself	Knowing your limits	Knowledge of health	Dealing with time	Dealing with money	Being able to work	Being able to ask for help
Meaning	Meaningful life	Zest of life	Wanting to achieve deals	Have confidence	Accept	Gratitude	Keep learning

